



NSIPM & Sano Wellness Center

Bedtime Prayer

Father God,

Thank you for making me your child (1 John 3:2) and thus bringing me into your family. You have blessed me with every spiritual blessing in the heavenly places in Christ Jesus. My identity is secure in Jesus Christ and I receive the truth that you are my Father God. My heart cries "Abba" Father. You are my daddy. Since I know you give your beloved sleep, I thank you now for this time of renewal and refreshing. I receive this gift of sleep by grace through faith and because you simply love me as one of your kids. I rest in your love for me. I will say of The Lord "You are my refuge and my fortress and My God in whom I place my trust." I trust you to guard my heart, mind, and body and as I sleep as I trust you to cover me with Your Feathers because under Your Wings I take refuge.

As I have meditated about You and your truth today, I choose to let those thoughts continue in my mind while I sleep. I choose now to cease striving and simply know that You are God and I commit myself to You and Your protection. You are not intimidated by Satan. Neither am I. I will slumber tonight in your loving arms and care knowing that you are My Rock of Refuge, a fortress of defense to save me from any attempt of Satan and his demons to attack me during my sleep. Father God, as My Fortress and Defense, thank you for guarding my mind from nightmares. I bind the spirit of fear and any other demonic spirit from attacking me while I sleep in the Name of Jesus Christ. Right now, I cast these cares (list them) on You for You care for me. I simply receive Your Peace and Your Joy of which there is no counterfeit. I commit myself to you, Lover of my soul, as my Defender and Strong Tower. I speak PEACE over this room in the Name of Jesus. And, it is in The Name of Jesus that I pray this prayer. Amen.