

What To Do About Bad Dreams & Night Terrors

In this resource guide is provided to help you understand:

1. The symptoms of “Sleep Paralysis.”
2. How to determine the source or causes of the problem.
3. How to resolve any spiritual influences that are be causing the problem

Symptoms

Generally, frightening or unexplained night-time experiences, according to a Harvard Medical School report , include the following symptoms:

- The inability to move the arms, legs, body, and head when falling asleep or waking up
- An inability to speak
- Feeling fully aware of what is happening
- “Hallucinations” (read the footnotes!)

An episode of sleep paralysis often involves experiences that can be frightening or cause anxiety. Most of these experiences fall into three categories.

1. Feeling as if there is an intruder involved—a sense of evil or a disturbing presence in the room, or one that is physically and negatively affecting them in one or more ways.
2. A sense of pressure or of having a heavy weight or presence on the chest, often accompanied by sensations of being choked or suffocated.
3. Feelings and experiences associated with movement—such as flying or out-of-body sensations. These may include feeling as if one is being levitated or lifted and moved in some way; having bodily movements in reaction to one’s experience or feeling of being touched, unable to move, speak, feeling assaulted, or violated in some way e.g., sexually.

Who is affected by “Sleep Paralysis”?

These kind of experiences are actually more frequent than people realize. As a follower of Christ or a concerned parent of young children, you are able to help others experience the freedom Christ wants for those you have or who are suffering from disturbing sleep-related experiences. You may have or periodically experience some of these things as well. You’re not alone!

Some statistics show that between 8% to 50% of people experience sleep paralysis at some point during their lifetime. Among those in this range, approximately 5% of those experience regular episodes. Both males and females in all age groups are represented in these statistics. It is also prevalent across various cultures throughout the world.

In my experience over the past 30 years, I believe followers of Christ, particularly those who are highly gifted spiritually (whether they know it or not), as well as those who are intentionally pursuing the things of God in life, prayer, and effective ministry are especially vulnerable to the kind of “sleep paralysis” caused by or contributed to by spiritual powers of darkness (Satanic or demonic influences and beings).

This is more than a theory that I'm proposing. It is based on numerous occasions that simply begin by an individual coming to me or my office for help with an issue most often unrelated to their sleep experiences. Others have sought our help because they were so disturbingly and directly affected by what they experienced in their sleep.

For actual case studies to illustrate both the situation and solution please visit our [YouTube Channel](#). Here I'll provide more insight into this problem and walk you through the process while illustrating how to resolve them using these real-life case studies.

How to Determine The Cause of Sleep Paralysis

Again, the focus of this resource is in regard to potential spiritual (demonic) influences that may be contributing to or causing various forms of sleep paralysis, night-terrors, bad dreams, etc. Ruling out spiritual influences is the first place to begin. If there is a spiritual influence involved at any level, very little or nothing at all will be helpful if you only pursue a medical, psychological, or clinical solution. The only way you will know the difference is if you first test it to see if there is or are spiritual influences involved.

Here's How:

There are 3 different types of interventions provided below. They represent a progression from basic to more advanced. If you're praying for one of your children and it's possible to involve the father, it often makes a difference. Whenever possible two or more people in agreement using the following interventions for someone else, in person, is always more effective.

Start Here:

1. First, get their permission and agreement - It's always important to ask the person who is having a problem with sleep paralysis or any other matter, if they're willing to allow you to pray for them. However, please clarify that you seriously want to ask Jesus about what is causing this problem. It's important to communicate that this is different than simply asking Jesus to help them. If they are willing then . . .
2. Begin to pray using these key elements of biblical prayer in situations where you're pursuing healing, freedom, or trying to uncover the root and resolve of a problem.
 - A. Using God's Word and Promises
 - For example: "Lord, according to your Word, you've promised to "give sleep to those you love" (Psalm 127:2), and you will "cover and protect us" so we would not "fear the terror of night" (see all of Psalm 91). Now may it be just as you have promised, in Jesus' name.
 - B. Use Christ's Authority
 - Continue but now shift to using the authority Jesus has given you (Matthew 10:19) to deal with anything spiritual that may be contributing to or causing or contributing to this or any other problem. You're not praying to God here but using His the power He's authorized you to use in Jesus' name to deal with the powers of evil.

- For example: “Now, IF there is anything spiritual, evil, or opposed to Christ that is affecting [name] and is in any way causing or affecting them during the night, THEN, I (we) command you to stop it immediately and go to the feet of Christ and never return. I (we) cancel and remove any effects you’ve had on any part of [name]. Leave them now in Jesus’ name.

C. Secure and Seal Them In Christ’s Peace and Protection

- Again appeal to the Lord on the basis of His promises and Word to bring about His peace, a sense of security, and protection.
- For example, “Lord, we worship you as Lord of all and ask you now to restore every part of their being that has been affected. Cleanse them from all effects of evil and fear. And now may you be restored in Jesus’ name. May the peace of Christ fill you and guard your heart, mind, and body in Jesus’ Name. By His power and in His name I seal and hide you in the shadow of the Almighty and now ask you Lord Jesus to command your angels concerning [name] to guard them in all their ways (Psalm 91).

D. When you’ve finished, ask the person you’re praying how they’re feeling and what they’re experiencing in case you need to follow up. But please have them report to you if they notice any change in their experiences during the night the next day and days to come to see if the problem has been resolved. If not, apply the “Second Approach” below.

Second Approach

If the problem persists, then try the following intervention. Please refer to our website for the resource titled, Christus Victor to understand what this is about and why this approach may be necessary.

“Christus Victor” (or Christ is Victorious) is a particular application in “spiritual warfare” to be applied where pagan, occult, or cultural religious practices involving rituals, curses, prayers and sacrifices to idols or other gods, or other types of spiritualistic activity has or is taking place. You may have no knowledge or personal experience with these things. It doesn’t matter, many have been and continue to be affected by them during the night and at other times as well. (For more information on this topic and the biblical/theological basis for using intervention, view or download the free PDF titled “Christus Victor” at kingdom-ministries.org)

Here is the actual intervention you can use if necessary:

In Jesus’ Name, I/we assert the Lordship and dominion of the resurrected Lord Jesus Christ over every region, power, or gathering that is purposed against [name]; and over every region that has permitted or is permitting spirits in or through their territories.

In the Name of the Lord Jesus Christ, I/we command that they be cut off and forbidden from ever receiving power from darkness again.

I/we command the immediate transfer of all their resources from the kingdom of darkness into the Kingdom of Light and the complete restoration of all things they’ve affected or hindered.

In Christ’s Name, and by the power of God we destroy all of your magical arts, books, and sorcery along with

every means you use to invoke evil and direct it to us and [name].

We now cancel every ritual, curse, hex or spell, and all every effect and influence they've had.

We command the immediate reversal of all your schemes and send you along with your effects to Christ for judgment.

Now may the hand of the Lord be against you in Jesus' name. In the Name above every name with the authority He's given us, we disband your gatherings and render powerless your activity in order that you may know that Jesus Christ is Lord of all.

We forbid any form of retaliation in response and now claim the complete restoration of all things affected in Jesus' name according to God's will. With Jesus we declare, "thy Kingdom come and thy will be done now on earth as it is in heaven." We receive the peace, power, and protection God has promised and submit every part of my/our being to Christ alone who is our fortress and strength. In Jesus' Name.

Third Approach

If after applying the first two interventions and the problem still persists, try the following approach. This is where we go deeper to seek the counsel of God regarding what is at the root of this particular problem. Put plainly, we're asking Jesus to show us what's causing the night terrors, etc. Secondly, we're using His authority to expose what may be at the source of the problem so we can know what is and what is necessary to resolve it. Specifically we're using what He's given us (Luke 10:19) to expose and get rid of anything demonic or whatever is unresolved that has provided an opportunity for evil to affect someone. This includes a variety of influences and not just a demonic being e.g., a lie, etc.

Begin by asking the person you're praying for to fix their mind or attention on Jesus - this requires a simple desire to listen, be attentive to what He wants to say and open or to any way He wants to communicate. This does not mean using your mind to think, figure out or wonder about what the cause may be, using one's imagination to picture Jesus or a certain outcome, etc. Whatever the Lord wants to reveal will simply be made known in some way to the individual without any effort on their part. This is often the most difficult thing for many believers to understand and practice. With children, it's generally a lot easier!

Example:

- A. "Lord, according to your Word, you've promised to "give sleep to those you love" (Psalm 127:2); that you will "cover and protect us" so we wouldn't "fear the terror of night" (see all of Psalm 91). So we ask you to counsel us and lead us into truth as you said you would (John 16:13). Show us what's causing this and what we need to know to resolve it we ask in Jesus' name.
 - B. Use Christ's Authority - After you've asked for Jesus' counsel, shift to using the authority He's given you (Matthew 10:19) to expose anything spiritual that may be contributing to or causing this or any particular problem.
- For example: "IF there is anything spiritual, evil, or opposed to Christ that is affecting [name] and is causing or contributing to this problem, in Jesus' name, I command you to be exposed and to come into the light of Jesus' truth and be subject to His power and will."

- C. Ask them to REPORT or share anything they were thinking about, feeling, or experiencing while you prayed for them—even if it doesn't seem related. Encourage them to list everything they were thinking, etc. and not try to pick out what they think is significant. If they say “nothing” then ask if they were trying to think about the problem, figure it out, or if they were simply trying to “listen” to Jesus—not picture or imagine, etc. If so, try again and then ask again. However, if they do share something or a list of things then try this:
- D. “Lord Jesus, we ask that you would show [name] if there's any significance to what they were thinking about, feeling, remembering, or experiencing AND in Jesus' name I (we) expose anything of significance and command it into the light of Christ and His truth.”
- E. Again, ask them to REPORT anything that came to mind—feelings, experiences, etc. NOTE: you may need to do this repeatedly in response to what they report. Sometimes it's like a puzzle where the individual pieces (things they report) don't seem like they fit or relate to their problem (the picture on the puzzle box). However, when you get a few pieces that fit together things start to make sense.
- F. RESOLVE THE PROBLEM! This is the goal. It's not the experience or the information but the fruit or outcome that results in real freedom. There are generally 4 biblical approaches to resolving spiritual conflicts, deliverance, healing, and freedom. You can try any or all of them as you are being directed by Jesus. Please NOTE, these are not a series of steps to follow in any particular order or at a certain time. Freedom generally involves the following:
1. Admit, Accept, & Declare the Truth
 2. Reject Lies & The Effects of Unrighteousness
 3. Forgive & Release Your Offender
 4. Expose & Resolve Demonic Influences

Admit, Accept & Declare the Truth

Have the person you are ministering to . . .

- Admit the truth (be honest) about how they feel – “their truth”
- Admit the truth about what happened to them or what they've done
- Admit the truth about what they participated in or experienced

Renounce & Resolve Lies, Unrighteous Acts & Influences

In regard to lies, have the person you're ministering to say or repeat something like . . .

“In Jesus' Name, I renounce (reject) the lie that says _____ and I declare and accept God's Truth that says _____” even though it may not feel true based on my experience. I also cancel any effects or influences that have affected me as a result and send them away from me to the feet of Christ' for judgement.

*In regard to unrighteous acts & influences things participated in, experienced, or associated with . . .
“In Jesus’ Name, I renounce (cut off) all spiritual influences associated with _____ (sins I
committed); (or sins that were committed against me—acts of unrighteousness, sexual violation; traumatic
experiences, etc.), (or anything that may have affected me through my association with a person(s), place, an
activity or thing). I now cancel any and all effects & influences affecting me as a result, and send them to the
feet of Christ’ for judgement.*

Forgiving & Releasing Your Offender

PM: Ask the Holy Spirit to reveal anyone they need to forgive. Ask Him to reveal the specific offenses they need to forgive them for; and how those sins have affected their life and have made them feel as a result. As these come to mind lead the Prayer Recipient (PR) to pray or repeat something like:

*“Lord Jesus, I now release (name) and the sins they’ve committed against me to you for your judgment.
Because of the forgiveness you’ve extended to me, I also forgive (name) for (have them list those things that
came to mind and for each offense have them acknowledge how the sin(s) has affected their life and made
them feel as a result).*

NOTE TO PM: Allow the PR time to express their emotions here. Then lead them to verbalize:

*I renounce any and all effects of their sins on me and any part I’ve had in being a judge in the place of God.
I ask you Lord to free me from all effects and influences of evil that came through the sins committed against
me and through harboring any unforgiveness in my heart. I now forgive just as you have forgiven me, in
Jesus’ Name, amen.”*

Test & Resolve Demonic Influences

*PM: “If there is any influence opposed to Christ that is affecting or keeping (name of person) from his/her
freedom and healing, in the name of the Lord Jesus’ Christ, I command you to come into the light of
Christ to be revealed to (name of person’s) mind. In Jesus’ name, I forbid you from affecting (name). I
suspend your influences and now command you to release them to know and respond to the truth that
leads to freedom.*

Allow the PR to report. If they are able lead them to verbally reject (renounce, separate from) the influence or spirit. If they are unable to respond or after they’ve verbally renounced the influence for themselves, address the influence or spirit directly:

*“In Jesus’ Name, I command you and all influences of evil to be bound & silent. I cancel your effects
and send you to Christ for judgment. Lord Jesus, come fill and restore every part of their being with
your presence & peace.*

Conclusion

Bad dreams, night terrors, and sleep paralysis can be deeply unsettling, but they don't have to remain a source of fear. As this guide has shown, these experiences can have physical, emotional, or spiritual causes—and discerning which is at work is key to finding freedom. By first testing for spiritual influences, using God's Word and the authority of Jesus, and seeking His counsel, lasting peace and protection can be restored. Whether the issue is rooted in fear, lies, or demonic interference, Christ's power and promises are sufficient to overcome every darkness. Remember: Jesus has already won the victory. As you walk in His authority, you can rest securely in His peace, knowing that "He gives sleep to those He loves" and guards you through the night.

For more . . . on this and other practical resources and teaching go to kingdom-ministries.org. Listen to our podcast on "Behind The Mask: Principles of Power & Victory". You're welcome to leave a testimony or ask your questions while you're there. Your prayers and financial support are appreciated and needed. Thank you!