

Prophetic Minister: Why Nightmares, Insomnia and Night Struggles Can Be an Assignment From Hell

After my daughter was born, I experienced a chemical imbalance that manifested in severe insomnia, panic attacks and other things. During this time, it felt like the “picture” part of my mind went dark.

That would be the part of the mind where you can imagine things, envision the future and especially dream dreams at night. What I thought was a chemical imbalance, however, turned out to be a spiritual problem.

About two years into this issue, I had run out of a staff meeting at church having suffered yet another panic attack. A friend, not knowing what had happened, texted me saying she’d just had a vision from God. She said, “I saw myself pouring oil in your front yard while telling a mind-bending spirit to leave.”

I told her to come to my house and do what she saw in the vision. She did, and within a few hours my mind returned to normal. I could sleep, but most importantly my mind was no longer dark. I began having dreams at night again.

It took some processing and prayer to understand this, but I realized over time that night terrors, insomnia and struggles in the night are often an assignment from hell to disrupt your dream life, a key realm where we hear the voice of God.

I want you to know that God wants you to sleep again. He wants you to hear Him in your dreams again.

My prayer for you today:

Heavenly Father, You have not given us a spirit of fear, but of power, love and a sound mind. You have also given us the gift of sleep and communicate to us through our dreams at night. In the name of Jesus, I arrest the spirit of fear, night terrors and sleep disruption from terrorizing those reading this today. I command your sleep and your peace to be returned to you. I pray that you would start dreaming again, both powerful and prophetic dreams, and see the Word of the Lord at night with perfect recall and perfect insight. {eoa}

Jennifer Eivaz is a minister and international conference speaker with a heart to equip the church in the supernatural and for raising up passionate and effective prayer. She is a regular contributor to *Charisma Online* and *The Elijah List*, has been featured on several Christian television shows, hosts the popular podcast *Take Ten With Jenn*, and authored several bestselling books. Jennifer and her husband, Ron, co-pastor Harvest Church, now meeting in three locations – two campuses in Turlock, California, and one campus in Ripon, California – in addition to hosting a thriving online campus.

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