Every time I sleep, I feel something choking my throat, making it hard to breathe. It feels like something is pressing down on me, and I sometimes feel like I’m going to die. Other times, I feel completely stuck and can’t move for a long time. Even when I try to fight it off, it takes a lot of effort, but eventually, it lets go. Is this a nightmare? This has been happening repeatedly. I’ve tried fasting and praying, and it sometimes stops for a few days, but then it returns. What should I do?

ANSWER:

What you’re experiencing is likely a form of spiritual attack in your dreams. The Bible tells us that our struggle is not only against physical forces but also against spiritual powers (Ephesians 6:12). The enemy often uses dreams to torment believers and distract them from their peace in Christ. Spiritual attacks in dreams can manifest in various ways: suffocating feelings, being unable to move, or facing disturbing and oppressive images. These are tactics of the enemy to instill fear, doubt, and helplessness.

Ephesians 6:12 (NIV): “

> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”

If you are facing such experiences, it’s crucial to know that there is a solution, and that solution is Jesus Christ. The Bible offers clear instructions on how to stand firm in the face of these attacks.

Here are three biblical principles that can help you overcome spiritual attacks in your sleep:

1) Use the Name of Jesus.

When you encounter spiritual attacks, do not remain silent. The Bible teaches us that we have been given authority over all the power of the enemy through Jesus Christ. His name is a powerful weapon in spiritual warfare.

Matthew 10:19-20 (NIV):

> “Do not be afraid of them. For there is nothing concealed that will not be disclosed, or hidden that will not be made known. What I tell you in the dark, speak in the daylight; what is whispered in your ear, proclaim from the roofs.”

Luke 10:19 (NIV): “

> I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.”

Jesus gave us authority to confront the forces of darkness. When you are under attack, speak the name of Jesus with authority, rebuking the evil forces and commanding them to leave. By invoking the name of Jesus, you align yourself with His divine power and dominion over all things, including the spiritual realm.

2) Prepare Yourself Spiritually Before Sleeping.

Before you go to bed, make it a habit to pray and surrender your

night to God. This spiritual discipline helps you to establish a shield of protection over your life. The Bible warns us to guard our hearts and ensure that we are not giving the devil any foothold in our lives.

Ephesians 4:26-27 (NIV):

> “In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold.”

Spiritual attacks can be more frequent when there are unresolved issues in your heart, such as anger, unforgiveness, or bitterness. These emotions open doors for the enemy to exploit. Therefore, it’s essential to keep your heart clean before the Lord, asking for forgiveness and making sure there’s no resentment before you sleep.

Psalm 4:8 (NIV):

> “In peace I will lie down and sleep, for you alone, Lord, make

> me dwell in safety.”

God promises to provide peace and safety as you trust in Him, making it essential to release your anxieties and fears to God before sleeping.

3) Strengthen Your Faith.

If you are already using the name of Jesus and are praying before sleep but still experiencing attacks, the issue might lie in your faith. Faith is critical in spiritual warfare, and the Bible shows us that lack of faith can hinder our victory over the enemy.

Matthew 17:19-20 (NIV): “

> Then the disciples came to Jesus in private and asked, ‘Why couldn’t we drive it out?’ He replied, ‘Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.'”

Jesus said that even faith the size of a mustard seed can move mountains. If you're facing recurring spiritual attacks, it may be because your faith needs strengthening. You must trust that the power of Jesus' name is greater than any spiritual force and that He has already won the victory for you through His death and resurrection.

Romans 8:37 (NIV):

> "No, in all these things we are more than conquerors through him who loved us."

As a believer, you are already victorious in Christ. Strengthening your faith in the promises of God will give you the boldness to confront these attacks without fear. The power of the Holy Spirit within you is greater than any demon or evil spirit that comes against you.

1 John 4:4 (NIV): "

>

> You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.”

Final Encouragement: Stand Firm in Faith

Remember, just as Samson overcame the lion with the strength God had given him (Judges 14:5-6), you too can overcome any spiritual attack by trusting in the power that is already within you—through the Holy Spirit. Demons are powerless against you when you stand firm in faith, knowing that Jesus has already defeated them on the cross.

John 16:33 (NIV): “

> I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

You are not alone in this battle. The Lord is with you, and He will give you the strength to overcome.

2 Corinthians 10:4 (NIV): “

> The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.”

Use the spiritual weapons God has given you: prayer, the name of Jesus, and unwavering faith. Rebuke the enemy with authority, and trust that God will fight on your behalf.

God bless you.

Shalom.

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