Spiritual Warfare: Overcoming Night Terrors with God's Protection



A 7-day study to help you overcome fear and demonic dreams by claiming God's peace and protection through Psalm 91 and Scripture.





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Introduction

Welcome to this 7-day Bible study on Spiritual Warfare, focused specifically on overcoming night terrors and fear during sleep through God's protection.

Night terrors and disturbing dreams can deeply affect our rest, peace, and even our spiritual well-being. These moments of fear often feel overwhelming, but as believers, we have a powerful defense in God's promises. *Psalm 91*, often called the Psalm of Protection, is a key passage reminding us that God watches over us day and night, providing refuge, safety, and peace.

During this week, we will explore Scripture together to understand the reality of spiritual warfare, how fear can try to attack our rest, and most importantly, how God's power and presence serve as a shield around us. You will learn practical ways to pray, declare God's Word, and strengthen your spirit against demonic influences, especially those that attempt to invade your sleep.

Each day includes a Scripture focus, devotional thoughts, reflective questions, journaling prompts, and a prayer to help you engage deeply and experience God's peace. As you journey through this study, keep a journal nearby to write down what God reveals and how He strengthens your heart.

Remember: You are not alone. God is your refuge and fortress — even in the darkest hours. By trusting Him, you claim freedom from fear, spiritual attacks, and night terrors. May this study bring you lasting peace and renewed confidence in God's protective care.









Day 1: V God Is Our Refuge









Day 1: **(**) God Is Our Refuge

Your Verse

Psalm 91:1 NIV – "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."

Supporting Scriptures

- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."
- Proverbs 18:10 "The name of the Lord is a fortified tower; the righteous run to it and are safe."







Day 1: ① God Is Our Refuge

Devotional: God Invites Us to Find Refuge in Him

Beginning our journey, we start with the foundational truth that God is our refuge — our safe place in times of trouble. When night terrors or frightening dreams come, it's easy to feel vulnerable and alone. But Psalm 91:1 reminds us that if we dwell in God's presence, living in close relationship with Him, we will rest safely under His protection.

To "dwell" means more than just physical presence; it's an experience of continuous trust and intimacy with God. The "Most High" is the Sovereign Lord, and His "shadow" is a place of shelter. Even in the darkest moments—when fear tries to overwhelm us—God invites us to find peace by staying close to Him.

Spend time today reflecting on where you currently turn when night fears arise. How can you intentionally seek God as your refuge, inviting His presence to surround and guard you? Remember, God is not distant—He is your personal fortress and strength.







Day 1: OGod Is Our Refuge

Reflect and Apply

1.	What fears arise most during your sleep or night hours?
	How can you cultivate a deeper awareness of God's presence before going to bed?
	In what ways have you experienced God's protection in times of fear or distress?







Day 1: **(**) God Is Our Refuge

Journaling Prompts

Write about a time you felt God was your refuge during a difficult moment.
List scriptures or prayers you can declare when fear attacks during the night.
Describe what "dwelling in the shelter of the Most High" means for your daily life.







Day 1: Odd Is Our Refuge

Prayer for Today

Dear Heavenly Father, thank You for being my refuge and fortress. When I face fear and night terrors, remind me that I can rest safely in Your shadow. Help me to dwell in Your presence continually and trust Your protection. Guard my mind and spirit through the night, and replace fear with Your perfect peace. I claim Your promises and stand firm in Your protection. In Jesus' name, Amen.















Your Verse

Psalm 91:5 NIV - "You will not fear the terror of night, nor the arrow that flies by day."

Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."







Devotional: Claim God's Peace to Overcome Night Fear

Fear often attacks during the night, bringing 'terror' in dream form or through restless thoughts. Psalm 91:5 boldly declares that God's people do not have to live in fear of what the night brings.

Fear is a natural human response, but God calls us to lay it down and trust Him fully. Isaiah 41:10 encourages us with the promise that God is with us — and because of that, we don't have to be dismayed or afraid.

John 14:27 tells us Jesus gives us peace unlike any other. This peace is a supernatural calm deep inside that can guard our hearts and minds, especially when night terrors try to shake us. As you prepare for sleep tonight, meditate on these promises and ask God to fill you with His peace, pushing out anxiety and fear.

Remember, the spiritual battle isn't against physical enemies but against unseen forces, and God's peace is your greatest shield.







Reflect and Apply

	What fears come to you most often at night, and how have you tried to cope with them?
2.	How can Jesus' peace transform your nighttime fears into trust?
	In what ways can you invite God's presence to calm your heart before sleep?







Journaling Prompts

1.	Write a prayer asking God to replace your fear with His peace tonight.
	Recall moments when God brought peace in the midst of fear and note them.
	List ways you can remind yourself of God's presence before going to sleep.







Prayer for Today

Lord Jesus, thank You for the peace You give that surpasses all understanding. When fear creeps in during the night, help me to remember You are near, and I do not need to be afraid. Calm my heart and mind, and fill my spirit with Your peace. Guard my dreams and protect my rest tonight. I trust in Your faithful presence. In Your name, Amen.

















Day 3: W God's Angels as Protectors

Your Verse

Psalm 91:11 NIV - "For he will command his angels concerning you to guard you in all your ways;"

Supporting Scriptures

- Hebrews 1:14 "Are not all angels ministering spirits sent to serve those who will inherit salvation?"
- Daniel 6:22 "My God sent his angel, and he shut the mouths of the lions."







Day 3: SG God's Angels as Protectors

Devotional: Angels Guarding You Night and Day

One of the profound ways God guards us is through His angels, sent to protect and serve His people. Psalm 91:11 speaks of God commanding His angels to watch over us constantly, even in our daily routines and at night.

These angelic protectors are real, powerful spiritual beings who minister God's care in ways we often cannot see or understand. Hebrews 1:14 reminds us that angels are sent to serve those who belong to salvation — including you.

Remember Daniel's story in the lions' den: God's angel shut the mouths of the lions, protecting Daniel miraculously. Just as God protected Daniel, He sends His angels to guard you against spiritual attacks such as night terrors and demonic influences.

As you rest tonight, envision these angels surrounding your bed, enforcing God's peace and protection over your mind and spirit.







Day 3: W God's Angels as Protectors

Reflect and Apply

	How does knowing God's angels protect you change your perspective on fear?
	Have you ever sensed or experienced God's angelic protection before? Describe it.
3.	What fears or attacks can you now entrust to the care of God's angels?







Day 3: W God's Angels as Protectors

Journaling Prompts

1.	Write a declaration inviting God's angels to guard your sleep.
	Reflect on a Bible story involving angelic protection and how it encourages you.
	Describe how you feel knowing God commands angels to watch over you.







Day 3: ♥ God's Angels as Protectors

Prayer for Today

Father God, thank You for the powerful ministry of Your angels sent to guard me. I claim their help against every spiritual attack, every fear, and every disturbing dream. Surround me with angelic protection tonight, sealing me safely under Your watchful care. I trust in Your unending love and mighty protection. In Jesus' name, Amen. **\mathref{Y} \mathref{V} \mathref{A} \mathref{A}







Day 4: XX Standing Firm Against the Enemy









Day 4: 💥 Standing Firm Against the Enemy

Your Verse

Ephesians 6:11 NIV - "Put on the full armor of God, so that you can take your stand against the devil's schemes."

Supporting Scriptures

- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."
- 2 Corinthians 10:4 "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds."







Day 4: 💥 Standing Firm Against the Enemy

Devotional: Equipping Yourself with God's Armor

Understanding spiritual warfare means recognizing that we are in a battle, and God provides armor to protect us. Ephesians 6:11 calls us to "put on the full armor of God," which includes truth, righteousness, peace, faith, salvation, and the Word of God.

Night terrors and demonic dreams are part of the enemy's schemes to steal your peace and rest. But you are empowered to stand firm, resist, and overcome. James 4:7 tells us that when we submit to God and resist the devil, the enemy must flee.

Our weapons aren't physical but spiritual, able to tear down strongholds that cause fear and torment. Using God's Word in prayer, declaring His truths over your nights, and faith-filled resistance are critical keys to victory.

Tonight, prepare your heart and mind by putting on God's armor prayfully, standing full in His strength and protection.







Day 4: 🔀 Standing Firm Against the Enemy

Reflect and Apply

1.	Which pieces of God's armor do you need to put on more intentionally?
2.	How can declaring Scripture help you resist fear and spiritual attacks?
	What strongholds of fear or torment do you need God's power to demolish?







Day 4: 🔀 Standing Firm Against the Enemy

Journaling Prompts

	Write about how you plan to use God's armor in your battle against night terrors.
2.	List Scriptures you can declare aloud as part of your spiritual defense.
3.	Describe the spiritual weapons God has given you and how they bring victory.







Day 4: 💥 Standing Firm Against the Enemy

Prayer for Today

Lord, I choose today to put on Your full armor. Help me to stand firm against every scheme of the enemy targeting my sleep and peace. Equip me with truth, righteousness, and faith. Teach me to wield Your Word as a weapon. I resist every fear and declare Your victory over me. Thank You for empowering me to overcome. In Jesus' mighty name, Amen.

















Your Verse

Matthew 11:28 NIV - "Come to me, all you who are weary and burdened, and I will give you rest."

Supporting Scriptures

- Psalm 4:8 "In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."
- Hebrews 4:9 "There remains, then, a Sabbath-rest for the people of God."







Devotional: Jesus Invites You to Rest in Him

Jesus extends a tender invitation in Matthew 11:28 to come to Him for rest — physical, emotional, and spiritual. Night terrors attack not only our sleep but also wear down our souls. Jesus promises true rest beyond just physical sleep.

Psalm 4:8 gives a beautiful picture of resting in peace because God has made us safe. This safety isn't dependent on circumstances but on His faithful care. Hebrews 4:9 also reminds us that God's people have a lasting Sabbath rest, a divine peace that sustains us.

When you lie down tonight, come to Jesus with the weariness and fear you carry. Ask Him to grant you His deep rest and safety so your mind and spirit can peacefully reset. This rest is a gift—receive it in faith and let God's peace rule.







Reflect and Apply

1.	What burdens or fears do you need to give to Jesus before sleep?
2.	How does knowing Jesus offers true rest impact your nighttime anxiety?
	What practical steps can you take to lean into God's safety when laying down to sleep?







Journaling Prompts

1.	Write a prayer handing over your weariness and fears to Jesus tonight.
2.	Describe what "resting in Jesus" means for your nighttime routine.
3.	List ways you can remind yourself of God's safety before sleep.







Prayer for Today

Jesus, I come to You weary and burdened. I ask for Your rest tonight—to calm my spirit, ease my mind, and protect my sleep. Teach me to release all fear and anxiety into Your hands. Let Your presence bring safety and peace that only You can give. Help me to trust fully in Your love and rest in Your care. Amen. >







Day 6: Victory Through the Blood of Jesus









Day 6: 🖰 Victory Through the Blood of Jesus

Your Verse

Revelation 12:11 NIV – "They triumphed over him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death."

Supporting Scriptures

- Colossians 1:13–14 "For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves."
- 1 John 4:4 "The one who is in you is greater than the one who is in the world."







Day 6: 🖰 Victory Through the Blood of Jesus

Devotional: Jesus' Blood Secures Spiritual Victory

One of the greatest weapons believers have in spiritual warfare is the blood of Jesus — His sacrifice that secured our victory over darkness. Revelation 12:11 tells us that the faithful triumph over the enemy by the blood of the Lamb and the power of their testimony.

Through Jesus' blood, we are rescued from the dominion of darkness (Colossians 1:13–14) and brought into His kingdom of light. This victory is not just theoretical; it is lived out every day when we declare what Jesus has done in our lives.

If night terrors or spiritual attacks threaten your rest, remember you are covered and protected by Jesus' blood. Confess this truth, speak it aloud, and let your testimony strengthen your faith. The enemy cannot overcome what God has secured for you.







Day 6: 💍 Victory Through the Blood of Jesus

Reflect and Apply

1.	How does the blood of Jesus empower you to fight spiritual battles?
2.	What personal testimony can you share of God's protection or deliverance?
3.	How can you practically use the power of Jesus' blood in your prayer life?







Day 6: 💍 Victory Through the Blood of Jesus

Journaling Prompts

1.	Write your personal testimony of how Jesus has protected or delivered you.
2.	List affirmations about victory through Jesus' blood to declare nightly.
3.	Reflect on the meaning of being rescued from darkness into His kingdom.







Day 6: 🖰 Victory Through the Blood of Jesus

Prayer for Today

Lord Jesus, thank You for the power of Your blood that covers and protects me. I declare my victory in You over every attack of the enemy, including night terrors and fear. Help me to boldly speak this truth and stand firm as Your child, knowing You have overcome the world. I claim Your protection through Your sacrifice, today and every day. Amen.

















Your Verse

Psalm 91:14-16 NIV - "Because he loves me,' says the Lord, 'I will rescue him; I will protect him, for he acknowledges my name.' ... With long life I will satisfy him and show him my salvation."

Supporting Scriptures

- Isaiah 54:17 "No weapon forged against you will prevail."
- Romans 8:37 "In all these things we are more than conquerors through him who loved us."







Devotional: Living Fully Protected and Victorious

As we conclude this 7-day journey, Psalm 91 reminds us of God's promise to rescue, protect, and satisfy those who love and acknowledge Him. This journey of overcoming night terrors through spiritual warfare is a daily walk, empowered by God's faithful love.

Isaiah 54:17 assures us that no weapon, no matter how frightening or persistent, can prevail against us when God is our defender. Romans 8:37 declares we are more than conquerors through Christ's love.

Walking in God's light and peace means living confidently in His promises every day and night. Continue to guard your rest, speak God's Word, call on His angels, and put on His armor. The battle belongs to the Lord, and you are victorious.

May you rest deeply tonight and every night, secure in God's salvation and love.







Reflect and Apply

1.	What has God taught you about His protection during this study?
2.	How can you maintain peace and vigilance in your spiritual walk?
3.	What steps will you take to continue claiming God's promises over fear?







Journaling Prompts

1.	Write a thank-you letter to God for His protection this past week.
2.	List ways you will guard your rest moving forward.
3.	Describe how you will share what you've learned with others facing fear.







Prayer for Today

Gracious Father, thank You for Your steadfast love and powerful protection. You have rescued me, protected me, and satisfied my soul. Help me to walk daily in Your light and peace, knowing no weapon can prevail against me. Strengthen my faith as I continue to stand firm in Your promises. May Your salvation fill my life now and forever. In Jesus' name, Amen. \triangle







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