

Message: Key 4: Control your sleep

You are invited to join **our** daily spiritual empowerment live broadcast on Facebook from 5:00pm – 5:30pm, Wednesday's 22:00pm – 22:30pm, our weekly vigil every Saturday from 11:45pm- 12:15am and monthly vigil last day of the month from 11:45pm – 12:15am Irish time. For more information kindly visit us at www.mfmregion4.org
email: contactus@mfmregion4.org
Tel: +353 89 486 4413

Proverbs 20:13 KJV Love not sleep, lest thou come to poverty; open thine eyes, and thou shalt be satisfied with bread.

Psalms 13:3 KJV Consider and hear me, O Lord my God: lighten mine eyes, lest I sleep the sleep of death;

Another key to overcoming poverty is to control your sleep. Many people don't have control over their sleep, to some at any slight opportunity they will go into sleep mode, a state of I just love and want to sleep.

Too much of sleep will make a man to be spiritually weak

- To miss important appointment
- To be lazy to do anything rather than just to sleep
- Promote isolation
- Will close mind and brain to challenging opportunities (make a man to be mentally dull).
- Will make a man to settle for less
- Will make a man to go into poverty mode...

How to control your sleep,

- Master your schedule and be discipline
- Engage your mind with productive activities
- Exercise
- Train and condition your mind to be awake
- Eat less
- Avoid lying down always, form the habit of sitting down

Prayer

1. Glorious God I thank you for you alone is my strength, light, saviour and redeemer accept my thanks in the name of Jesus.
2. Lord Jesus reveal more of yourself to me and cleanse me from all unrighteousness in the name of Jesus.
3. Give me victory Lord over flesh and fill me with your spirit in the name of Jesus.
4. Wake me up O lord from the sleep of death in the name of Jesus.
5. Powers using sleep to keep me in poverty release me and die in the name of Jesus.
6. Powers encouraging me to sleep when I'm supposed to be working release me and die in the name of Jesus.
7. O God arise and deliver me from the evil powers of my fathers house using sleep to destroy my progress in the name of Jesus.
8. I break lose from evil sleeping pattern in the name of Jesus.
9. Powers and wicked spirits pressing me down to sleep always the Lord destroy you in the name of Jesus.
10. Open my eyes O lord to see opportunities in the name of Jesus.