Kingdom Moments

God Set Me Free!
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After 30 years of being a Christian and suffering from insomnia for most of my life, **God set me free!**

Since I was a kid, I've always had a difficult time going to sleep. It didn't help that I was a night owl and already had a hard time getting up in the morning. It was very frustrating when I would let my parents know and they wouldn't know what to do. They didn't understand or believe me when I would tell them I couldn't sleep. As an adult, I was tested for sleep apnea and the doctors ran many different tests, but nothing seemed to help. Basically I **tried everything, from chiropractors to specialists, to changing my diet and exercising more, but nothing was able to help me to sleep. After multiple deliverance sessions, SOZO, prayers of healing and going deeper with the Lord, I finally had a major breakthrough after my last deliverance session on October 1st with Dr. Cox as he was led by the Holy Spirit with Tobias and Lisa interceding** and assisting. My sleep improved from 1-2 hours to 4-6 hours and I had one night where I slept for 10 hours, which was unheard of for me before this. Currently, **I am able to sleep between 5-9 hours every night.**

Even though it didn't happen right away, **I want to encourage everyone to persevere for their breakthrough** as it may not happen instantaneously, but **keep trusting and believing**! I feel more relaxed and less irritated! I thank God and all those who have been part of my journey for helping me to be set free from sleepless nights all these years! **God is amazing!**

Bless the Lord, my soul; and all that is within me, bless His holy name. Bless the Lord, my soul, and do not forget any of His benefits: who pardons all your guilt, who heals all your diseases. (Psalm 103:1-3 NASB)