Sleep Like a Baby

Anli Pretorius 18 October 2016



I always go to the Four12 Conferences with high expectations. From previous experiences of them, I have come to expect something life-changing to happen, but I imagined it to be more of a 'heart change' than a physical one... however, God had (much) more in store for me.

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Sometimes even with taking these sleeping tablets I would still be awake for long periods of time throughout the night. These years of 'lacking sleep' taught me a lot: firstly, not getting good quality sleep is probably one of the most extreme methods of torture possible (no wonder they used it in prison war camps) and secondly, poor sleep can affect your entire life and health immensely.

At the end of the final session of the 2016 Four12 Conference in SouthAfrica, Brad Verreynne (lead elder of Oxygen Life Church) made a call, inviting people with sleep disorders to come to the front for prayer. He testified of how a week before he had been chatting with another elder, Bret Bevan, and Bret had mentioned how for years he had battled with insomnia. Brad prayed for him that night before going to sleep and the next morning Bret was very excited to tell Brad that he had had his best night of sleep in years. Needless to say, I heard this testimony and

quickly, with a heart full of faith, made my way to the front of the hall to receive prayer.

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What happened next…well, since that day I have not taken one single sleeping tablet and I have been sleeping like a rock. Today, it will be 2 weeks of being able to sleep ‘sleeping tablet-free’. How amazing is our God?

I was reminded of how sometimes all we need to do is ask our Heavenly Dad for what we need. I used to think that asking God for healing needed to be saved for the ‘big things’. However, in the last 3 months, I have been healed of so many smaller aches and pains, including the ‘curse’ that is frequent migraines. I had almost given up on asking for prayer for headaches, as I felt that maybe it didn’t work – and then one day, it just worked. God’s timing is perfect.

Now, I am not saying go and throw your medication away immediately. Always consult with your doctors and leaders first on your own, individual ‘way ahead’. God works in different ways for different people, but always with the same purpose in mind – His best for you. Our God heals and gives sleep to His beloved.