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AGAINST FATIGUE, SLUMBER, AND THE SCROLL

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"Awake, O sleeper, and arise from the dead, and Christ will shine on you." — Ephesians 5:14

"So then let us not sleep, as others do, but let us keep awake and be sober." — 1 Thessalonians 5:6

In the name of Yeshua HaMashiach, who came in the flesh, who sits enthroned, who holds all authority:

I now come against every demon of slumber.

You who keep minds numbed, hands scrolling, lives stagnant while houses fall apart. I bind you and I destroy you in Yeshua's name.

Every spirit of fatigue that drains without cause, that exhausts through scrolling, through refresh-refresh-refresh while real work dies untouched — you are bound and cast out.

Every demon of distraction that whispers "just five more minutes" at 2 PM when three hours are already gone. In the name of Yeshua, I declare you are finished.

In Yeshua's name, I come against every spirit holding the thumb to the screen, feeding the dopamine loop, keeping eyes glazed while dishes stack and emails rot.

No authority. Get out in the name of Yeshua

In the name of Yeshua I break every algorithm binding attention. I sever every engineered hook designed to keep the refresh going, the checking continuing, the nervous itch alive.

Cut off.

Every demon of stagnation disguised as busyness, every spirit of slumber wearing activity's mask — expelled in the name of Yeshua.

The phone drops. The screen dies. The itch ends.

Energy returns for real work — building, cleaning, creating, presence.

Not the scroll. The work.

You are cast out. You are bound. You are done.

In Yeshua HaMashiach's name.

Amen.