



DELIVERANCE & DISCIPLESHIP
Spiritual House Cleansing Full Guide
Practical Biblical Warfare to Walk in Freedom

by

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This comprehensive guide is based on God's Word. We have tried to exclude the experiential, in favor of the scriptural to avoid confusion in the minds of skeptical believers to maintain the unity of faith. There will be parts of this guide that have embedded biblical principles which can be defended directly on God's Word. There may be spiritual names or descriptions which also come from combined experience.

This guide is a compilation of wisdom from those who have gone before us, pioneering the path to freedom from demonic strongholds. It draws from some of the most effective approaches in spiritual warfare, combining biblical truth, legal authority, and the power of Christ.

A significant foundation of this guide is the **truth approach**, championed by **Neil Anderson** in *Steps to Freedom in Christ*, which emphasizes declaring biblical truths and renouncing lies. In addition, we incorporate the **legal approach**, which focuses on breaking the enemy's legal rights and agreements, as taught by **Marcus Warner** of *Deeper Walk*. We have also included **authority statements** from **Karl Payne** and a **power approach** rooted in Scripture.

Beyond these core influences, we have studied the works of notable spiritual warfare leaders, including Mark Bubeck, Ken Fish, Jake Kail, Sam Storms, Charles Kraft, Francis McNutt, among others. Through extensive study and application in hundreds of cases, we have refined this guide based on real-world ministry experience.

However, it is important to note that **this is not a one-size-fits-all formula**. Spiritual warfare is not about rigid methods but about fully relying on **God and the power of the Holy Spirit**

through the authority of Jesus Christ. We have found that true freedom often comes when we step outside our comfort zones and depend entirely on Him.

The Reality of Demonic Strongholds

A demonic stronghold is a pattern of thinking or behavior which is rooted in the lies of the enemy instead of God's truth. Many people who are genuine Christians are in bondage to things like fear, anxiety, resentment, anger, un-forgiveness, addictions because of habitual sin patterns and lies they believe about who they are. When a person consistently believes these lies, they are agreeing with the enemy and allowing him to distort their true identity in Christ. Marcus Warner describes it this way:

"If a wicked spirit tempts me to believe his lie rather than God's truth, and I do, it is as if I am shaking hands with him saying, 'You are right, God is wrong. I'll look at it your way.' It is the same with attitudes and actions. If I agree to do things the enemy's way, I am entering into an agreement with him that gives him greater access to my life." (DW, pg 81)

When we enter into agreements with the enemy, we can give him permission to establish a hold on us in specific areas. Imagine shaking hands with someone and when you try to pull your hand away, their grip tightens and they won't let go. That is how it is with the enemy. He will hold on as long as he is permitted. It's important to mention that there are instances when a person may be innocent of sin, yet still affected by a demonic stronghold. They didn't make any agreements, but a stronghold exists because of things such as generational curses or traumatic experiences. No matter how the enemy has been given access to establish a stronghold, his permission must be canceled, thus breaking any hold he may have on us. This can be done by following the "4 C's" of spiritual warfare.

The 4 "C's" of Spiritual Warfare

During this session, we will use an approach which implements the 4 "C's". They are as follows:

C-onfess: You confess that you've sinned or believed lies and entered into an agreement with the enemy.

C-ancel: Sever your agreement and ask Jesus to cancel the permission any demon has as stronghold

As a part of canceling the permission of the enemy, we will ask the Holy Spirit to reveal to you the lies you have believed. After this, we'll guide you as you replace the lies with truths from God's word. Occasionally, we've seen people struggle to hear from the Holy Spirit, as if there were something hindering their ability to do so. If this happens, in order that you may hear clearly, we will bind the demonic in the name of the Lord Jesus Christ and command them to reveal any permissions they may have which need to be canceled.

C-ommand: In the name of Jesus, claiming the authority of Jesus Christ as his disciple, you command the demons to leave and take all of their works and effects with them.

C-ommit: Commit this area of your life to the Lordship of Christ and ask the Holy Spirit to fill all places which have been vacated by the enemy.

THE ROLE OF THE HOLY SPIRIT

What is your understanding of how someone receives the Holy Spirit and how He operates in the lives of those who trust and follow Jesus?

How have you experienced the Holy Spirit's presence and power in your own life?

What church are you an active member of? _____

Who are you in a discipling relationship with? _____

**Consider taking time to pray for a rich indwelling and turning up of the Holy Spirit.*

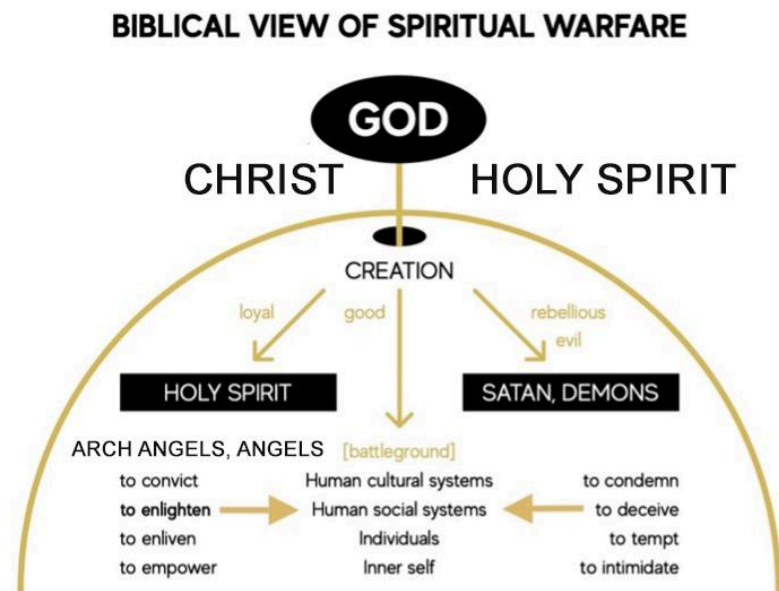
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He replied, "Whether he is a sinner or not, I don't know. One thing I do know. I was blind but now I see!" John 9:25 NIV

SETTING THE CAPTIVES FREE

God often calls us to walk in ways in which we never expect nor see coming. God has called us to help those who are suffering from bondage and who are being tormented by unseen spiritual forces. Jesus Himself *went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written: "The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor. Luke 4:16-19*

THE SPIRITUAL WORLD



God is eternal and he is the creator of all things in heaven and on earth. Christ became God in the flesh. *John 1:1-5 In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.*

The Holy Spirit is part of the Trinity - the Godhead in three. *John 4:24 God is spirit, and his worshipers must worship in the Spirit and in truth.* Within God's creation, there are spirits. *"Spirits are metaphysical persons (that is, persons who transcend our experience of physics.) They have individuality and volition. They think, feel and act - both above and within creation. They include angels, spiritual beings who are charged with doing God's will both in heaven and*

on earth. (see Hebrews 2:4). They also include the devil and his demons (Revelation 16:14). Spirits inhabit the ethereal realm (Ephesians 2:2) and constitute the powers of the unseen world (Ephesians 6:11-12; Colossians 2:20). Though they may appear in bodily form, they are essentially otherworldly in nature (Luke 24:39).” [Holy Spirit - David Young]

While the Holy Spirits’ job is to move us towards Jesus and transform us into the image of Jesus, the adversary - Satan and his fallen angels (demons) incite rebellion, lies, temptation and intimidation to pull us away from the living God and wreak havoc in our lives and in this world. Demons are essentially fallen angels with the same attributes of angels. They are portrayed in scripture as possessing the ability to communicate with intellect, emotion, and will. They understand their impending judgment. *Matthew 8:29* “What do you want with us, Son of God?” they shouted. “Have you come here to torture us before the appointed time?” They are not on the same level as God. They are limited and not omniscient like God. (1 Pet 1:12)

Demons are categorized into Principalities, rulers, authorities, powers, dominions, thrones and world rulers. This implies an organized hierarchy. *Ephesians 1:20-21* he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. *Ephesians 3:10* His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms. *Ephesians 6:12* For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. *Colossians 1:16* For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. *Colossians 2:10* and in Christ you have been brought to fullness. He is the head over every power and authority. *Romans 8:38-39* For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. So, we see in the Word of God that the spiritual world is a reality. It is unseen yet it is all around us and it operates with agendas. It is important that we are aware and that we know where we stand as Christians.

THE BATTLE FOR FREEDOM THEN AND NOW

Jesus quoted from *Isaiah 61* saying He had come to set the captives free! Little did anyone realize that by His future work on the cross He would defeat the powers of darkness once and for all (*Colossians 2:13-15*) Jesus gave us, His disciples, authority to cast out demons and heal the sick using His name (*Luke 10:18-20; Mark 16:15-20*). In the great commission (*Matthew 28:16-20*), Jesus told us to teach and obey all that He had commanded. We, the Church, are His body and Jesus is our head (*Ephesians 1:18-23*). This means we sit with Him in the heavenly realms (*Ephesians 2:6*) and have confidence in the victory we share with Jesus. The enemy often gains strongholds in our lives through various means such as generational strongholds, trauma and deliberate ongoing sin (*Galatians 5:19-21; Colossians 3:5-8; Mark 7:21-23*). Satan and his demonic forces whisper lies to us, trying to strip us of our identity and purpose in Christ. He

tries to make us unproductive and ineffective disciples of the Lord Jesus and, unfortunately, he will succeed unless we take a stand! We stand against the father of lies who only wants to steal, kill and destroy and we take back ground from the enemy by the tools Jesus has freely given to us. These tools are not complicated. They are simply confession, repentance (renouncements) and commanding the enemy to leave our presence. Our Lord wants us to live an abundant life and worship in Spirit and truth and have joy no matter what this world throws our way. For this reason, we partner with the Holy Spirit and the Lord's guidance to help walk beside those who desire freedom in their relationship with Christ.

We are not the first and surely won't be the last to venture into spiritual warfare. The early church did it and faithful Christians throughout the centuries have done it. Although this particular guide is based solely on God's Word, I think it important to note that we have been helped along the way while we learned from brave and wise souls who have helped pave the way before us. We have learned much from Christ devoted authors such as Neil Anderson, Sam Storms, Karl Payne, J.P. Moreland, Charles Kraft, Marcus Warner, Francis McNutt, Ken Fish, Jake Kail, Derrick Prince, Roger Miller and others. We have met with, talked to and shared testimonies with people such as Shodankeh Johnson from Sierra Leone, Neil Anderson and Deeper Walk Ministries. The following pathway to freedom with deliverance is a compilation of their combined knowledge and resources which have helped us immensely and for which we are very grateful. In the back of this guide is a bibliography with citations from our sources but the best source is, of course, the Word of God. There may possibly be things in the following pages that may not make sense, yet the biblical principles have been investigated and hold firm. There has been an intensive study and hermeneutical process that has gone into this guide based on God's Word.

FEAR OF THE UNKNOWN

We recognize that some Christians will have difficulty with Spiritual Warfare and to be honest, we were once fearful ourselves venturing into the unknown. What we quickly discovered is that we do not have anything to fear. Firstly, the battle has already been won by Christ. Jesus is the one who goes to battle for us and stands with us. Our identity is rooted and established firmly in him. We are simply his ambassadors willing to help those who are hurting or tormented. We have no special skills or anointing other than what every believer in Christ has – the Holy Spirit of God and a willingness to say yes. The question is whether or not we want to stand firm on the reality which has already been entrusted to us as a disciple of Jesus Christ.

Experience has revealed that spiritual warfare is a reality much like invisible radio waves are a reality. God has shown us His power and glory in case after case after case. We suggest that you simply ask yourself these questions: 1) Is there a spiritual reality as found all through scripture? and 2) Are we called to suit up and fight in this battle? The following should hopefully answer some of those questions.

THE GOOD NEWS

God is full of love and mercy and his desire is that those who do not know him will come to him for salvation. This happens through belief in Jesus and his gospel, which is the good news. This comes through faith in Christ and God's grace - his free gift of salvation for those who believe.

Ephesians 2:8 For it is by grace you have been saved, through faith —and this is not from yourselves, it is the gift of God. When we accept this, repent (turn) from sin, confess that Jesus is Lord and are baptized, we are promised the gift of the Holy Spirit. *Romans 10:9-10 If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.* *Acts 2:38 Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit."*

The simplicity and magnificence of the gospel cannot be overstated. The reality is that God is a loving and merciful God who has much patience. *2 Peter 3:9 The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.* After the fall of man in the garden of Eden, God had a plan of redemption for his creation. That plan included his Son. His desire is that all will come to know his Son and love his Son. *John 3:16-21 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son. This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.* It is clear that there is a kingdom battle between light and dark (evil). Jesus is light and when we surrender to him as Lord, we are brought into his kingdom of light. *Colossians 1:12-14 and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.* As believers who have surrendered our lives to Christ declaring him as Lord, repenting of sins, being baptized for the remission of sins and receiving the Holy Spirit we can have great joy!

WHAT EVERY BELIEVER DESIRES

When we surrender to the Lordship of Jesus, it is the most amazing thing we can do in this life. Nothing compares to this. Often there is a honeymoon period where we are overwhelmed with joy as we walk in the Spirit and soak in the goodness of God. When we surrender in the waters of baptism, the journey begins. We commit to a lifelong journey of sanctification being formed into the image of Jesus. *2 Cor 3:18 And we all, who with unveiled faces contemplate the Lord's*

glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit. Yet often life gets in the way and sometimes we can get discouraged and lose hope. The stresses of life come in many forms. After discipling many Christians over the years, the overriding theme of desire for most people is a desire for peace and joy. For example, when we study the Fruits of the Spirit, I have not met a person who does not strongly desire these in their lives. *Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.*

WHAT WAS MY IDENTITY BEFORE CHRIST?

We were once spiritually dead. Yet, because of God's great love, we have been given life. *Ephesians 2:1-3 As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath.* Who is the ruler of the kingdom of air? It is Satan. God, through his Son has transferred us from this kingdom *Colossians 1:13 For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.* So, our identity has gone from a citizen of the kingdom of darkness to the kingdom of eternal light.

WHO AM I IN CHRIST?

We are made brand new. *2 Cor 17 Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!* With that newness, comes some significant truths which I will paraphrase. I am God's child (*John 1:12*). I am a saint (*Eph 1:1*). I have been justified or made right (*Rom 5:1*). I have been bought with a price and I belong to God (*1 Cor. 6:19-20*). I have direct access to God via the Holy Spirit (*Eph 2:18*). I have been redeemed and fully forgiven of all my sins (*Col 1:14*). I am free of all condemnation (*Rom 8:1*), I cannot be separated from the Love of God (*Rom 8:35*). I am hidden in Christ in God (*Col 3:3*). I am a citizen of heaven (*Phil 3:20*). I have not been given a spirit of fear but of power, love, and a sound mind. (*2 Tim 1:7*) I am seated with Christ in the heavenly realms (*Eph 2:6*). I am God's workmanship (*Eph 2:10*). I can do all things through Christ (*Phil 4:13*). I am God's temple (*1 Cor 3:16*). I have been chosen and appointed to bear fruit (*John 15:16*) I can have confidence that the good work God began will be perfected (*Phil 1:6*) I am God's co-worker (*2 Cor 6:1*) These are just some of the identity statements found in scripture of who we are in Christ. Considering the fact that these things cannot be changed, the enemy and father of lies can try to deceive us and tell us that some of these things are not true. Do you ever doubt any of these truth statements? If so, I can definitely tell you that those doubts do not come from God.

WHAT EXACTLY IS A DISCIPLE OF JESUS?

God's method is to grow his kingdom from Jesus forward through discipleship, Jesus' last words to us are found in the great commission *Matthew 28:18-20 (NIV)* *Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age."* At Harpeth Christian Church, we define a disciple as someone who is following Jesus, being formed by Jesus and faithful to the mission of Jesus. *Matthew 4:19 (NIV)* *"Come, follow me," Jesus said, "and I will send you out to fish for people."* Jesus intended his disciples to go and make disciples to then make more disciples into the 21st century. We can most certainly see that the 12 disciples walked in the power of the Holy Spirit and performed miracles recorded in the gospels. Yet, then Jesus sent out more, two by two. He sent out 72 others to do the same things. *Luke 10:17-20 (NIV)* *The seventy-two returned with joy and said, "Lord, even the demons submit to us in your name." He replied, "I saw Satan fall like lightning from heaven. I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven."* We see in the writings of the early church fathers that these things continued after the time of Jesus. In fact, Jesus promised the outpouring of the Holy Spirit and he told his disciples *John 14:12-14 (NIV)* *Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. And I will do whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it.*

WHAT IS MY MISSION AS HIS DISCIPLE?

First it is to walk close to God, to be a true disciple of Jesus.

Well, we can see that his disciples such as Peter and John were not bible scholars but ordinary fishermen. He told them to go and fish for people. He promised his Holy Spirit to help them. He did just that. We see in Acts 4 where Peter and John healed a man, were arrested and then mesmerized the Sanhedrin with their courage and knowledge of the scriptures. *Acts 4:13* *When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus.* The point is that these men had been with Jesus. They knew Jesus intimately. Jesus wants the same for us as disciples. He wants us to have an abiding relationship so we can walk in the Spirit.

Second, love God and love people, as Jesus showed me.

When we walk in the Spirit, we obey the will of the Father in heaven and proclaim the wonders of the gospel of Christ to the world however he wants to use us. He will use us in differing ways according to the works he has given us to do. *Ephesians 2:10* *For we are God's handiwork,*

created in Christ Jesus to do good works, which God prepared in advance for us to do. The problem is that the enemy wants to render us ineffective and unproductive. He wants to place us in bondage if possible, to lessen our witness. Consider Peter's warning to us. *2 Peter 1:5-9 For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.* I am not sure about you, but my desire is to be effective and productive with the time and provision God has given me.

Third, love people enough to disciple them to salvation and true discipleship.

Jesus told us to go and make disciples, to baptize, to teach them to obey all that he commanded. How do I do this exactly and with what methods and tools? There are many discipleship tools, yet few as potentially life changing as helping free a brother or sister from bondage to walk in freedom and experience the love of Christ through the intimacy of the Holy Spirit!

ARE THERE OBSTACLES IN MY LIFE PREVENTING AN ABUNDANT LIFE?

I remember a time in my life where I was seeking after the Lord and trying to follow his ways the best I could, yet there was a metaphorical brick wall between me and God. That brick wall was a mountain of strongholds that had accumulated over time. Some went back to childhood hurts and many were self-induced. I had allowed open doorways to demonic strongholds which I tried to hide and brush under the rug. I ignored scriptures that made me uncomfortable such as confessing my sins to another (James 5:16) I held onto resentments which I had justified in my mind. I had made vows of secrecy. I had dabbled in the occult without realizing it. I had addictions and compulsions I could not shake. Yet, I was a baptized believer in Christ who genuinely loved Jesus and loved the Word of God. I became broken in many ways – mentally, emotionally, and even physically. I cried out to God and asked what I needed to do. He directed me towards a path of freedom. That path invoked great fear and panic, yet I was desperate for freedom. I later learned that the things preventing me from being free were all biblical principles. Jesus discussed those principles in the Beatitudes in starting with *Matthew 5:1 Blessed are the poor in spirit, for theirs is the kingdom of heaven.* This meant that I needed to be broken and die to self fully and simply trust God with the rest. *Psalms 139:23-24 Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.* The enemy says "Don't worry about it. You've got it... Don't do that!" Yet Jesus says *John 10:10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

HOW CAN I WALK IN FREEDOM?

My personal journey led me down a decade-long path of recovery relying on biblical principles which were life changing and wonderful. That process taught me a great deal and opened my eyes to spiritual realities and the battles that take place in the heavenly realms. I learned the importance of confession, true repentance and walking in the light. These things brought a certain measure of freedom. James 5:16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. *2 Cor. 7:10 Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. 1 John 1:5-7 This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.* Yet, I can tell you personally and from the testimony of countless other Christians that I have disciples or walked with on the journey that Satan does all he can do to prevent us from fully surrendering our hurts, habits and hang-ups in humility. He wants us to keep our masks on and live in self-reliance and bondage in one form or another. He is a master at getting us to believe another narrative rather than God's direction through his Word and Spirit. So, what is the answer? The answer is simply to surrender to Jesus and trust him as a first step.

THE FLESH, THE WORLD AND THE DEVIL.

Sin is a terrible destructive force that separates us from God. Sin is walking outside of God's will for us. Sins of the flesh are laid out clearly in the letter to the Galatians. *Gal 5:19-21 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.* The apostle Paul talked about the struggle with this reality. *Rom 7:18-25 For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!* The world and the flesh are closely linked. We live in a corrupted world that encourages sin and idolatry. This has been the case since the fall. Scripture tells us as believers that our citizenship is elsewhere. *Phil 3:20 But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ.* God's Word tells us plainly *1 John 2:15-16 Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.* Why exactly?

Because our identity is elsewhere and this world is wasting away. *1 John 5:19 We know that we are children of God, and that the whole world is under the control of the evil one.* And *Eph 2:1-3 As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath.* So, although there may not be a demon under every rock, the world, the flesh and the devil work together against us. The devil uses our flesh and the world against us to gain strongholds in our lives. We cannot therefore simply separate one from the other. We need to be wise and guarded in our faith journeys.

IS SPIRITUAL WARFARE A REALITY?

1 Peter 5:8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Jesus came to give us victory over death and deliver us from the devil's work. *1 John 3:8 The one who does what is sinful is of the devil, because the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the devil's work.* When we read God's Word and think logically, we see that a large part of Jesus's ministry was to battle the enemy. He battled Satan in the desert before his ministry began. He drove out many demons and healed the sick. His disciples did the same. In fact, he told them they would do greater things in *John 14:12-14*. Some will claim that demonic activity subsided after the time of Jesus yet scripture teaches just the opposite. In *Matthew 24*, Jesus says in the last days, there will be wars, rumors of wars, kingdom battles, famines, earthquakes, persecution, hatred, deceit, false messiahs, false prophets, great distress and an increase in wickedness before the Son of Man returns. Often we overlook the enemy behind the enemy which is demonic forces of evil in operation. Paul tells us plainly that we are in a spiritual battle and against forces raised up against the knowledge of God. (2 Cor 10:3-5). Why else would Paul tell us to suit up with the armor of God? *Ephesians 6:1-12 Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.* It is because we are in the midst of a battle! We need to recognize that we have been and are in a war until Christ returns. The world tells us that we can explain everything by science including things like mental illness or even physical sickness. However, we have to remember that science is actually an empirical tool to explain the particulars. The world constantly tries to undermine the credibility of the Word of God. I have worked in medicine long enough (31 years) to know that illness has not only a physical and mental component but also a spiritual component often. They are linked intimately together.. Yet, spiritual realities do not submit to scientific methods of investigation. *2 Cor 4:18 So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.* As disciples of Jesus, we do not have an option regarding warfare. We are born into it. We can either choose to ignore it and run or we can know our enemy and engage in the battle, knowing we are on the winning team!

WHAT HAPPENS IN WARFARE? LIES VS TRUTH

Satan rebelled against God and was cast out of heaven. *Rev. 12:9 The great dragon was hurled down—that ancient serpent called the devil, or Satan, who leads the whole world astray. He was hurled to the earth, and his angels with him.* His ultimate fate is the lake of fire (*Rev. 20:14-15*) Satan has been trying to seek vengeance on God throughout history. In the beginning, we see a clear picture of who Satan is. *Genesis 3:1-5 (NIV) Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden’?” “The woman said to the serpent, “We may eat fruit from the trees in the garden, but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’” “You will not certainly die,” the serpent said to the woman. “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”* What do we learn about our enemy? He is a master of deception. He appeals to our appetites and our pride. He incites rebellion against God. In Paul’s letter to the Corinthians he reminds them of our spiritual war fueled by deception. Satan and his army of demons want to establish strongholds (areas of bondage or slavery).

Dallas Willard is a respected voice in Christianity. He was an expert in what the Bible teaches about spiritual formation, describing hearing the voice of God through the Spirit.

“All of the words that we are going to receive from God, no matter what may accompany them externally or internally, will ultimately pass through the form of our own thoughts and perceptions. We must learn to find in them the voice of the God in whom we live and move and have our being.”

[Willard, Dallas. Hearing God (The IVP Signature Collection) (p. 237). InterVarsity Press. Kindle Edition.]

In a similar manner, people also hear the voice of demons in a counter-productive way. Consider the apostle Peter who was rebuked by Jesus. *Matthew 6:22-23 Peter took him aside and began to rebuke him. “Never, Lord!” he said. “This shall never happen to you!” Jesus turned and said to Peter, “Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns.”*

The religious leaders (the Pharisees) in the time of Jesus, rejected Jesus. The long-promised Messiah was right in front of them. They had been blinded by Satan. *John 8:42-44 Jesus said to them, “If God were your Father, you would love me, for I have come here from God. I have not come on my own; God sent me. Why is my language not clear to you? Because you are unable to hear what I say. You belong to your father, the devil, and you want to carry out your father’s desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.* Ponder the question of whether or not there are modern day “Pharisees”...Another time, while talking to the Pharisees, Jesus explains that he is the good shepherd and gatekeeper of his sheep,

however he defines Satan as a thief and a wolf. *John 10:10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.* The battle is truth vs lies. It is light vs dark. Jesus came as a testament and *John 1:4-5 states In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.* Jesus told Pilate in *John 18:37 Jesus answered, "You say that I am a king. In fact, the reason I was born and came into the world is to testify to the truth. Everyone on the side of truth listens to me."* And John 14:6a *Jesus answered, "I am the way and the truth and the life.* By standing with Christ in warfare, the truth prevails and the light overcomes the darkness.

HOW DO DEMONS AFFECT CHRISTIANS?

We have established that warfare is full of deception. *2 Cor. 11:14 And no wonder, for Satan himself masquerades as an angel of light. Satan's army and those whom he has deceived do his will.* Their allegiance is to the kingdom of darkness. We see examples in scripture where demons affect our minds, our emotions and our bodies. Paul warned the Corinthian believers to be watchful of their minds. *2 Cor.11:3 But I am afraid that just as Eve was deceived by the serpent's cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ.* He also tells us to be transformed by a renewal of the mind. *Romans 12:2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is —his good, pleasing and perfect will.* The apostle Peter was a hot head and full of emotion. He had a zealous attitude about him yet often it got him into trouble like cutting off the ear of the temple guard when they came to get Jesus. At one point when hearing that Jesus must suffer, Peter attempted to rebuke Jesus. *Mark 8:33 says But when Jesus turned and looked at his disciples, he rebuked Peter. "Get behind me, Satan!" he said. "You do not have in mind the concerns of God, but merely human concerns."* The body can be affected by demonic manifestations. A boy foaming at the mouth with convulsions was taken to Jesus for healing. The father explains to him in *Mark 9:22 "It has often thrown him into fire or water to kill him. But if you can do anything, take pity on us and help us." Jesus spoke to and rebuked a deaf and mute spirit commanding it to come out of him and never enter him again.*

Different Demonic Spirits May Do Different Things.

- There are deaf and mute Spirits (Mark 9:25;33)
- There are back crippling spirits (Luke 11:3)
- There are seizure inducing spirits (Matthew 17:15; Luke 9:49)
- There are strength inducing and tomb-oriented spirits (Mark 5)
- There are spirits of divination who can tell the future (Acts 16:16)
- There are spirits that even more evil than others (Matthew 12:45)

The problem in today's western society is that demons are either ignored and we pretend they do not exist which is dangerous. The other problem is that we give them too much credit and attention. Movies such as the Exorcist in the 1970's elicited fear and sensationalism. Too many people focus on the term "possession" such as stating "A Christian cannot be possessed!" Well, I will agree however a better and more correct question to ask is "Can demons gain access or strongholds in Christian's lives?" The answer to that question is yes!

WHAT IS A STRONGHOLD?

Strongholds are fortifications of the enemy where he has a hold on us for one reason or another. Another term is foothold or opportunity. The Greek term for stronghold is the word "topos" which means territory or a physical place. We see this term used in connection with sinful anger & resentment in Ephesians. *Ephesians 4:26-27 "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.* The simple point here is that God is telling us not to give ground or an opportunity to the enemy in our lives and this particular example happens to be harboring ill will in our hearts towards another person. The bible has much to say about forgiveness and reconciliation and letting the peace of God rule in our hearts. When we blatantly ignore God's Word by our own disobedience, the enemy (Satan) can gain a foothold. There are many potential strongholds!

ARE THERE DEGREES OF STRONGHOLDS?

There is usually a sequence or progression which begins with a thought.

1. Thoughts. Consider the apostle Peter's conversation with Jesus. *Matthew 6:21-23 From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, the chief priests and the teachers of the law, and that he must be killed and on the third day be raised to life. Peter took him aside and began to rebuke him. "Never, Lord!" he said. "This shall never happen to you!" Jesus turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns."* The enemy can attempt to place thoughts in our minds and this is why we must take every thought captive *2 Cor. 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

2. Footholds. This is where we give the devil permission through willful disobedience, sin or some other area. *Ephesians 4:26-27 "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.* The apostle Paul goes on to instruct us not to steal, let unwholesome talk come out of our mouths, grieve the Holy Spirit, and to get rid of things like slander, bitterness, rage, anger, brawling and slander. He encourages us to walk in forgiveness, kindness, compassion and love instead. Paul knows when we hold onto these other things, then we give the devil an opportunity to monopolize and attach in a more substantial way.

3. Filling our Hearts. Ananias not only lied to men but to the Holy Spirit. His heart became filled with deceit. He acted on this deceit. *Acts 5:3-5 Then Peter said, "Ananias, how is it that Satan has so filled your heart that you have lied to the Holy Spirit and have kept for yourself some of the money you received for the land? Didn't it belong to you before it was sold? And after it was sold, wasn't the money at your disposal? What made you think of doing such a thing? You have not lied just to human beings but to God." When Ananias heard this, he fell down and died. And great fear seized all who heard what had happened.*

4. Had a Spirit or “demonization”. Consider some of the following passages from the gospels and the book of Acts.

- *Matthew 11:18 For John came neither eating nor drinking, and they say, ‘He **has a demon.**’ [‘He has (echo) a demon (daimonion!’)]*
- *Luke 11:14 Jesus was driving out a **demon** that was mute. When the **demon** left, the man who had been mute spoke, and the crowd was amazed.*
- *Mark 3:30 He said this because they were saying, “He **has an impure spirit.**” [“He has (echo) an unclean (akathartos) spirit (pneuma.)”]*
- *Mark 5:2 When Jesus got out of the boat, **a man with an impure spirit** came from the tombs to meet him. [a man (anthrōpos) with (en) an unclean (akathartos) spirit (pneuma).]*
- *Luke 6:18 who had come to hear him and to be healed of their diseases. **Those troubled by impure spirits** were cured, those who were troubled (enochleō) with (apo) unclean (akathartos) spirits (pneuma) were healed (therapeuō).*
- *Luke 7:21 At that very time Jesus cured many **who had** diseases, sicknesses and evil spirits, and gave sight to many who were blind.*
- *Luke 13:11 and a woman was there who had been crippled by a **spirit** for eighteen years. She was bent over and could not straighten up at all. [a woman (gynē) there who had had (echo) a spirit (pneuma) of weakness (astheneia) for eighteen (dekaoktō) years (etos)].*
- *Acts 5:16 Crowds gathered also from the towns around Jerusalem, bringing their sick and those tormented by impure **spirits**, and all of them were healed. [and (kai) those tormented (ochleō) by (hypo) evil (akathartos) spirits (pneuma)]*
- *Acts 16:16 Once when we were going to the place of prayer, we were met by a female slave **who had a spirit** by which she predicted the future. She earned a great deal of money for her owners by fortune-telling. [Had (echo) a spirit (pneuma) of divination.]*

5. Participation with Demons (Another form of Demonization) · Paul told Christians that, if they are not careful, they can participate with demons by partaking of sacrifices to demons *1 Corinthians 10:20-22 No, but the sacrifices of pagans are offered to demons, not to God, and I do not want you to be participants with demons. You cannot drink the cup of the Lord and the cup of demons too; you cannot have a part in both the Lord’s table and the table of demons.* Paul rebuked the Corinthians for receiving a different spirit than the Holy Spirit *2 Corinthians 11:4 For if someone comes to you and preaches a Jesus other than the Jesus we preached, or if you receive a different spirit from the Spirit you received, or a different gospel from the one you accepted, you put up with it easily enough.* In *Acts 19:18-20* a large number of Christians in Ephesus practiced sorcery, as Christians, and they repented and turned from it. *Many of those who believed now came and openly confessed what they had done. A number who had practiced sorcery brought their scrolls together and burned them publicly. When they calculated the value of the scrolls, the total came to fifty thousand drachmas. In this way the word of the Lord spread widely and grew in power.*

Since we have established the fact that we are in a spiritual war, we will all be subject to some sort of attack. On the lower side of the scale is spiritual oppression. On a scale of 1 to 10, Let's call this level 1 to 5. As Christians, we can choose to wake up, pray, read the Word, engage in prayer and suit up and keep the attacks to a minimum. *Ephesians 6:16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.* What if we ignore this and just go about life on our own power? Could it just be possible we open ourselves up to a stronger attack? I know as a Christian, when I do not walk in the spiritual disciplines (prayer, fasting, reading of the Word, fellowship with believers, worship etc.) then I have seen that I am more vulnerable to attack. Galatians 5 tells us to walk in step with the Spirit, rather than the flesh. *Gal. 5:25 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.* Now, let's jump to the other side of the spectrum or scale where we find possession. This would be a 10 on the scale. I do not believe a Christian can be possessed by a demon. Possession implies ownership. As baptized believers in Christ, we have the Holy Spirit living in us. *1 Cor 6:19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.* (However, I do believe that people who do not know Christ can be possessed by the demonic and I believe we are seeing much more of this in today's world with terrorism, mass shootings, child pornography, & the rise in blatant occultism).

Now, coming back to the aforementioned scale, what would we call the 6 to 9 range? A term coined by some authors is "demonization" The New Testament term that is translated as "demon possessed" in several bible versions, in the original Greek language is δαιμονίζομαι or *daimonizomai* translated as "to be possessed, afflicted, vexed, by a demon or evil spirit". An in-depth analysis more accurately would be translated as "a somewhat passive person who is strongly influenced by a demon(s)". This is not possession nor is it oppression. It lies between the two. So, the question is therefore, can a Christian be demonized? I believe the answer to be yes by clues from scripture as well as experience in today's world (along with experience of many others). For example, we read of the account in *Acts 5:1-6 (NIV) Now a man named Ananias, together with his wife Sapphira, also sold a piece of property. With his wife's full knowledge, he kept back part of the money for himself, but brought the rest and put it at the apostles' feet. Then Peter said, "Ananias, how is it that Satan has so filled your heart that you have lied to the Holy Spirit and have kept for yourself some of the money you received for the land? He and his wife both suffered the same fate and died at the apostle's feet. Scripture warns us about our treatment of the Holy Spirit. 1 Thessalonians 5:19 (NIV) Do not quench the Spirit. And Ephesians 4:30-32 (NIV) And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.* In the early church, the apostle Paul actually talks about how believers fell into great sin. *1 Timothy 1:19-20 (NIV) some have rejected and so have suffered shipwreck with regard to the faith. Among them are Hymenaeus and Alexander, whom I have handed over to Satan to be taught not to blaspheme. 1 Corinthians 5:1-5 (NIV) It is*

actually reported that there is sexual immorality among you, and of a kind that even pagans do not tolerate: A man is sleeping with his father's wife. And you are proud! ... So when you are assembled and I am with you in spirit, and the power of our Lord Jesus is present, hand this man over to Satan for the destruction of the flesh,, so that his spirit may be saved on the day of the Lord. We see this when Judas, an apostle and disciple of the Lord Jesus himself, betrayed his master. *John 13:2 (NIV) The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus.*

To summarize, as Christians are all oppressed or under attack daily. If we do not engage in battle or ignore the enemy (or worse yet, walk in disobedience) we can open ourselves to a much stronger foothold and be potentially demonized. If you are still having trouble with this concept, rather than thinking internally, perhaps think of a strong attachment like a leech. Sam Storms, in his his book '*Understanding Spiritual Warfare – a Comprehensive Guide*' ultimately concludes "Yes, in the final analysis, my opinion is that a Christian can be demonized" (Storms p.187) He explains "It would seem then, that the debate reduces the question to the location of demonic spirits relative to the believer, rather than to their influence. In other words, all must concede that Christians can be attacked, tempted, oppressed, devoured, and led into grievous sin. Satan can fill our hearts to lie, he can exploit our anger, he can deceive our minds with false doctrine." So, whatever the location, the point is that demons can exert varying degrees of influence on us which we must recognize and fight against using biblical warfare tools.

*for further reading in the biblical text, consider *Ezekiel 8:7-16* where the presence of the Lord is next to idol & demon worship in the temple between to portico and the alter with 25 men with their backs towards the temple of the LORD and their faces towards the east, bowing down to the sun in the east. The Babylonian god Tammuz is also being worshiped by the women. So, there is biblical precedence to evil spirits and the Spirit of God being in close proximity.

HOW DO STRONGHOLDS HAPPEN?

Firstly, Strongholds happen when we give into our flesh and ignore the Word of God and grieve or quench the Holy Spirit as we have discussed. Consider Galatians 5 for some doorways or avenues of sin. *Galatians 5:19-21 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.* Could it just be possible that Satan looks for us to indulge in these sins to gain a foothold in our lives? I think without question; the answer is yes. A sobering warning for blatant disobedience for Christ followers is found in *Hebrews 6:4-8 It is impossible for those who have once been enlightened, who have tasted the heavenly gift, who have shared in the Holy Spirit, who have tasted the goodness of the word of God and the powers of the coming age and who have fallen away, to be brought back to repentance. To their loss they are crucifying the Son of God all over again and subjecting him to public disgrace. Land that drinks in the rain often falling on it and that produces a crop useful to those for whom it is farmed receives the blessing of God. But land that produces thorns and thistles is worthless and is in danger of being cursed. In the end it will be burned.* Repentance is

a recurring theme found in scripture. It is where we die to ourselves and turn from our sinful ways to follow his ways. God is serious about repentance. *2 Corinthians 7:10 Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.* Other ways strongholds happen is when we engage in idolatry or the occult. *1 Cor. 10:14-22* shows where Christians are having fellowship (*koinonia*) with demons by eating food sacrificed to pagan idols and demons. In today's world, not much has changed. Things like overt Satanism, witchcraft, Mysticism, New Age, Animism, Divination, and multiple false religions exist. Furthermore, strongholds can be established when we make ungodly vows, deceive others or believe lies about our identity and who God is. Strongholds occur through unforgiveness, abuse, trauma, pride, rebellion, familial sin, and other areas where we diverge from God's best for us. Often, several strongholds overlap. We tend to either ignore them or brush them under the rug hoping they will disappear. The truth is they will not, until we take action with God's help.

SHOULD I ENGAGE IN THE BATTLE?

Since we have established that the battle is real and that disciples are to follow and obey all the teachings of Jesus, then the simple answer is yes. However, just like the instructions by the flight attendant on an aircraft, in case of loss of cabin pressure, we are to grab the oxygen mask first and then help those next to us. This means we need to clean our own homes and learn to walk in freedom to then help others. It is called discipleship. We can each engage in different ways according to our giftings. One thing we can all do and should do immediately is fast and pray. *1 Thes 5:16-18 Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.* It is time to get off the bench and engage if you have not done so yet. God will provide everything you need.

SHOULD I BE AFRAID?

No! The enemy thrives off lies and fear. Yet, our identity says that we have nothing to fear. His Word says: *2 Tim. 1:7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.* And *Phil. 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

SEQUENCE OF SIN TO BONDAGE AND STRONGHOLDS

When we give into sin, this leads down a destructive road. Sinful thoughts lead to wrong choices which lead to bad habits which lead to a loss of control and this leads to bondage. *James 1:13-15 tells us When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.* The sequence of Strongholds is where temptations become a thought. That thought becomes a choice. Bad choices lead to bad habits. Bad habits lead to bondage and bondage becomes a stronghold.

Ephesians 4:26-27 "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. Satan wants to take anyone captive that he is able to. There are many people today who have gone through "deconstruction" of their faith. They have turned from God and become agnostics or atheists. Paul charges Timothy to uphold the Word and gently instruct others of the truth of the gospel message. *2 Timothy 2:25-26 Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth, and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.* He warns that there will be people with a form of Godliness who are anything but Godly. *2 Timothy 3:1-5 But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God— having a form of godliness but denying its power. Have nothing to do with such people.*

It is certainly possible that the enemy has gained substantial ground in our lives. However, there is hope! We need to pray that God will grant them repentance and bring them to the living hope that is found in the saving work of Jesus and submitting those strongholds to him. I have seen numerous people in this type of bondage repent and turn back to Christ.

HOW CAN I GAIN FREEDOM FROM STRONGHOLDS?

James 4:7-10 tells us Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up. When we recognize that we are in bondage and surrender ourselves to Jesus and throw ourselves at his mercy, he will help us in our time of need. While in Nazareth, Jesus was teaching in the synagogue and was handed the scroll from the prophet Isaiah and he read *(Luke 4:18-19) "The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor."* Jesus wants nothing more than to set us free from bondage and only he can do it. When we submit to him and resist the devil, we take steps to freedom. Those steps start with deliverance which then leads to self control, resistance to old habits, making right choices instead of wrong ones and this leads to right thoughts and freedom with peace and joy. It is a reversal of the bondage process. Yet it starts with a decision to surrender. Often Jesus uses other disciples to help in this process. We need the Word of God, the Spirit of God and the people of God to help in time of need. In the guide Discipleship and Deliverance, a trusted guide and intercessors will help do just that. Yet, it does not end there. Tools are freely given and encouraged to be used to continue to walk in freedom afterwards. Incidentally, we all have the same authority as Christians. There are no "special people" or "special powers" of certain people. As disciples, we can simply claim what is already given to us.

THE POSITION OF DISCIPLES

Our position in Christ is over the powers of darkness as he is our head, and we make up His body. *Ephesians 1:18–23 says: I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the surpassing greatness of His power toward us who believe. These are in accordance with the working of the strength of His might which He brought about in Christ, when He raised Him from the dead, and seated Him at His right hand in the heavenly places, far above all rule and authority and power and dominion, and every name that is named, not only in this age, but also in the one to come. And He put all things in subjection under His feet and gave Him as head over all things to the church, which is His body, the fullness of Him who fills all in all.* God has put all authority in heaven and earth under king Jesus. As disciples, we are members of His body, and are seated with him in the heavens right now. This puts us over all spiritual forces.

THE AUTHORITY OF DISCIPLES

Jesus sent out the 72 to minister. He told them *Luke 10:18–20 And He said to them, “I was watching Satan fall from heaven like lightning. Behold I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing will injure you. Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are recorded in heaven.”* So we take great joy that our names are in the Book of Life, yet we also understand that Jesus Christ has delegated authority to us over all the power of the enemy, subjecting the spirits to us using his name, the name above all names!

Colossians 2:13-15 When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

Ephesians 2:6-7 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.

THE PROTECTION OF DISCIPLES

Jesus tells us in the passage above in *Luke 10* that “*nothing shall injure you*”. We stand with Jesus when we engage in warfare and we have nothing to fear. A small excerpt from *Psalms 91:9-13 (I like to read the entire Psalm in warfare)* says: *If you say, “The LORD is my refuge,” and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. You will tread on the lion and the cobra; you will trample the great lion and the serpent.*

THE VICTORY THROUGH KING JESUS

The battle has been won! The Lord Jesus Christ. crushed the authority of Satan at the cross of Calvary. *Colossians 2:13–15 NASB 1995 When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross. When He had disarmed the rulers and authorities, He made a public display of them, having triumphed over them through Him.*

BATTLE ARMOR

Ephesians 6:13-18 Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. The Word of God tells us to suit up daily in full armor to defeat the enemy. We are to stand in the foundation of Christ. Christ is the truth and we stand on his truth, the same truth that sets us free (John 8:31-32). Our hearts are protected in the righteousness that we have through Christ. The accuser can no longer harm us. The gospel of peace is our readiness, because the same gospel took down the entire kingdom of the enemy and we reconcile our fellow man to God with this same gospel of peace. We go to battle for our brothers and sisters. The shield of faith, or a faithful faith or allegiance to Jesus has power to deflect any weapon of the enemy. The helmet of salvation protects our minds and showcases our position of victory in Christ. The sword of the Spirit is the Word of God. The Word of God yields power, especially the spoken Word. *Hebrews 4:12-13 For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.* Finally, this Ephesians 6 passage tells us to use yet another weapon: the weapon of prayer. We pray for all the Lord's people – the saints who stand beside us in this fight.

OTHER WEAPONS OF WARFARE

We have seen in the above passage that we are to use defensive weapons and offensive weapons in spiritual warfare. What else does scripture say about weaponry? We fight with the truth of God's Word, or what we would call a truth encounter. *2 Corinthians 10:3-5 or though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to*

demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. We submit ourselves and our thoughts to the Lordship of Jesus to defeat the enemy. We combat him with all kinds of prayer, worship, the fellowship of believers and other spiritual disciplines. These offensive weapons then take down strongholds!

Revelation 12:10-11 Then I heard a loud voice in heaven say: "Now have come the salvation and the power and the kingdom of our God, and the authority of his Messiah. For the accuser of our brothers and sisters, who accuses them before our God day and night, has been hurled down.

They triumphed over him by the blood of the Lamb and by the word of their testimony. So, we also fight with our spoken testimonies of the power of Christ and his victory over the enemy by his blood. He defeated death with his resurrection. The church and body of Christ showcase this. *Ephesians 3:10-11 states His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms, according to his eternal purpose that he accomplished in Christ Jesus our Lord.* These are all tools for us to use in offensive warfare.

BINDING AND LOOSING

Jesus tells Peter that he (Christ) is the rock or foundation which the church will be built on. As part of the church his disciples are given keys. *Matthew 16:18-19 And I tell you that you are Peter, and on this rock, I will build my church, and the gates of Hades will not overcome it. I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.*" The ability to bind and loosen are tools given to believers to proclaim the gospel without interference from the enemy. We bind the enemy (Satan and his demons) and loosen the minds, wills and sometimes the body parts of believers. This is a necessary tool to use as without it, the enemy would be able to have too much control. In fact, in *2 Cor 4:3-4* tell us *And even if our gospel is veiled, it is veiled to those who are perishing. The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.* How can we share the gospel unless we bind the strongman and loose the minds to hear the truth and the good news? In *Matthew 12:26-29*, Jesus talks about divided kingdoms. He says *If Satan drives out Satan, he is divided against himself. How then can his kingdom stand? And if I drive out demons by Beelzebul, by whom do your people drive them out? So then, they will be your judges. But if it is by the Spirit of God that I drive out demons, then the kingdom of God has come upon you. "Or again, how can anyone enter a strong man's house and carry off his possessions unless he first ties up the strong man? Then he can plunder his house.* So, from these passages, with the positional authority we have in Christ, we have the ability to bind and loose and in particular bind any strongman spirits that are exerting control over believers. We cannot make forward progress until we do this and then we can speak gospel truth so ears are loosened to hear and hearts that are willing to renounce the lies that they have been told.

FOUR SIMPLE BIBLICAL PRINCIPLES FOR FREEDOM

The four-simple biblical principles that are done with any session of deliverance for freedom are confess, claim, command and commit.

When we **confess**, we simply own whatever it is that we have done, participated in, or we speak of the hurt. We become willing to speak the truth, no matter how hard it is. By doing so, we are also confessing we want to surrender it to Jesus who is Lord. We do this in the company of trusted leaders and intercessors. *James 5:16 Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.*

The next part is **claim** which encompasses repentance and renouncements. We are **claiming the blood of Jesus** over our sins and strongholds. We state out loud that we want nothing to do with Satan and his demons and any influence or effects that they have had on us. We agree to turn from those ways and trust God. *2 Cor. 4:2 Rather, we have renounced secret and shameful ways; we do not use deception, nor do we distort the word of God. On the contrary, by setting forth the truth plainly we commend ourselves to everyone's conscience in the sight of God.* We ask God to remove any legal rights the enemy may have against us.

Then, using the authority God has given ALL his disciples, we **command** the spirit to leave and go to the place Jesus wants to send them. At that point, the spirit has no more right to stay and they must go. *Acts 16:16-18 Once when we were going to the place of prayer, we were met by a female slave who had a spirit by which she predicted the future. She earned a great deal of money for her owners by fortune-telling. She followed Paul and the rest of us, shouting, "These men are servants of the Most High God, who are telling you the way to be saved." She kept this up for many days. Finally, Paul became so annoyed that he turned around and said to the spirit, "In the name of Jesus Christ I command you to come out of her!" At that moment the spirit left her.*

We invoke the name of Jesus - the name above all names! *Ephesians 1:18-23 I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way.*

Colossians 2:13-15 When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

Ephesians 2:6-7 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.

The Holy Spirit and the power of Christ make them go using his name. It is that simple. Sometimes they try to hide or hold on but once their grip has been severed, they must go. As they go, we have freedom and we command them never to return. The final part is **to commit** to fill up with the Holy Spirit to heal and fully fill any areas vacated by the enemy. In essence, we learn to walk in step with the Spirit of God (Gal 5) and fill our houses with the things of God and the leading of the Holy Spirit in all areas.

THREE APPROACHES TO SPIRITUAL WARFARE

We combine the **truth approach** popularized by Neil Anderson in *The Steps to Freedom in Christ*, the **legal approach** championed by Dr. Marcus Warner of Deeper Walk Ministries and the **power approach** which is seen in many deliverance ministries. There is value in all three of these approaches.

The truth approach focuses on claiming biblical truth found in Scripture and agreeing with it. Scriptural truth is read out loud. The Word of God is powerful when spoken. *Hebrews 4:12 For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. John 14:12-14 Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. And I will do whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it.*

The legal approach can be explained in terms of permission. There are several ways that demons can gain permission in a person's life. One is **deliberate ongoing sin**. *Ephesians 4:26-27 "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold. The occult* is seeking spiritual power other than from God. This includes secret knowledge or divination. *1 Cor 10:19-22 Do I mean then that food sacrificed to an idol is anything, or that an idol is anything? No, but the sacrifices of pagans are offered to demons, not to God, and I do not want you to be participants with demons. You cannot drink the cup of the Lord and the cup of demons too; you cannot have a part in both the Lord's table and the table of demons. Are we trying to arouse the Lord's jealousy? Are we stronger than he? Deut 18:10-12 Let no one be found among you who sacrifices their son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, or casts spells, or who is a medium or spiritist or who consults the dead. Anyone who does these things is detestable to the LORD; because of these same detestable practices the LORD your God will drive out those nations before you. Believing lies* about who we are and what we can do in a control tactic by the deceiver. This occurred in the garden of Eden with the fall of Adam and Eve. It has occurred ever since. Demons use deception to drive our thoughts and emotions that leads to harmful behavior that affects our relationship with God and fellow man. Jesus told the Pharisees in *John 8:43-44 Why is my language not clear to you? Because you are unable to hear what I say. You belong to your father, the*

devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. Consider an example of fear or anxiety. *1 Timothy 1:7 For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.* and *Philippians 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.* Another way the demonic gains access is through **lineage**. When our family members or family line do things that give demons permission, those demons work to keep their right to affect subsequent generations. We see New Testament examples of the demonic affecting children. *Mark 7:25-26 In fact, as soon as she heard about him, a woman whose little daughter was possessed by an impure spirit came and fell at his feet. The woman was a Greek, born in Syrian Phoenicia. She begged Jesus to drive the demon out of her daughter.* and *Mark 9:17-18, 21-22 A man in the crowd answered, "Teacher, I brought you my son, who is possessed by a spirit that has robbed him of speech. Whenever it seizes him, it throws him to the ground. He foams at the mouth, gnashes his teeth and becomes rigid... Jesus asked the boy's father, "How long has he been like this?" "From childhood," he answered. "It has often thrown him into fire or water to kill him. But if you can do anything, take pity on us and help us." "If you can?" said Jesus. "Everything is possible for one who believes."* In both of these cases, Jesus drives out the demons and used the later case to instruct his disciples on the importance of prayer to cast out the demons. *Mark 9:29 He replied, "This kind can come out only by prayer."*

In essence, the legal right approach cancels the permission the enemy has for a stronghold by renouncing sin, the occult, lies and lineage. Participants renounce the demonic, confess any sins, ask for God's forgiveness and metaphorically cover themselves in the liberating blood of Jesus. Often, we may pause to pray and ask the Holy Spirit to illuminate areas that has allowed a stronghold. Intercessors pray and ask the Holy Spirit for help during the process.

The Power approach: Finally, we apply the biblical principle used in the power approach seen throughout the gospels and the book of Acts when the disciples commanded demons to come out using the authority and name of Jesus! This simply goes back to verbally claiming our authority in the Lord Jesus. This is used to command demons to leave the person and go to where Jesus wants to send them. *Acts 16:18 She kept this up for many days. Finally Paul became so annoyed that he turned around and said to the spirit, "In the name of Jesus Christ I command you to come out of her!" At that moment the spirit left her.*

CARRYING EACH OTHERS BURDENS

We are to stand in the gap for our brothers and sisters and for that matter anyone who is suffering. We are to showcase the Love of Christ. *Galatians 6:1-2 (NIV) Brothers and sisters, if*

someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ. Scripture tells us plainly *Galatians 5:6 (NIV) For in Christ Jesus neither circumcision nor uncircumcision has any value. The only thing that counts is faith expressing itself through love.* If by prayer and discernment or by confession, a brother or sister has a known stronghold and wants help, who are we not to go to heavenly battle on their behalf? We could simply tell them "Best of luck" and send them on their way but we would be like the priest or the Levite in the parable of the good Samaritan in *Luke 10:25-35*. Discipleship is messy and we are called to the front lines of battle to aid our brothers and sisters! It is a great injustice when people seeking freedom from bondage are turned away from the church telling them they need to seek help elsewhere.

WALKING IN FREEDOM

With deliverance, comes a sense of peace with each step and a sense of release and a filling of love by the Holy Spirit. After a full house cleaning, there often is a renewed sense of quiet and joy. *2 Cor 3:17-18 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.*

PRODUCING GOOD FRUIT

We go to battle by first asking God where he wants to send us or ask who he wants to send us. Then, we act in obedience starting with prayer. Those prayers are for freedom and complete deliverance so that disciples can go on to produce much good fruit. That is what it is all about and it is a joyful process which glorifies the Son, the Father and the Holy Spirit.

Col. 1:9-14 For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.

A WARNING FROM SCRIPTURE

There is a warning given to us in Scripture in Matthew 12:43-45: *When an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left.'* When it arrives, it finds the house unoccupied, swept clean and put in order. Then it goes and takes with it seven other spirits more wicked than itself, and they go in

and live there. And the final condition of that person is worse than the first. That is how it will be with this wicked generation. This tells us that demons can and will come back looking for an empty house. Our goal is that each participant will therefore commit to filling their house with the living Spirit of God and fortify their home! In our experience, this can only happen through the God-given tool and gift of discipleship as believers are constantly pointing one another to the truth and goodness of God. At the end of this process, we will provide tools and suggestions to do just that. There is nothing more powerful than Jesus—He is the impossibility specialist! He will do for us what we cannot do for ourselves. It just takes surrender on our part and a commitment to His Lordship in our lives. Our prayer and desire is that this process will “pop the top” and catapult disciples of Jesus into a rich and vibrant lifelong relationship with Him and other believers. In turn, perhaps God will use you to go on to help others gain freedom!

LEARNING TO WALK IN JOYFUL HOLINESS

Have you ever really wondered about being holy? The apostle Peter told us *1 Peter 1:13-16 (NIV) Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: “Be holy, because I am holy.”* He goes on in the next chapter to tell us that we are being built into a spiritual house and that we are a royal priesthood. *1 Peter 2:5,9 (NIV) you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ... But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.* One thing that engaging in the reality of spiritual warfare has taught us is a healthy reverence and fear of the living God. God is all powerful and full of love and compassion, having great patience and wanting all to come to repentance and a knowledge of the truth. His desire is that we would glorify him by glorifying his son. He wants us to be disciples of Jesus to go on and make more disciples. We can have no greater joy than to walk in holiness and point as many as possible to the love and freedom that Jesus freely offers us.

AN IMPORTANT NOTE ABOUT DISCIPLESHIP

THE HEALING JOURNEY

Think about cancer. Often cancer needs to be cut out of the body. This process is much like surgery. After surgery, people need to recover physically and mentally. They need to be nurtured and cared for. If the person is treated well after surgery with proper rest, medication, nutrition, rehabilitation and human care, then they will heal and flourish. If any of these things are absent, the process of recovery can be painful and even harmful. For this reason, we outline a process of discipleship after this session of spiritual battle. We all need the Word of God (truth), the Spirit of God (healing power) and the people of God (love). This means that we require all participants to have a plan in place for discipleship which includes those elements. Accountability is key to gaining and maintaining freedom. This process is not a one-time fix. Jesus constantly transforms us by the renewing of our minds (Romans 12:2)! We are [confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus](#) (Philippians 1:6).

PREPARATION FOR A DELIVERANCE SESSION

You are picking up this workbook either because you are curious about spiritual warfare, because you are leading a prayer ministry or because you are struggling in some way that you believe could be demonic in nature. We entered into spiritual warfare for all of those reasons. Each of us are leaders in a local church whose core is helping people grow as disciples and disciple makers who trust and follow Jesus. God led us to develop this tool to put in our disciple-making tool belt. Spiritual warfare should not be entered into alone. We were meant to walk out the Christian life in community. We will describe the basics of spiritual warfare, but we will not dive deep into the practices that do not foster discipleship.

This booklet is meant to give you basic information on spiritual warfare as well as a very practical tool to use in your prayer ministry with other Christians. We want all Christians to understand and live out of their identity and authority in Christ.

Experience isn't necessary to walk someone through a deliverance session, but spiritual and emotional maturity is required to lead. We also suggest that the leader have a strong prayer life and show fruit of the Holy Spirit as well as be an experienced disciple maker. Both leader and intercessor must be trustworthy with very personal and sensitive information. Each session should have an intercessor (or two) that is dedicated to praying for the individual prior to and during the session. Both the leader and the intercessor must lead a life of repentance, humility, and submission to the Lord.

Best practice for most sessions is to keep them to the same gender only. The main reason for this is for complete transparency, especially in the forgiveness and bondage/sin sections. Safety & sensitivity for the purpose of transparency is of utmost importance.

When we are talking to someone who is struggling or who we believe would benefit from a spiritual warfare session, we go over the following points.

- **SEEKING FREEDOM FROM SPIRITUAL BONDAGE:** You are here most likely because nothing has worked. You are seeking freedom because you have tried Bible studies, prayers, medications, counseling and/or rehab and nothing has worked. If so, there probably is a spiritual or demonic attack occurring.
- **IMPORTANCE OF THE HOLY SPIRIT:** We want to establish that the participant is a believer in Jesus Christ and has committed to Him through confession, repentance, and baptism by immersion. As believers, we are promised the Holy Spirit – who lives in us (**Acts 2**)– but the Bible does not promise that we won't be attacked spiritually (**Ephesians 6:12**).

- SPIRITUAL HOUSE ANALOGY: It may be best to give an illustration of your personal spiritual house. God owns your house and, as a disciple of Jesus, the Holy Spirit resides in your house. You are the landlord of your house.
 - LIGHT VS. DARKNESS IN YOUR HOUSE: Your house has many rooms which should be lit brightly with the Holy Spirit. But because the enemy wants to kill, steal and destroy, he tries to wreck your spiritual house and discredit or harm your testimony of the Lord Jesus. His aim is to gain access to your house through open doorways and then systematically turn out the lights in your rooms, thus darkening your house. Once attached to rooms within your house, he likes to hide, and whisper lies. Essentially, he is an unwanted squatter that wreaks havoc.
 - DOORWAYS: Demonization happens through open doorways in your house which can occur through things like habitual ongoing sin, abuse, trauma, or familiar (generational spirits). No matter the cause, we have the authority to negate the influence under the healing power and authority of Jesus.
- CANCER ANALOGY: Another analogy is cancer. Think of cancer that needs to be removed surgically & the goal is then healing and preventing it from returning. Cancers can be caused from heredity (familiar or ancestral), toxic exposures (trauma) or personal choices (sin). The process of spiritual house cleaning is like surgery, but intentional recovery afterwards will be necessary.
- STANDING IN CHRIST: An important note is that demons own nothing. A Christ follower is safe and secure in their eternal standing. The Holy Spirit lives in that person. We believe that non-Christians can be possessed by demons; however, Christians cannot be possessed. However, Christians can be oppressed or even have varying degrees of demonization. This a stronger attachment or stronghold which needs to be broken.
- WARFARE BEFORE THE WARFARE: Leading up to your session, you may experience thoughts, excuses or rationalizations such as: “Things are better. I don’t need to do this;” “You will look like a fool;” “You’re not going to do it right;” etc. You may have intense fear, anxiety, nightmares, sickness, thoughts of excuses to cancel, threats against loved ones or against your reputation, enticements, or false promises by the enemy. Most people experience this to one degree or another.
- NOTHING TO FEAR: Please rest in the fact that you are safe. Your leader is here with you through this, but most importantly, Jesus is here. The Holy Spirit is our power source for protection and mediation. There is complete victory in Christ and there is nothing to fear!

- FRIENDS WHO PRAY: Every session should have a prayer intercessor or two that will pray for you and listen for guidance from the Holy Spirit to help the process for freedom before and during your session. They may hear things, see images, or have ideas that they will share with the leader or you during the session.
- HOMEWORK BEFORE YOUR SESSION: Completion of the Personal Inventory and journaling is required prior to our main session together. Be as thorough as possible. How complete your answers are will have a direct impact on your session.
- A SIMPLE BIBLICAL PROCESS
The **Deliverance Process** will be simple: **The 4 C's**
 1. **Confess**: Bring forth the area identified as a **stronghold** and name it.
 2. **Claim (the blood of Jesus) - Renounce**: Ask God to cancel the ground/permission that the spirit has, removing their right to stay by claiming the blood of Jesus.
 3. **Command**: Tell the controlling/unwanted spirit to leave, standing in the authority of the Lord Jesus Christ. Every Christian has this standing of victory, protection and position which was purchased at the cross—the battle has already been won.
 4. **Commit**: Ask the Holy Spirit to fill all the places vacated by the enemy.
- SPIRITUAL GROUND RULES: Prior to beginning a session, we claim our authority by stating ground rules out loud for the spiritual realm. The demonic spirits will not be allowed to do anything harmful to you in the process. This will allow for a **safe and peaceful experience**. We have seen this work repeatedly. We use these on the biblical principle that we are seated in the heavenly realms with Christ as his disciples and therefore have authority over the demonic. We claim that right and exercise order and control, not giving into fear or sensationalism. God is a god of order and not disorder. Each believer has dignity and this practicality of laying down ground rules maintains that. In our experience, we have taken people through deliverance with and without this process and each way works, however by adding ground rules in the spiritual realm, there is peace and dignity. No, we will not see an example found directly in scripture however in practice this works case after case. We stand on biblical principles.
- MANIFESTATIONS: If you have any sensations or physical symptoms, please let us know. Often, we may elect to exert our authority in Christ to help the participant and stop the symptoms if they are uncomfortable or disrupting the session. Manifestations that we have seen include yawning, coughing, exhaling deeply, nausea, headache, ringing in your ears, confusion, sweating, feeling hot or cold, aches & pains, chills, muscle cramps, difficulty speaking, muscle contractions etc. This is common and nothing to be alarmed about. It is simply the enemy trying to disrupt the session by an attempt to exert control and it will not be permitted to continue.

- VOICES, IMPRESSIONS AND IDEAS DURING THE SESSION: When a question is asked to the spiritual realm, you may hear an answer, or have an image pop into your mind. We ask participants to close their eyes and listen and not try to overthink or analyze things that they are hearing. Please share everything you hear with us, even if it sounds weird or inappropriate. We will ask the Holy Spirit to filter questions of the demonic to ensure accuracy and truth. If it is quiet after a while, please let us know this as well.
- LEARNING THE LIES WILL HELP YOU MOVING FORWARD: We will ask several questions directed at the spiritual realm. The main purpose of this is to know what lies this particular enemy tells you so you can recognize it in the future and/or understand the impact it has had on your life. This is part of the discipleship process. Once you understand the lies of the enemy and are able to differentiate the truth of God found in scripture, then you will be able to live in more and more freedom.
- TRANSPARENCY IS KEY: We ask that the participant be as transparent and complete in their answers as possible. Please do not hold anything back in your answers.
- FASTING & PRAYER: We encourage all participants to fast and pray the day of the session, if possible, including the leader & intercessor(s).

HOW TO USE THIS GUIDE

This booklet is designed for the participant to read through in its entirety prior to the prayer session. Prior to the prayer session, you should pray through all of the sections and answer the questions as thoroughly as possible. Pray and ask the Holy Spirit to guide your process. You should not say the renouncements aloud or attempt to cast the demonic out yourself prior to the session. You do not need to tell the stories behind your answers. The directions for each section are in a box. You may need paper to journal your responses for some sections.

*During your session, the sections in **green** will be spoken by the leader of the session.*

*The words in **red** will be spoken by you as the participant.*

*Scriptures are in **blue** and should be read aloud.*

*Titles of each section and instructions are in **black**.*

MAIN SESSION

SCRIPTURE

Read Ephesians: 6:10-17:

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

OPTIONAL: Play worship music in the background on low volume as this may aid in spiritual warfare.

The Good News

I Believe the Good News, that Jesus, the king:

1. Preexisted as God the Son.
2. Was sent by the Father.
3. Took on human flesh in fulfillment of God's promises to King David.
4. Died for my sins in accordance with the scriptures.
5. Was buried.
6. Was raised on the third day in accordance with the scriptures.
7. Appeared to many witnesses.
8. Is enthroned at the right hand of God as the ruling Christ.
9. Has sent the Holy Spirit to his people, which I am one of, to affect his rule.
10. Will come again as the final judge to rule.

I respond by faith, which is to trust and follow Jesus as my saving King. I give him my allegiance in all things and I declare that Jesus is my Lord!

STATEMENTS OF FAITH - Have the participant read/affirm the following statements:

- I am a baptized believer in Jesus Christ who invites the Holy Spirit to help me.
- I commit to complete transparency and confession of my sins and actions.
- I believe that God wants me to be free and that I stand as a victor in the spiritual battle because of Lord Jesus Christ.
- I commit to discipleship after this session with _____.

Prayer

Father in heaven, we thank You that You are a loving Father who takes delight in Your children when we come to You for help and deliverance. You are the one true and powerful almighty God. We thank You especially for sending Your Son, Jesus of Nazareth, to live among us in the flesh—fully God and fully human—and to die on the cross for the complete forgiveness of our sins. He was buried and was raised on the third day according to the Scriptures. He now sits at the right-hand side of You, Father, and intercedes for us. Father, we thank You also for the Holy Spirit of God that lives within us as baptized believers in Christ. We now ask that the Holy Spirit's fire would be turned up in us as we seek deliverance from demonic attachments. We state that we want nothing to do with Satan and his demons and renounce them and their influence. Our desire is that there would be freedom for (participant's name) and we claim the blood of Christ over all of us. We ask now that You send Your holy angels, both warrior angels for protection and deliverance and ministering angels for healing. We ask that You also protect our families and loved ones by putting a hedge of protection around them right now. We call on the Holy Spirit to guide every step of this session and each person in this room. We thank You for the victory You will give us in the mighty name of Jesus our Lord, amen.

STATEMENT OF AUTHORITY [everyone in the room reads together]

"I have the authority over every demon or curse in this room as Jesus gave me the authority in Luke 10 to use His name and cast you out as Jesus defeated you at the cross and gave me that authority. Amen."

DECLARATIONS OF TRUTH

- **Victory:** To all the powers of darkness, we declare our victory through our head, the Lord Jesus Christ. We declare that the Lord Jesus Christ has smashed the authority of Satan at the cross of Calvary, where He made an open spectacle of your master. **Colossians 2:13–15 NASB 1995**— states: When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross. When He had disarmed the rulers and authorities, He made a public display of them, having triumphed over them through Him.
- **Authority:** We declare our authority over the powers of darkness through the Lord Jesus Christ. In **Luke 10:18–20**, Jesus told those who follow Him: And He said to them, “I was watching Satan fall from heaven like lightning. Behold I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing will injure you. Nevertheless do not rejoice in this, that the spirits are subject to you, but rejoice that your names are recorded in heaven.” We are aware that our joy is in the fact that our names are recorded in heaven. But we also understand that Jesus Christ has delegated authority to us over all the power of the enemy, subjecting the spirits to us through Him.
- **Protection:** From the same **Luke 10** passage, we declare our protection from the powers of darkness through our head, the Lord Jesus Christ. Jesus said, “and nothing will injure you.” We declare this to be true through our Lord Jesus Christ and we stand upon this truth.
- **Position:** We declare our position over the powers of darkness in Jesus Christ. Jesus Christ is our head, and we make up His body. **Ephesians 1:18–23 says:** I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the surpassing greatness of His power toward us who believe. These are in accordance with the working of the strength of His might which He brought about in Christ, when He raised Him from the dead, and seated Him at His right hand in the heavenly places, far above all rule and authority and power and dominion, and every name that is named, not only in this age, but also in the one to come. And He put all things in subjection under His feet and gave Him as head over all things to the church, which is His body, the fullness of Him who fills all in all.
Jesus Christ reigns over all authority, and He is our head. God has put all authority in this age and the one to come under His feet. As Christians, we are members of His body, seated positionally in the heavens with Him now. Whether we represent the soles of His feet or the hair on the top of His head, we are still positionally above anything placed underneath His feet.

LAYING DOWN THE GROUND RULES IN THE SPIRITUAL REALM

The following ground rules are addressed to the demonic.

- As Christians, we have the authority! All demons will submit whether you like it or not as you understand the delegated authority of disciples of Jesus Christ.
- In the name of the Lord Jesus Christ, we **bind** the strong man. You will not be allowed to interfere in this process in any way. There will be no outside reinforcement of any kind from other strongmen, principalities or your master.
- In the name of the Lord Jesus Christ, there will be no duplicating or changing of authority and rank. You are not allowed to hide. We **bind** you by the authority structure you now have. You are not permitted to hold on to your demon family and must turn loose when commanded to come out.
- The Holy Spirit of God is going before us and is within us. We stand as a majority, and we stand together against you. (Participant's name) does not want anything to do with you. You are an unwanted intruder who is going to have to leave upon command .
- In the name of the Lord Jesus Christ, when you are commanded to leave, you and all your associates will be sent to the feet of Jesus, and all works and effects will be canceled. You will not be free to reestablish a hold on (participant's name) or on anyone else in the room.
- In the name of the Lord Jesus Christ (participant's name) is to have complete and full control of their body and mind and no harm is to come to them, nor anyone else present.
- Lastly, in the name of the Lord Jesus Christ, we ask the Holy Spirit of God to enforce all the ground rules and to severely punish any demons who attempt to step outside of the ground rules. Your authority is smashed!

(Payne, 2020, p. 130 ground rules modified by Eagle/Robinson)

PARTICIPANT, PLEASE NOTE WHAT TO EXPECT

During this process, you may hear a voice, see pictures/images, have thoughts, impressions or ideas that pop into your mind. Please allow us to filter these by repeating them to us just as you hear or see them. Share them even if they seem foolish (thoughts like “you are making this up”, etc.) or if they are negative and directed towards the facilitator.

ROOM 1 (THE FOYER) FAMILIAL SPIRITS & CURSES

Please list the sinful issues, as well as physical or mental infirmities that you are aware of in your family lineage. Examples: idolatry, false religions, addictions, adultery, hatred, anger, abuse, bigotry, depression and sickness such as cancer, mental illness, etc.

Father God, Please **bring to my mind** any generational or familial spirits connected to my family through sins or curses that have affected me and my life.

Confess & Cancel

- Father God and Lord Jesus, if there are any demonic spirits who have anything to do with me—body, soul, or spirit, because of familial sin or the occult, I declare I want nothing to do with them.
- Likewise, if I have been cursed, I return that curse back to where it came from and ask that You cancel all the curses upon me. I forgive those who have placed a curse on me and ask that You bless them. I ask this in the name of Jesus Christ, amen.
- Father God, I **confess** that my family blood line before me has sinned against You and although this was out of my control, I declare that I want nothing to do with the effects on me. I ask You, God, to cleanse me from (everything listed):

Expose Lies, Embrace Truth

Holy Spirit, we ask that you reveal the associated lies that (participant's name) has believed in the areas of **familial spirits and curses**. (*Facilitator and Intercessor write the lies*).

Possible Demonic Interference: If the participant struggles to hear from the Holy Spirit (as if there is something hindering their ability to do so), the demonic can be addressed directly as follows: **In the name of the Lord Jesus Christ, we bind any demonic spirits present attempting to hinder** (participant's name) **from hearing the Holy Spirit's voice and command you to reveal any permissions you have to remain.**

After the lies have been written down, ask the participant to renounce these lies by praying the following:

Father God, I **confess** I have believed the lies of the enemy that said (*state the specific lies*). I ask that You forgive me for believing them and I now choose to believe the truth (*state the truths in God's word that oppose the lies*). Thank You for Your forgiveness.

Father, I ask that You now **cancel** any permissions the enemy has against me because of vows or agreements which were made in these areas. I ask this in the name of Jesus Christ, amen.

Command

In the name of the Lord Jesus Christ, we **command all generational spirits** to leave
(participant's name) with all of their works and effects and go to the feet of Jesus.

Commit: Filling Prayer

Father God, I ask that you grant me a clean slate moving forward for myself and my children.
Holy Spirit, I ask You to come and fully fill each area just vacated and that Your power would
reign and control this area of my life. May I only hear Your voice and Your truth. Amen.

ROOM 2 (THE LIVING ROOM) THE OCCULT, FALSE BELIEFS, & STRONGHOLDS

Father God, I ask that You **bring to my mind** all false religious beliefs and strongholds, including the occult, that I have knowingly or unknowingly believed, or acted upon. Please also **bring to my mind** any ways in which I may have been cursed or tricked by false religious practices, even if I was a bystander.

Circle Any boxes that you have participated in or been exposed to in any way.

| FALSE RELIGIONS | | IDOLATRY | FALSE BELIEFS | OCCULT & ORGANIZATIONS | | | DIVINATION | | OCCULT GAMES |
|------------------------------|----------------------------------|---------------------------------------|----------------------------|------------------------------------|-------------------------------------|-----------------------|-----------------------------|---------------------------|-----------------------------------|
| Ancestor worship | Kabbalah | Anti-Christian tv shows/ movies/music | Anti-Semitism | Animal/human sacrifice | Geographical spirits | Sorcerer, sorceress | Alchemy | Psychic readings | The Answer Man |
| Angel worship, idol worship | Krishna | Celebrity worship | Apostasy | Antichrist spirit | Hearing voices/nagging thoughts | Sorcery | Astrology | Reiki | Baby Blue |
| Animism & folk religions | Metaphysics | Demonic/ horror movies | Atheism | Astral projection | Imaginary friend(s) | Spirit guide | Automatic writing | Rod & pendulum, dowsing | The Bell Witch |
| Bahá'ism | Mormonism | False religious tattoos | Gang membership & identity | Babylonian spirits | Kali (goddess) | Table or body lifting | Biorhythm | Shiva mind control | Bloody Mary |
| Zen Buddhism | Mysticism | Graven images | Hedonism | Baphomet (demon) | Levitation | Trolls | Chakras | Silver chords | Charlie Charlie |
| Chrislam | Native American/ Indian Religion | Idols –rock stars, actors, actresses | KKK/White supremacy | Blackmagic/ White magic | Order of the Rainbow | Wiccan | Channeling | Tarot cards | Crystals |
| Christian Science | Nature worship, Mother earth | Lukewarm | Legalism | Blood pacts | Organization vows, secret covenants | Witch, wizard | Clairvoyance | Tea leaf reading | Dark anime |
| Confucianism | New Age religion | Ungodly/ satanic music | Pantheism | Charms, amulets | Pentagram, hexagram | Witchcraft | Coffee grounds | Telekinesis, telepathy | Dark/violent video games |
| Counterfeit religious events | Paganism | Other cultic religious practices | Pluralism | Circles, chanting | Poltergeists | Witchdoctor | Crystals, crystal balls | Transcendental meditation | Dungeons & Dragons |
| Eastern Lightning | Raelians | | Reincarnation /karma | Conjuring spirits | Potions, spells, enchantments | Voodoo | E.S.P, mind control | | Light as a Feather |
| Eastern Mysticism | Rastafarianism | | Relativism | Contact from aliens | Rosicrucianism | | Fortune telling | | Magic 8 ball |
| Eckankar | Religious shrines | | Spiritual anarchy | Contracts, covenants, oaths, vows | Saraswathi (goddess) | | Horoscopes, signs of zodiac | | Ouija boards/ Zozo |
| Greek mythology | Scientology | | Superstitions | Coven gatherings | Satanism | | Hypnosis | | Pokémon |
| Hinduism | Shamanism | | Unitarianism | Curses, hexes, vexes | Satanic ritual abuse | | Kundalini | | Red Door/ Yellow Door- paranormal |
| Humanism | Shintoism | | Universalism | DeMolay | Séances, trances | | Mediums | | Sandman |
| I Ching divination | Spiritual yoga | | Yin Yang | Eastern Star | Secret societies | | Mental control of others | | Sinking Into the Carpet |
| Indian religious ceremonies | Syncretism | | | False worship, incense, sacrifices | Sexual spirits | | Mental telepathy | | Sweet Tooth |
| Islam | Taoism | | | Familiar spirits | Shape shifting | | Necromancy, grave sucking | | |
| Jehovah's Witness | Unification Church, Moonies | | | Ganesha (Hindu god) | Silva mind control | | Palm reading | | |

Confess & Cancel the Permission

Father God, I **confess** that I have either participated in or been exposed to [name the above circled boxes]. Please forgive me for my false beliefs and seeking knowledge, healing, help or entertainment from anything other than You, God. I acknowledge You are the one true God and I renounce all other belief systems as counterfeit and demonic in origin. I want nothing to do with them and I ask that You **cancel** any permission the enemy has gained in my life because of my ignorance, blatant sin, or vows or agreements which were made in these areas. I thank You for your forgiveness and I claim the blood of Jesus over me to wash me clean. In the name of Jesus Christ I pray, amen.

Check any of the following boxes if there is any chance you have been potentially cursed in any way or if you have been exposed to organizations or rituals that are against the ways of God. This is especially true for those who have been in missionary settings or who come from missionary families.

☐ **Loosing of Curses and Spells (Use if exposed to witchcraft/sorcery or cursed in anyway)**

Father God, in the name of Jesus Christ, I now rebuke, break and loose myself from all curses. I now ask that You **cancel** any curses or effects placed upon me by witchcraft or sorcery and return them to where they came from. I cover myself in the blood of Jesus and declare myself free of any curse placed upon me or my family. I now forgive those who have tried to harm me. In the name of Jesus Christ I pray, amen.

☐ **Breaking Cult, Fraternal Organization Vows**

Father God, I now **confess** that I have made pacts, vows and covenants with people or organizations and I proclaim that I am only to submit my full allegiance to You. Forgive me for believing that these things could bring me protection, enlightenment, happiness or fulfillment. Father God, I now ask you to **cancel** any permission the enemy has against me in this area. In the name of Jesus Christ I pray, amen.

☐ **History of Free-Masonry in self or family**

- I announce my **allegiance to Jesus Christ** and I **renounce** all other allegiances.
- I **renounce blessings** (such as the promise of power, money, etc.) and **curses** against myself or others as well as **vows and covenants** to the Masonic Lodge, or associated branch and ask you to **cancel** any permission of the enemy.
- I **renounce** all demonic spirits associated with freemasonry.
- Lord Jesus, I ask you to **cancel** the permission the spirits of **death and infirmity** have over me because of vows that I or my ancestors made during rites and rituals.
- I **commit** to destroy and dispose of all objects in my possession connected to Freemasonry.

☐ **Breaking of Word Curses** *(Check if you have been wounded by words from others.)*

Father God, I **confess** that I have been wounded by words from others, slander or false accusations and therefore believed lies. Please forgive me. I now ask that You **cancel** any permission the enemy has gained in my life because of vows or agreements which I made in this area. I now choose to forgive those who hurt me and ask You, Lord Jesus, to bring Your healing power and heal my damaged emotions and memory. In the name of Jesus Christ I pray, amen.

☐ **Breaking Curses From Various People Groups**

Heavenly Father, I ask You to **cancel** any curses placed upon me by other people groups and I ask that You bless those who have cursed me. Furthermore, I **confess** and repent of all the iniquities and sins that I have committed against (name people groups). I ask you Lord to **cancel** the enemy's permission against me, especially regarding spirits connected to anger, bitterness, hatred, unforgiveness, hurt, rejection, revenge, violence, or any other spirits. I pray this in the name of Jesus Christ, amen.

☐ **History of Satanic Ritual Abuse or exposure/proximity to Satanic Worship, New Age, Witchcraft, Sorcery, or Dark Magic**

Father God, I **confess** that I have been exposed to satanic rituals either by choice or by it being thrust upon me. I fully renounce Satan and ask You to forgive me and to cover me with the blood of Jesus. I declare that You are God and there is no other God. I ask that You **cancel** any ground that the enemy has upon me. I thank You and praise Your holy name. In the name of Jesus Christ, I pray, amen.

I renounce ever having my name signed over to Satan or knowingly or unknowingly ever signing my name over to Satan. **I declare** that my name is now written in the Lamb's Book of Life (Revelation 3:5, 20:15)

I renounce any ceremony in which I have been wed or committed to Satan. **I declare** that I am the bride of Christ (Ephesians 5:32; Revelation 19:7).

I renounce any and all covenants such as silence, loyalty, and death that I made with Satan. **I declare** that I am alive in Christ and am under the new covenant of grace (2 Corinthians 3:6).

I renounce all satanic assignments for my life, including duties, marriage, and children. **I declare** and commit myself to know and do only the will of God (Matthew 7:21-23).

I renounce all spirit guides or demonic spirits assigned to me. **I accept** only the leading of the Holy Spirit (1 John 4:1-6).

I renounce ever giving my blood in the service of Satan. **I trust** only the blood of the Lord Jesus Christ to save me (Revelation 1:5).

I renounce ever partaking in sacrificial blood (including drinking or eating) for satanic worship. **I acknowledge** only the flesh and blood of the Lord Jesus Christ in Holy Communion (1 Corinthians 10:14-21).

I renounce all guardians and satanic parents who were assigned to me. **I declare** that God is my Father, and the Holy Spirit is my guardian by whom I am sealed.

I renounce any baptism whereby I have been identified with Satan. **I declare** that I have been baptized into Christ Jesus (1 Corinthians 12:13).

I renounce any and all sacrifices that were made on my behalf by which Satan may claim ownership of me. **I declare** that only the sacrifice of Christ has a full hold on me.

I renounce any Satanic Ritual Abuse that was done to me with or without my knowledge.

I renounce my participation (forced or voluntarily) in any human sacrifices (everything from abortion to murder) to invite in spirits of the kingdom of darkness.

I renounce my agreement with any human sacrifice regardless of the reason and even if I was not an active participant.

I renounce my agreement with or participation in any animal sacrifices to worship false gods.

I renounce using magic (demonic power) for any and all reasons or purposes.

I renounce calling upon demons for wisdom and power.

I renounce every summoning ritual I participated in and for asking/inviting demons.

I declare that I only look to, trust, and follow the true Jesus who is the King of kings and Lord of lords.

I surrender my abusers over to be judged by God Almighty. **I forgive** them and ask You, God, to begin the healing process in me according to Your love and healing power.

I declare that I belong to Jesus. I accept that I am God's child, and I claim His protection and covering!

STRONGHOLDS

Father God, I ask that You now **bring to my mind** any areas of sins of the flesh where I have allowed a stronghold to be established. Help me see where I have ignored Your Word of truth. Forgive me for grieving or quenching the Holy Spirit.

Circle all the boxes that you have struggled with or participated in, either willingly or unwillingly.

| | | | | | | | | |
|------------------------------|--------------------------------------|---------------------------------------|---|--|---------------------------------------|--------------------------------|--------------------------------------|---------------------------------|
| Sexual immorality | Fornication, sex outside of marriage | Adultery, orgies | Pornography | Impurity, sensuality | Debauchery, wild parties, carousing | Sexual dreams, dream spirits | Homosexuality, LGBTQ+ | Gender identity |
| Molestation, pedophilia | Idolatry | Envy, coveting | Greed | Gambling, financial irresponsibility | Bigotry | Critical spirit, fault finding | Judgmentalism | Harmful thoughts against others |
| Harmful thoughts toward self | Wickedness | Addictions | Alcoholism, drunkenness | Mind-altering drugs | Hatred, hostilities, murder, violence | Strife, discord, quarreling | Ungodly bursts of anger, rage | Slander, gossip |
| Sarcasm | Abusive speech, dirty language | Jealousy | Lying, deceit, cheating | Disputes, factions, dissention, division | Selfishness | Foolishness, folly | Arrogance | Gluttony, food addiction |
| Anorexia, bulimia | Depression, melancholy, heaviness | Suicidal thoughts | Homicidal thoughts | Abuse-verbal, physical, mental | Inability to love | Mental torment, hearing voices | Self-harm, self-mutilation (cutting) | Shame, guilt, self-condemnation |
| Traumatic experiences | Sickness, infirmity | Accusations towards leaders or others | Self-worth, identity problems, codependency | Drivenness, perfectionism | Stealing, theft | Apathy, laziness | Passivity, avoiding responsibility | Marriage difficulty |
| History of divorce | Control tendencies | Others? List below | | | | | | |

Confess & Cancel

Father God and Lord Jesus, I **confess** that I have sinned against You and Your Word. I have not been obedient to the faith and have sinned against You by [name the above circled boxes]. I repent of these sins and I ask you to forgive me and strengthen me to walk by faith according to Your Word through the power of Your Holy Spirit. I ask that You now **cancel** the permission that the enemy has against me in these areas. I pray this in the name of Jesus Christ, amen.

Check the boxes below that pertain to you. You may read only that which applies within each prayer.

☐ **Judgmentalism**

Father God, I **confess** and repent of all the judgements I have made against other people. I realize this is contrary to what Jesus teaches. I ask You to forgive me and I now ask You to bless all the people I have ever judged. Jesus, I ask you to **cancel** any permission the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Heaviness/Depression**

Father God, I **confess** that I have believed the lies that You do not care for me and that You do not want to give me Your joy. I ask for Your forgiveness for not fully looking to You for my joy. For You are the joy of my salvation. I ask that You **cancel** any permission that the enemy has against me in this area. I thank You that my joy is made complete in Christ. I pray this in the name of Jesus Christ, amen.

☐ **Suicidal Ideation**

Father God, I **confess** that I have entertained suicidal thoughts or have made attempts to take my life. I now renounce the lie that life is hopeless and that I can find peace or freedom by taking my own life. I renounce all spirits associated with suicide. I now ask You to forgive me and I choose to forgive myself and remain alive in Christ. I choose to believe the truth that there is always hope in Christ and I am loved by my heavenly Father. I ask you to **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Resentment/Anger/Bitterness/Rage**

Father God, I **confess** that I have given into anger, resentment, bitterness, strife, quarreling, hatred, rage, and murderous thoughts. I repent of these sins and ask You to forgive me. I choose to live a life of peace and forgiveness in Christ. I thank You for Your forgiveness that allows me to forgive myself. I ask Your Holy Spirit to fill me with love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control. I ask you to **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Homosexuality, LGBTQ+ and Gender Identity confusion or experimentation**

Father God, I choose to believe that You have created all humanity to be either male or female (Genesis 1:27) and commanded us to maintain a distinction between the two genders (Deuteronomy 22:5; Romans 1:24-29). I **confess** that I have engaged in unnatural relations with the same sex. I renounce any identities and labels that derive from the lies of Satan. I ask You to forgive me. I ask You to **cancel** any permission that the enemy has against me in this area. I commit to live either a celibate lifestyle or live according to what Your Word says regarding marriage between a man and woman. I pray this in the name of Jesus Christ, amen.

☐ **Any Sexual Impurity** (You may need another piece of paper for names. If you cannot remember names, be as specific as you can, describing situation)

Father God, I renounce ALL sexual spirits and I declare I want nothing to do with them. I now **confess** the following sexual experiences outside the God-given covenant of marriage between a man and woman with the following people:

With [name person(s)] by [name sexual experience whether sex outside marriage, oral sex,, masturbation, lusts, fantasy, cross dressing, fondling, homosexuality, etc]. I ask You to forgive me. I ask that You **cancel** the permission the enemy has against me in this area and that You break and sever all those sinful bonds and soul ties spiritually, physically and emotionally and any associated spirits that are attached to me through those experiences. I now forgive all these people, and I ask that You bless them. I pray this in the name of Jesus Christ, amen.

☐ **Pornography**

Father God, I **confess** that I have looked at sexually suggestive and pornographic material for the purpose of stimulating myself sexually for gratification. Please forgive me and purify me from all unrighteousness. I ask that You **cancel** the permission that the enemy has against me in this area, and I renounce any satanic bonds that have occurred. I repent and commit to destroy any objects or pictures/videos in my possession that I have used for sexual stimulation, and I renounce and turn away from all media that are associated with my sexual sin and recognize it as demonic. I commit myself to the renewing of my mind and to think only pure and noble thoughts. I pray that those who have enticed me come to know Jesus. Thank You for Your cleansing and forgiveness. I pray this in the name of Jesus Christ, amen.

☐ **Marriage Difficulty**

Father God, I **confess** that I have not been the spouse you created me to be and ask for your forgiveness. I believe that the bond of marriage can only be broken by death, adultery, or desertion by an unbelieving spouse. I choose to stay committed to my vows and to remain faithful to my spouse until physical death separates us. I seek to change only myself and accept my spouse as You have accepted me. I ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Divorce History**

Father God, I **confess** I have not been the spouse You have created me to be, and I deeply regret that my prior marriage(s) have failed. I ask You to forgive me. I now ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Substance Abuse/Addiction (including food, Gluttony, and Social Media)**

Father God, I **confess** that I have abused and misused substances [alcohol, drugs – prescription or street drugs, tobacco, food]. I ask that You now forgive me and help equip me to live a life of sobriety. I now ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Eating Disorders, Anorexia, Bulimia**

Father God, I **confess** that I have mistreated my body by bingeing/purging, or starving myself. I ask you to forgive me. I now ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Self-Mutilation, Cutting, Self Harm**

Father God, I **confess** that I have mistreated my body by cutting or self-harm. I ask You to forgive me. I now ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Financial Irresponsibility, Gambling, Idolatry of Money**

Father God, I **confess** that I have been a poor steward of the financial resources that have been entrusted to me by God. I confess that I have not been content with gifts You have provided me in life and have become irrational in my thinking. I ask You to forgive me. I now also commit to avoid any place or website that involves gambling or excessive spending. I now ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Perfectionism/Drivenness/Control/Co-Dependency/Legalism**

Father God, I **confess** that I struggle with perfection and control. I ask You to forgive me for finding my identity in anything other than the saving grace of Christ. I ask that You **cancel** any permission the enemy has against me in these areas. I pray this in the name of Jesus Christ, amen.

☐ **Other: (name stronghold(s) that come to mind not already listed)**

I Agree to Commit My Mind, Emotions and Body to God

Father God, I **confess** and renounce all these uses of my mind and body as an instrument of unrighteousness and I admit to my willful participation. I **commit** to think about whatever is true, noble, right, pure, lovely, admirable, excellent or praiseworthy. I reject the lies of Satan that my body is not clean or that it is dirty or in any way unacceptable to You because of my past sinful or sexual experiences. I also reject the lie that my mind is unworthy in any way. I accept that You will continue to renew it and transform it according to **Romans 12:2**. Lord, I thank You that You have cleansed me, forgiven me and that You love me and accept me just the way I am. I now choose to accept myself and my body as clean in Your eyes. I pray this in the name of Jesus Christ, amen.

Expose Lies, Embrace Truth

Holy Spirit, we ask that you reveal the associated lies that (participant's name) has believed in the areas of the **occult, false beliefs and strongholds**. (*Facilitator and Intercessor write the lies*).

Possible Demonic Interference: If the participant struggles to hear from the Holy Spirit (as if there is something hindering their ability to do so), the demonic can be addressed directly as follows: In the name of the Lord Jesus Christ, we **bind** any demonic spirits present attempting to hinder (participant's name) from hearing the Holy Spirit's voice and command you to reveal any permissions you have to remain.

After the lies have been written down, ask the participant to renounce these lies by praying the following:

Father God, I **confess** I have believed the lies of the enemy that said (*state the specific lies*). I ask that You forgive me for believing them and I now choose to believe the truth (*state the truths in God's word that oppose the lies*).

Thank You for Your forgiveness.

Father, I ask that You now **cancel** any permissions the enemy has against me because of vows or agreements which were made in these areas. I ask this in the name of Jesus Christ, amen.

Command In the name of the Lord Jesus Christ, we **command** all spirits associated with the **occult, false beliefs and strongholds** to leave (participant's name) with all of their works and effects and go to the feet of Jesus.

Commit: Filling Prayer - Participant Reads

Holy Spirit, I ask You to come and fully fill each room just vacated and that Your power would reign and control this area of my life. May I only hear Your voice and Your truth. I ask that You fill me with the fruits of the Spirit including love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control. Thank You, Holy Spirit. Amen.

ROOM 3 (THE BASEMENT)

DECEPTION, FEAR, ANXIETY, & NIGHTMARES

Father God, please bring to my mind all the ways that the enemy has deceived me. Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there is any hurtful way in me and lead me in the everlasting way (Psalm 139:23-24). I pray this in the name of Jesus Christ, amen.

Check the following boxes that apply to you now or have been a stronghold in the past. Remember, it never hurts to renounce anything not from God's Word. This room has 4 sections.

SECTION 1: WAYS I HAVE BEEN DECEIVED BY THE WORLD

Dear Father God, I **confess** that I have been deceived by: [say all the items checked below]

- ☐ By thinking having lots of money and stuff will make me happy or respected
- ☐ By thinking eating food, drinking alcohol, or using drugs will make me happy and less stressed, and doing these things with others will make them like me
- ☐ By thinking I am better than others
- ☐ By thinking I am worse than others
- ☐ By thinking I can't ask for help
- ☐ By thinking having a nice body will make people like me
- ☐ By believing that if I present a false image, people will like me
- ☐ By thinking giving in to sexual desires will make me happy without bad consequences
- ☐ By thinking I can do wrong and not face any bad consequences
- ☐ By thinking I need more than Jesus to feel accepted and safe
- ☐ By thinking people who don't believe in Jesus will still go to heaven
- ☐ By thinking sin doesn't exist and morality is just made up by people
- ☐ By thinking Jesus can't meet my needs
- ☐ By thinking Heaven aren't real.
- ☐ By believing that thinking about Jesus or the Bible is a waste of time.
- ☐ By thinking the Bible is just a good book and nothing more
- ☐ By thinking I can do anything to reach my goal, no matter the consequences
- ☐ By thinking I can hang out with bad people and not be influenced by them
- ☐ By thinking I can read, watch, or listen to anything and not be influenced by it
- ☐ By thinking there are no consequences for my sins
- ☐ By not believing in sin as the Bible defines it
- ☐ By thinking I need certain people's approval to be happy
- ☐ By thinking I need to meet certain religious standards for God to accept me

- ☐ By thinking I need to live up to the world's standards to feel good about myself
- ☐ By thinking there are many ways to God and Jesus is just one of them

SECTION 2: **WAYS I HAVE DECEIVED MYSELF**

Dear Father God, I **confess** that I have deceived myself: *[say all the items checked below]*

- ☐ By hearing God's Word but not doing what it says
- ☐ By saying I have no sin
- ☐ By thinking I am someone I'm not
- ☐ By thinking I am wise in this worldly age
- ☐ By thinking I can be truly religious and not control what I say
- ☐ By thinking God is the source of my problems
- ☐ By thinking I can live successfully without anyone's help
- ☐ By believing that God is not a source of help
- ☐ By thinking that if I am better than everyone
- ☐ By thinking I am worthless and don't deserve help
- ☐ By thinking death is the only way to relieve pain
- ☐ By thinking I cannot every trust anyone
- ☐ By thinking I am more of a burden than a blessing to people
- ☐ By thinking I'm stuck in a cycle with no way out
- ☐ By thinking if I'm sick of myself, everyone else must be too

SECTION 3: **WAYS I HAVE WRONGFULLY DEFENDED MYSELF**

Dear Father God, I **confess** that I have wrongly defended myself: *[say all the items checked below]*

- ☐ By denying reality
- ☐ By escaping reality through daydreaming, TV, movies, music, games, food, drugs, or alcohol
- ☐ By withdrawing from people to avoid rejection
- ☐ By reverting to less threatening times
- ☐ By taking out frustrations on innocent people or animals
- ☐ By attributing my own faults to others
- ☐ By making excuses for poor behavior
- ☐ By lying to protect myself
- ☐ By presenting a false image
- ☐ By pretending to be a different person, especially at church
- ☐ By thinking I am above others or the rules
- ☐ By thinking not even God can fix me

- ☐ By thinking I don't deserve anything good
- ☐ By hating myself to justify why others hate me
- ☐ By sabotaging jobs, relationships, or health to control outcomes
- ☐ By blaming others instead of accepting responsibility or to avoid consequences

SECTION 4: WAYS I HAVE BEEN DECEIVED BY ABUSE (FOR SURVIVORS OF ABUSE, OCCULT, PROGRAMMING, & TRAFFICKING)

Dear Father God, I **confess** that I have been deceived by abuse: *[say all the items checked below]*

- ☐ By thinking no one will believe me if I tell what happened
- ☐ By thinking people will be horrified by my experiences
- ☐ By thinking an attractive body and sharp mind are life or death matters
- ☐ By thinking that using my body and mind in certain ways makes me valuable and safe
- ☐ By thinking satisfying others' sexual desires will stop them from hurting me
- ☐ By thinking bringing in a lot of money for sexual acts is something to be proud of
- ☐ By thinking gratifying sexual lusts can be used to bargain or manipulate
- ☐ By thinking being good at various sexual acts makes me valuable
- ☐ By thinking there is no Christian God and that life's goal is soul transcendence
- ☐ By thinking breaking an oath is a deadly offense
- ☐ By thinking shedding innocent blood is acceptable and necessary
- ☐ By thinking human sacrifice gives purpose and meaning
- ☐ By thinking I need certain people's approval to stay alive
- ☐ By thinking I need to meet certain standards to advance in the occult
- ☐ By thinking taking on others' demons increases my power and status
- ☐ By thinking my body is just a vehicle and not part of who I am
- ☐ By thinking I can't reach my full potential without the occult
- ☐ By thinking being better than everyone else will make life easier
- ☐ By thinking my life is too advanced for most to understand
- ☐ By thinking I am only here until I can step into my destiny
- ☐ By thinking I am worthless and don't deserve help
- ☐ By thinking death is the only way to relieve pain
- ☐ By thinking sometimes pain is necessary for growth
- ☐ By thinking love requires some pain and fear
- ☐ By thinking my trauma is too overwhelming for others to tolerate
- ☐ By thinking the abuser is justified (Stockholm Syndrome)

Father God, I ask that you **cancel** any permission that the enemy has against me in all these areas of deception. I ask this in the name of Jesus Christ, amen.

FEAR & ANXIETY

Father God, I **confess** that I have allowed fear to control my life. I choose to believe that You have not given me a spirit of fear. Forgive me, God, for not fully trusting in You and for being paralyzed by fear. Please **bring to my mind** all the areas where fear has taken me captive.

Mark each item that you have feared or thought frequently about.

Lord Jesus, I **confess** that I have allowed the following fears to control my life in the following areas.

Fear of Death and Harm

- ☐ Fear of death
- ☐ Fear of being hurt
- ☐ Fear of being victimized
- ☐ Fear of pain, illness, or cancer
- ☐ Fear of the death of a loved one

Fear of Losing Control

- ☐ Fear of losing control of a situation or losing control of myself
- ☐ Fear of going crazy

Fear of Rejection and Isolation

- ☐ Fear of never loving or being loved
- ☐ Fear of rejection by people
- ☐ Fear of disapproval
- ☐ Fear of abandonment
- ☐ Fear of not being loved by God

Fear of Supernatural and Spiritual Matters

- ☐ Fear of Satan, demons, or ghosts
- ☐ Fear of losing my salvation
- ☐ Fear of having committed the unpardonable sin

Fear of Social Situations and Relationships

- ☐ Fear of embarrassment
- ☐ Fear of failure
- ☐ Fear of marriage
- ☐ Fear of never getting married
- ☐ Fear of divorce
- ☐ Fear of public speaking
- ☐ Fear of crowds
- ☐ Fear of intimacy
- ☐ Fear of confrontation

Fear of Identity and Self-Perception

- ☐ Fear of being/becoming homosexual
- ☐ Fear of being a hopeless case

Fear of Financial and Career Stability

- ☐ Fear of financial problems
- ☐ Fear of losing my job or never finding a job
- ☐ Fear of the future

Fear of Specific Situations and Environments

- ☐ Fear of enclosed spaces
- ☐ Fear of flying
- ☐ Fear of darkness
- ☐ Fear of germs
- ☐ Fear of heights
- ☐ Fear of change

Fear of Animals and Specific Phobias

- ☐ Fear of insects, spiders, snakes, or animals

Fear of Specific Individuals, Places, or Things

- ☐ Fear of specific individuals, places, or things (list them)

-
- ☐ Other specific fears that come to mind now: (list them):
-

Father God, please forgive me. I ask that you cancel the permission the enemy has against me in this area of fear. I choose to live by faith and acknowledge You as the only legitimate & Holy fear object in my life. I pray this in the name of Jesus Christ, amen.

☐ **Anxiety**

Father God, I **confess** I struggle with anxiety. Your Word says: Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus (Philippians 4:6-7). I now ask You to **cancel** any permission that the enemy has against me in this area of anxiety. I pray this in the name of Jesus Christ, amen.

☐ **Nightmares and Bad Dreams**

Father God, I renounce and repent of all judgements operating in me that allow demons to operate in my unconscious and subconscious mind. I renounce all spirits causing terror or fear and I ask you to **cancel** their permission to operate, in the name of Jesus. I do not want any spirits affecting me. I pray this in the name of Jesus Christ, amen.

Expose Lies, Embrace Truth

Holy Spirit, we ask that you reveal the associated lies that (participant's name) has believed in the areas of **deception, fear, anxiety and nightmares**. (*Facilitator and Intercessor write the lies*).

Possible Demonic Interference: If the participant struggles to hear from the Holy Spirit (as if there is something hindering their ability to do so), the demonic can be addressed directly as follows: **In the name of the Lord Jesus Christ, we bind any demonic spirits present attempting to hinder (participant's name) from hearing the Holy Spirit's voice and command you to reveal any permissions you have to remain.**

After the lies have been written down, ask the participant to renounce these lies by praying the following: Father God, I **confess** I have believed the lies of the enemy that said (*state the specific lies*). I ask that You forgive me for believing them and I now choose to believe the truth (*state the truths in God's word that oppose the lies*). Thank You for Your forgiveness.

Father, I ask that You now **cancel** any permissions the enemy has against me because of vows or agreements which were made in these areas. I ask this in the name of Jesus Christ, amen.

** The participant will now say the command prayers themselves as they claim their authority.*

Command In the name of the Lord Jesus Christ, I **command** all spirits associated with **deception, fear, anxiety and nightmares** to leave me with all of their works and effects and go to the feet of Jesus.

Commit: Filling Prayer - Participant Reads

Holy Spirit, I ask You to come and fully fill each area just vacated and that Your power would reign and control this area of my life. May I only hear Your voice and Your truth. I now cast all my anxiety upon You because You care for me and love me. Thank You for building me up with Your courage through Christ. I also ask You, Holy Spirit, to fill my mind with peaceful sleep as I meditate on the Lord and His goodness. I ask You to assign heavenly angels to protect me and my mind during sleep. I thank You and I pray this in the name of Jesus Christ, amen.

ROOM 4 (THE FAMILY ROOM) - UNFORGIVENESS, BITTERNESS & RESENTMENT

Father God, I accept that Jesus has forgiven me fully and because of this I am called to forgive others. I **now ask that You please bring to mind** all the people You want me to forgive, and I simply ask that You would help my heart be willing to forgive them. I pray this in the name of Jesus Christ, amen.

On a sheet of paper, write the names of those you need to forgive. This may include institutions. Write what they did or failed to do.

Father God, I now **confess** I have not always loved, but have resented certain people and have unforgiveness in my heart. I call upon You, Lord Jesus, to help me forgive them. It is my will and desire to forgive them from my heart. I don't know if I can, but I want to.

I **now forgive** [name]_____ because he/she/they [action] _____.

I ask that You, God, also forgive them and now bless them. I pray this in the name of Jesus Christ, amen.

After forgiving everyone on your list, read the closing forgiveness prayer.

Father God, I have chosen not to hold onto resentment any longer. I relinquish my right to seek revenge as You said vengeance is Yours, Lord. I ask that you **cancel** any permission the enemy has against me in the area of unforgiveness..

God, please forgive me for my **misplaced anger towards You** and not having a proper view of Your amazing love for me. I ask You to heal my damaged heart, thoughts, and emotions.

Lastly, God, I now choose to **forgive myself** and accept myself as fully forgiven and clean. In the name of the Lord Jesus Christ, amen.

Expose Lies, Embrace Truth

Holy Spirit, we ask that you reveal the associated lies that (participant's name) has believed in the areas of **unforgiveness, bitterness and resentment**. (*Facilitator and Intercessor write the lies*).

Possible Demonic Interference: If the participant struggles to hear from the Holy Spirit (as if there is something hindering their ability to do so), the demonic can be addressed directly as follows: **In the name of the Lord Jesus Christ, we bind any demonic spirits present attempting to hinder** (participant's name) **from hearing the Holy Spirit's voice and command you to reveal any permissions you have to remain**.

After the lies have been written down, ask the participant to renounce these lies by praying the following:

Father God, **I confess** I have believed the lies of the enemy that said (*state the specific lies*). I ask that You forgive me for believing them and I now choose to believe the truth (*state the truths in God's word that oppose the lies*).

Thank You for Your forgiveness.

Father God, I ask that You **cancel** any permissions the enemy has against me because of vows or agreements which were made in these areas. I ask this in the name of Jesus Christ, amen.

Command

In the name of the Lord Jesus Christ, I **command** all spirits associated with **unforgiveness, bitterness & resentment** to leave me with all of their works and effects and go to the feet of Jesus.

Commit: Filling Prayer - Participant Reads

Holy Spirit, I ask You to come and fully fill each room just vacated and that Your power would reign and control this area of my life. May I only hear Your voice and Your truth. I ask You to help me keep a clean slate and extend forgiveness daily. I pray this in the name of Jesus Christ, amen.

REINFORCING THE FOUNDATION - THE TRUTH ABOUT GOD, JESUS, THE HOLY SPIRIT & MYSELF

Participant to read sections in red bold text out loud.

I Embrace The Good News Concerning Jesus

I Believe in God and Jesus Christ, the Messiah

- **One True and Living God:** I believe there is one true and living God who is the Father, Son, and Holy Spirit. He deserves all honor and praise because He made everything and keeps everything together. (See Exodus 20:2-3; Colossians 1:16-17)
- **Jesus Christ the Savior:** I believe Jesus Christ is the Savior who became human and lived among us. He came to stop the devil and defeated evil rulers. (See John 1:1,14; Colossians 2:15; 1 John 3:8)
- **The Authority of Jesus:** I believe Jesus has all authority in heaven and on earth. He is in charge of everything, and I am complete in Him. I believe Satan and his demons are subject to me in Christ because I am part of Christ's body. Therefore, I submit to God and resist the devil. (See Matthew 28:18; Ephesians 1:19-23; Colossians 2:10; James 4:7)

In Christ, I Have Salvation and Forgiveness

- **God's Love and Salvation:** I believe God showed His love for me by letting Christ die for me while I was still a sinner. He saved me from darkness and brought me into His kingdom, giving me forgiveness. (See Romans 5:8; Colossians 1:13-14)
- **Child of God:** I believe I am now a child of God and seated with Christ in heaven. I was saved by grace through faith, which is a gift and not because of anything I did. (See Ephesians 2:6, 8-9; 1 John 3:1-3)

God Grants Me Spiritual Strength and Protection

- **Strength in the Lord:** I choose to be strong in the Lord. I do not rely on my own strength but use God's power to fight against evil. I put on the full armor of God and stand firm in my faith. (See 2 Corinthians 10:4; Ephesians 6:10-20; Philippians 3:3)
- **Guidance of the Holy Spirit:** By faith, I choose to be filled with the Holy Spirit to be guided into all truth. I walk by the Spirit to avoid sinful desires. (See John 16:13; Galatians 5:16; Ephesians 5:18)

I am Dependent on Christ

- **My Complete Dependence on Christ:** I believe I can do nothing without Christ, so I depend completely on Him. I stay close to Christ to bear good fruit and glorify God. I reject any false gifts or works of Satan. (See John 15:5,8; 1 Corinthians 12:3)
- **Truth and Freedom in Christ:** I believe the truth will set me free, and Jesus is the truth. Walking in the light is the only way to have true fellowship with God and others. I stand against Satan's lies by following Christ and declaring that the Bible is the true guide for life. (See John 8:32, 8:36, 14:6; 2 Corinthians 10:5; 2 Timothy 3:15-17; 1 John 1:3-7)

I Choose Transformation and Renewal

- **A Living Sacrifice:** I choose to offer my body to God as a living and holy sacrifice and use my body for good. I renew my mind with God's Word to know His good, acceptable, and perfect will. I put off my old sinful self and become a new creation in Christ. (See Romans 6:13, 12:1-2; 2 Corinthians 5:17; Colossians 3:9-10)

I Choose Love and Obedience

- **The Greatest Commandments:** I give up selfish goals and choose to love. I follow the greatest commandments: to love God with all my heart, soul, mind, and strength, and to love my neighbor as myself. (See Matthew 22:37-39; 1 Timothy 1:5)

I Believe The Truths About God's Nature

God is Always Present and Interested

- I give up believing the lie that You, Father God, are far away and don't care about me. **I choose to believe the truth** that You, Father God, are always with me, have good plans for me, and have good things for me to do. (Psalm 139:1-18; Jeremiah 29:11; Matthew 28:20; Ephesians 2:10)

God Knows and Cares About Me

- I give up believing the lie that You, Father God, don't know or care about me. **I choose to believe the truth** that You, Father God, are kind and know everything about me. (Psalm 103:8-14; Hebrews 4:12-13; 1 John 3:1-3)

God is Accepting and Supportive

- I give up believing the lie that You, Father God, are strict and expect too much from me. **I choose to believe the truth** that You, Father God, accept and support me. (Romans 5:8-11; Romans 15:7)

God is Warm and Loving

- I give up believing the lie that You, Father God, are cold and don't care about me. **I choose to believe the truth** that You, Father God, are warm and love me. (Isaiah 40:11; Hosea 11:3-4)

God is Always Here and Eager to Help

- I give up believing the lie that You, Father God, are too busy for me. **I choose to believe the truth** that You, Father God, are always here and want to help me be my best. (Philippians 1:6; Hebrews 13:5)

God is Patient and Loving, Even in Discipline

- I give up believing the lie that You, Father God, are angry or don't love me. **I choose to believe the truth** that You, Father God, are patient and loving, and discipline me because You care. (Exodus 34:6; Romans 2:4; Hebrews 12:5-11)

God is Loving and Protective

- I give up believing the lie that You, Father God, are mean or hurtful to me. **I choose to believe the truth** that Satan is mean, but You, Father God, are loving and protective. (Psalm 18:2; Matthew 11:28-30; Ephesians 6:10-18)

God Created Life for Love, Joy, and Peace

- I give up believing the lie that You, Father God, don't want me to have fun. **I choose to believe the truth** that You, Father God, created life and want me to have love, joy, and peace. (Galatians 5:22-24; Philippians 4:11-13; 1 Timothy 6:6)

God Gives Freedom and Growth

- I give up believing the lie that You, Father God, control and manipulate me. **I choose to believe the truth** that You, Father God, set me free to make choices and grow in Your love. (Galatians 5:1; Hebrews 4:15-16)

God Has Forgiveness All My Sins

- I give up believing the lie that You, Father God, have not forgiven me. **I choose to believe the truth** that You, Father God, have forgiven all my sins and won't hold them against me. (Jeremiah 31:31-34; Romans 8:1)

God is Patient and Forgiving

- I give up believing the lie that You, Father God, reject me when I make mistakes. **I choose to believe the truth** that You, Father God, are patient and forgive me when I mess up. (Proverbs 24:16; 1 John 1:7-2:2)

God Values Me

I accept the truth that I am the apple of Your eye and I am precious in Your sight! (Deuteronomy 32:9-10; Psalm 17:8; Isaiah 43:4)

I Accept Who I am Because of Jesus

I Declare that I am Accepted because of Jesus

- I have been forgiven and my sins are gone. (Colossians 1:14)
- I belong to God because I was bought with a price. (1 Corinthians 6:19-20)
- I have been made right with God. (Romans 5:1)
- I am God's child. (John 1:12, Ephesians 1:5)
- I am Christ's friend. (John 15:14-15)
- I am united with the Lord and one spirit with Him. (1 Corinthians 6:17)

- I am a member of Christ's body. (1 Corinthians 12:27)
- I am a saint, which means I am holy. (Hebrews 2:11; Hebrews 10:14)
- I can talk directly to God through the Holy Spirit. (Ephesians 2:18)
- I am complete in Christ. (Colossians 2:10)

I am Secure because of Jesus

- I am no longer condemned. (Romans 8:1-2)
- Everything works out for my good because of God. (Romans 8:28)
- If God is with us, no one can blame or harm us because Jesus is helping us. (Romans 8:31-34)
- Nothing can separate me from God's love. (Romans 8:35-39)
- God has made me strong, chosen, and marked by Him. (2 Corinthians 1:21-22)
- The good work God started in me will be finished. (Philippians 1:6)
- I am a citizen of heaven. (Philippians 3:20)
- I am hidden with Christ in God. (Colossians 3:3)
- I have a spirit of power, love, and self-control, not fear. (2 Timothy 1:7)
- I can find help from God when I need it. (Hebrews 4:16)
- I am born of God, and the evil one cannot harm me. (1 John 5:18)

I Accept God's Grace

- I am covered by God's grace and mercy. (Exodus 3:14; John 8:24, 28, 58; 1 Corinthians 15:10)
- I am saved by the free gift of grace through my faith in Jesus (Eph 2:8-9)

I am Significant Because of Jesus

- I am the salt of the earth and the light of the world. (Matthew 5:13-14)
- I am a branch of Jesus, who gives me life. (John 15:1, 5)
- God has chosen me to bear good fruit. (John 15:1-8, 16, Galatians 5:22-23))
- I am a witness of Christ with the power of the Spirit. (Acts 1:8)
- I am a temple of God & the Holy Spirit resides in me. (1 Corinthians 3:16, 6:19))
- I help bring people back to God. (2 Corinthians 5:17-21)
- I work together with God. (2 Corinthians 6:1)
- I am seated with Christ in heaven. (Ephesians 2:6)
- I am God's creation, made to do good things. (Ephesians 2:10)
- I can come to God with freedom and confidence. (Ephesians 3:12)
- I can do everything with Christ's strength. (Philippians 4:13)

I Accept My Freedom & Identity Because of Jesus

- I am no longer a prisoner and have been set free (Luke 4:16-19)
- The light of Jesus overcomes any and all darkness (John 1:1-5)
- Jesus is above all power, authority, ruler and dominion (Ephesians 1:20-21)
- Jesus rescued me from the darkness and brought me into his kingdom (Colossians 1:12-14)
- The truth in Christ has set me free (John 8:31-32)
- I am healed through my confessions (James 5:16)
- Jesus constantly purifies me of my sin (1 John 1:5-7)
- I am a disciple of Jesus to do his will and obey his teachings (Matthew 28:16-20)
- God's wisdom is revealed through me to heavenly beings (Ephesians 3:20)
- I am part of the body of Christ and he is my master (Ephesians 1:18-23)
- In Jesus, I am complete and placed above spiritual beings (Colossians 2:10)
- Jesus disarmed the enemy and canceled my debt on the cross (Colossians 2:13-15)
- Jesus gave me (a disciple) authority & power to cast out demons and heal the sick using his name (Luke 10:18-19, Mark 16:15-20)
- The enemy can not injure me (Luke 10:18-19, Psalm 91)
- Jesus calls me to do great works for him (John 14:12-14, Ephesians 2:10)
- God gives me battle armor to protect me. (Ephesians 6:10-13)
- God equips me with weapons to defeat the enemy (Ephesians 6:13-18)
- God gives me spiritual weapons to demolish strongholds (2 Corinthians 10:3-5)
- I destroy all obstacles in the way of knowing God (2 Corinthians 10:5)
- When I ask, God draws near to me and the devil flees (James 4:7-10)
- I have victory over the accuser by the blood of the Lamb & the word of my testimony (Revelation 12:10-11)
- I have the same power in me that rose Jesus from the dead (Ephesians 1:18-23)
- God's Word is powerful and helps mold me (Hebrews 4:12-13)
- Jesus came to give me a full life (John 10:10)
- I am part of a royal priesthood (1 Peter 2:9)
- I am being transformed into the image of Jesus (2 Corinthians 3:18)
- Jesus constantly transforms and renews my mind (Romans 12:2)
- God gives me incredible peace and takes away my anxiety (Philippians 4:6-7)
- Anything is possible for one who believes (Mark 9:21-22)
- Where the Spirit of the Lord is, there is freedom! (2 Corinthians 3:17-18)

ROOM 5 (THE MASTER BEDROOM) - PRIDE & REBELLION

Father God, Your Word says: In his pride the wicked man does not seek him; in all his thoughts there is no room for God (Psalm 10:4). You also tell us that to fear the LORD is to hate evil and that you hate pride and arrogance (Proverbs 8:13). I **confess** that I have been self-focused and prideful. Please bring to my mind all the ways in which I have been prideful. I pray this in the name of Jesus Christ, amen.

Pray through the list below and mark the boxes that pertain to you to prepare to confess any sins of pride.

Dear Heavenly Father, I **confess** I have been proud by [say what you checked below].

- ☐ Having a stronger desire to do my will than God's will
- ☐ Leaning too much on my own understanding and experience rather than seeking God's guidance through prayer and His Word
- ☐ Relying on my own strengths and resources instead of depending on the power of the Holy Spirit
- ☐ Being more concerned about controlling others than in developing self-control
- ☐ Being too busy doing "important" and selfish things rather than seeking and doing God's will
- ☐ Tending to think that I have no needs or that God cannot fulfill all my needs
- ☐ Finding it hard to admit when I am wrong
- ☐ Being more concerned about pleasing people than pleasing God
- ☐ Being overly concerned about getting the credit I feel I deserve
- ☐ Thinking I am more humble, spiritual, religious or devoted than others
- ☐ Being driven to obtain recognition by attaining degrees, titles and positions
- ☐ Often feeling that my needs are more important than another person's needs
- ☐ Considering myself better than others because of my academic, artistic, athletic or other abilities and accomplishments
- ☐ Not waiting on God
- ☐ Other ways I have thought more highly of myself than I should

I ask You for forgiveness and I ask that You **cancel** any permission the enemy has against me in this area of pride. I choose to humble myself before You and others. I pray this in the name of Jesus Christ, amen.

Specific Renouncements

Read through the following and check any boxes that seem applicable.

☐ **Strong Spirit of Pride**

Father God, I **confess** and repent of the sins of *pride, control, impatience, vanity, judgmentalism, criticism, lying, exaggeration, evasiveness, greed, love of money, ambition, stubbornness, manipulation, ungratefulness, discord, boastfulness, discontentment, disobedience, perfectionism, accusation, jealousy, entitlement, argumentation, frustration, mockery, arrogance, and worldliness*. Please forgive me and I ask you to **cancel** any permission the enemy has against me. I ask You, God, to break any ties to my children. I thank You in and I pray this in the name of Jesus Christ, amen.

☐ **Critical/Control/Manipulation of Others**

Father God, I **confess** everything I have ever done to manipulate, dominate and control other people and ask that you forgive me. I ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Sabotage/Chaos (Consequences of Pride)**

Father God, I **confess** and repent of my sins that have allowed the consequences of pride to affect my life, including; *sabotage, strife, confusion, chaos, discouragement, deception, marriage, work and ministry problems*. God, I ask you to break those curses that are blocking my finances, my marriage or relationships with family, work, friends and church. I ask you God to **cancel** the permission the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

REBELLION

Mark any areas in which you have rebelled, either in your heart or by your actions.

Father God, your Word says that rebellion is like the sin of witchcraft and arrogance is like the evil of idolatry (1 Samuel 15:23). Please bring to mind all the ways that I have rebelled against you, your Word or others that you have placed in authority over me.

For each way the Spirit of God brings to mind your rebellion, use the following prayer to specifically confess that sin.

Father God, I **confess** that I have been rebellious towards

- ☐ Civil government (including traffic laws, tax laws, attitude toward government officials) (Romans 13:1-7; 1 Timothy 2:1-4; 1 Peter 2:13-17)
- ☐ Parents, stepparents, adoptive parents, legal guardians (Ephesians 6:1-3)
- ☐ Teachers, coaches, school officials (Romans 13:1-4)
- ☐ Employers (past and present) (1 Peter 2:18-23)
- ☐ Husband or Wife (Ephesians 5:21; 1 Peter 3:1-4,7) Husbands, ask the Lord if your lack of love is affecting your wife's heart. Wives, ask if a lack of respect is affecting your husband. If so, confess this as a violation of Ephesians 5:22-33.
- ☐ Church leaders (Hebrews 13:7)
- ☐ God (Daniel 9:5,9)
- ☐ Other

Please forgive me for being rebellious and **cancel** the permission the enemy has against me in these areas. I choose to be submissive and obedient to Your Word. I pray this in the name of Jesus Christ, amen.

Expose Lies, Embrace Truth

Holy Spirit, we ask that you reveal the associated lies that (participant's name) has believed in the areas of **pride and rebellion**. (*Facilitator and Intercessor write the lies*).

Possible Demonic Interference: If the participant struggles to hear from the Holy Spirit (as if there is something hindering their ability to do so), the demonic can be addressed directly as follows: **In the name of the Lord Jesus Christ, we bind any demonic spirits present attempting to hinder** (participant's name) **from hearing the Holy Spirit's voice and command you to reveal any permissions you have to remain.**

After the lies have been written down, ask the participant to renounce these lies by praying the following:

Father God, I **confess** I have believed the lies of the enemy that said (*state the specific lies*). I ask that You forgive me for believing them and I now choose to believe the truth (*state the truths in God's word that oppose the lies*).

Thank You for Your forgiveness.

Father God, I ask that You **cancel** any permissions the enemy has against me because of vows or agreements which were made in these areas. I ask this in the name of Jesus Christ, amen.

Command

In the name of the Lord Jesus Christ, I **command** all spirits associated with **pride, sabotage, chaos & rebellion** to leave me with all of their works and effects and go to the feet of Jesus.

Commit: Filling Prayer - Participant Reads

Holy Spirit, I ask You to come and fully fill each room just vacated and that Your power would reign and control this area of my life. May I only hear Your voice and Your truth. I ask You, Holy Spirit, to give me a heart of humility and to give me a submissive heart built upon Your Word as I seek Your will first and foremost. Help me now see others through the lens of Christ. I pray this in the name of Jesus Christ, amen.

ROOM 6 (THE KITCHEN) - ABUSE, SHAME, REJECTION, INFIRMITY

Father God, I **confess** that I have believed the lies of the enemy that tell me that I am condemned, not good enough, worthless in many ways and that I have carried shame. I ask that you **bring to my mind** any areas that affected me regarding abuse, shame, rejection or sickness. I pray this in the name of Jesus Christ, amen.

Check any boxes that apply to you or your circumstances.

SPECIFIC RENOUNCEMENTS ☐ **Abuse Done to Me or Abuse I Have Done to Others**

Father God, I **confess** and repent of any abuse that I have done and ask for your forgiveness. I also forgive those who have harmed me. I ask that You **cancel** any permission that the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Guilt/Shame/Unworthiness/Embarrassment**

Father God, I **confess** that I have held onto guilt and shame. I agree with Your word which says there is no condemnation for those who are in Christ Jesus. I accept that I am a new creation in Christ and have been washed clean. I ask that You **cancel** any permission the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ **Heaviness/Loneliness/Hopelessness/Discouragement/Depression**

Father God, I **confess** that I have felt alone and have had a troubled heart. I embrace the truth that You are always with me. I reject *loneliness, hopelessness, insomnia, depression, discouragement, inadequacy, despair, disgust and heaviness*. Forgive me for not fully trusting You. I ask You, God, to **cancel** any permission that the enemy has against me and that You fill me with the joy of Your presence. I pray this in the name of Jesus Christ, amen.

☐ **Adoption Wounds**

Father God, I **confess** that I feel wounded because I am adopted. I repent of judging my biological parents and I ask for your forgiveness. I renounce *rejection, self-rejection, fear of rejection, fear of abandonment*, and the *feeling of being unlovable*. I forgive my biological parents and ask that You bless them. I ask that You **cancel** the permission the enemy has against me in this area. I accept that I am fearfully and wonderfully made in Your image. I thank You for my adoptive parents and the spiritual family that You have provided for me. I pray this in the name of Jesus Christ, amen.

☐ **Abortion/Partner in Abortion**

Father God, I **confess** that I was not a proper guardian and keeper of the life You entrusted to me, and I confess that I have sinned by being persuaded by the world and lies of the enemy. I ask You and I thank You that You forgive me. I accept your forgiveness. I now forgive myself and accept Your love. I commit the aborted child to You for all eternity. I thank You for taking the child in Your arms. I thank You for Your forgiveness and compassion towards me. I ask that You now **cancel** any permission the enemy has against me. I pray this in the name of Jesus Christ, amen.

☐ **Infirmity (Sickness)**

Father God, You are the great healer. I **confess** that I have not trusted you to heal my body and take care of me. Please forgive me. I renounce infirmity and sicknesses, including: *[Record any medical conditions that may apply to you]*

I ask You to **cancel** any permission that the enemy may have against me regarding infirmity in any of these areas and that you heal me and bless me. I pray this in the name of Jesus Christ, amen.

☐ **Mental Illness/ Unclear Thinking/Arrested Development**

Father God, I **confess** I have struggled with areas of mental illness. Please free my mind to think clearly and I ask that you heal me from *hearing voices, paranoia, obsessive compulsive disorder, panic attacks, mania, depression, bipolar disorder, schizophrenia, insanity, PTSD, Trauma wounds, Alzheimer's, dementia, autism, multiple personality disorder, dissociative identity disorder, ADHD, dyslexia, madness, hallucinations, hysteria, irrationality, and any other spirit causing arrested development or other mental strongholds* *[write out below]*

I ask You to **cancel** any permission the enemy has against me in this area. Father, please forgive any of my sins that have affected or damaged my mind in any way. I thank You for Your healing power. I pray this in the name of Jesus Christ, amen.

☐ **Confusion/Mind Control (Trouble concentrating in worship, prayer, reading God's Word**

Father God, I **confess** that I struggle with concentration in worship. I renounce the enemy and any demonic influence or control over my mind which would confuse, cloud or prevent me from having clear thoughts. I renounce confusion, frustration, forgetfulness and incoherence. I ask you to **cancel** the permission the enemy has against me in this area. I pray this in the name of Jesus Christ, amen.

☐ Death

Father God, I **confess** that I have either been exposed to or preoccupied with death in some way. I now renounce the lie that life is hopeless and that I can find peace or freedom by taking my own life or the life of others. I now renounce the spirit of death and any connected spirits. I ask you to **cancel** any permission that the enemy has against me in this area.

Expose Lies, Embrace Truth

Holy Spirit, we ask that you reveal the associated lies that (participant's name) has believed in the areas of **abuse, shame, rejection and infirmity**. (*Facilitator and Intercessor write the lies*).

Possible Demonic Interference: If the participant struggles to hear from the Holy Spirit (as if there is something hindering their ability to do so), the demonic can be addressed directly as follows: **In the name of the Lord Jesus Christ, we bind any demonic spirits present attempting to hinder** (participant's name) **from hearing the Holy Spirit's voice and command you to reveal any permissions you have to remain.**

After the lies have been written down, ask the participant to renounce these lies by praying the following:

Father God, I **confess** I have believed the lies of the enemy that said *(state the specific lies)*. I ask that You forgive me for believing them and I now choose to believe the truth *(state the truths in God's word that oppose the lies)*.

Thank You for Your forgiveness.

Father God, I ask that You **cancel** any permissions the enemy has against me because of vows or agreements which were made in these areas. I ask this in the name of Jesus Christ, amen.

Command

In the name of the Lord Jesus Christ, I **command** all spirits associated with **abuse, shame, rejection and infirmity** to leave me with all of their works and effects and go to the feet of Jesus.

Commit: Filling Prayer - Participant Reads

Holy Spirit, I ask You to come and fully fill each room just vacated and that Your power would reign and control this area of my life. May I only hear Your voice and Your truth. I ask You, Holy Spirit, to now begin to restore and heal my damaged body and/or mind. I ask You to restore me to fullness so that I can be an effective and productive disciple of King Jesus. Thank You. I pray this in the name of Jesus Christ, amen.

REAL PRAYER FOR ABUSE, SHAME & REJECTION - Optional - see appendix 1

REAL Prayer (Remember, Explore, Ask Jesus, Listen)

*LEADER: Ask the participant to recall a memory that Jesus wants to heal. Take them through a time of prayer and ask Jesus to heal that memory.
(Warner, 2022, p.70)*

Journal notes below (optional)

ROOM 7 (THE ATTIC) - MOP UP

Father God, I humble myself before you and confess that I have allowed demonic strongholds to affect my life and my witness. I am asking You in the name of the Lord Jesus Christ to please forgive **ALL of my sin and cancel ALL of the permission** associated with any remaining demonic spirits. I want **ONLY** the **Holy Spirit** controlling every area of my life! I do not want anything to do with demonic spirits. I claim the blood of Jesus and surrender my full allegiance to the Lordship of Jesus Christ in all areas of my life. I thank You Father, for your saving grace and mercy in the name of the Lord Jesus Christ.

Command

In the name of the Lord Jesus Christ, I **command** all remaining demonic spirits to leave me with all of their works and effects and go to the feet of Jesus.

Commit: Filling Prayer for the ENTIRE HOUSE

Holy Spirit, I ask You to come and fully fill each room just vacated as well as my entire house. I ask that Your power would reign and control **all areas of my life**. May I only hear Your voice and Your truth as I now live in freedom with peace and joy! Amen.

Your sign now reads **“No vacancy!”**

ABIDING PRAYER - see appendix 1

LEADER: A time of abiding with Jesus. Have the participant pick a “place of peace” and paint a picture asking them to help fill in details using all their senses. Invite Jesus into the scene. Spend time abiding and then have Jesus dispose of demons. Let the Holy Spirit lead prayer for inner healing as necessary.

CLOSING & SEALING PRAYER

In the name of Jesus Christ, we forbid any backlash, retaliation, retribution, revenge, torment, harassment, or punishment to come against (participant’s name), his/her family, me or our families, or our ministries. We break every strategy of the enemy to come against us under the blood of Jesus. Heavenly Father, We ask you to cover each of us. We will bring all that concerns us under your divine protection. We claim the promises of scripture & **Psalm 91** over all of us. We ask You to assign heavenly angels to protect each of us after this session.

We now ask You, God, to shut any open doors and seal what has been done which cannot be undone. We ask You to cleanse this room and place and bring Your peace over each of us. We ask You to give us good and healthy rest and healing that we may awaken refreshed and renewed to be effective and productive disciples of King Jesus to proclaim the wonders of Your love. We pray this in the wonderful and mighty name of Jesus Christ, amen.

(Kay Elise Tolman, 2016, p. 124, modified by Eagle)

ON THE ROAD - ASKING OTHERS FOR FORGIVENESS

You have done some amazing work! However, for your healing to be complete, it is important to make proper amends to those you have hurt. This can be done after the session once you have journaled names of those God brings to mind. Jesus said, "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift" (**Matthew 5:23-24**). If you have offended another, you must go to them and ask for their forgiveness and make amends when appropriate. The following are steps to seeking forgiveness and can be discussed with those leading you through the steps. Often it is helpful to seek wisdom and discernment in this area. If it is possible, as far as it depends on you, live at peace with everyone (**Romans 12:18**).

1. Discern that what you did was wrong and why it was wrong biblically.
2. Make sure you have forgiven them for whatever they have done to you.
3. Think through exactly how you will ask them to forgive you. Ask for forgiveness in person if possible.
4. When making amends, be sure to state that what you did was wrong. Own your part. Be specific and admit that you did it.
5. Don't offer any excuses, project blame, or try to defend yourself.
6. Don't have any expectations or expect them to offer forgiveness. Just do your part.
7. Your confession should lead to the direct question: "Will you please forgive me?"
8. Pray about seeking the right place and the right time, but the sooner the better!
9. You should expect further freedom as you do what God requires. Have peace with God knowing that you have done your part. Trust God with the details.

Prayer for Restoration of Damaged Relationships

Father God, I **confess** and repent of my sins against my neighbors [*spouse, ex-spouse(s), parents, children, relatives, friends, neighbors, or brothers and sisters in Christ*]. Thank You for Your forgiveness. I forgive them for what they have done to me and I choose not to hold it against them in the future. I ask that You bless them and enable them to live with the consequences of my sin against them. I pray that You would heal the wounds from the sins I have inflicted upon them. I ask the same for myself, that I may be set free from the consequences of their sin or that You would give me the grace to live with the consequences without bitterness. I pray that You would heal my wounds and set me free so that I can live in peaceful coexistence with my neighbors and with You. Father God I now ask that You bring to my mind the people I need to seek forgiveness from. I ask you to cancel any permission the enemy has against me in this area. I now command any such spirits to leave my presence. I speak and pray this in the name of Jesus Christ, amen.

POST-SESSION HOUSE MAINTENANCE

You have just participated in Deliverance & Discipleship – Spiritual House Cleansing. What a huge blessing this will be in your life! You are courageous for taking this leap forward in your spiritual journey. The Christian life is a lifelong journey of daily surrender, dying to ourselves and trusting and following Jesus. We all need three things to walk in freedom: the Word of God, the Spirit of God and the people of God! At the beginning of this process, you committed to discipleship with another person or persons. We encourage you to stay connected daily for at least the first week after this process and then engage in a discipling relationship through groups in the local church. This may include one-on-one relationships, Celebrate Recovery, Discipleship focused Transformational groups, Home groups, etc.

We want to give you important instructions for after the session. We also want to make you aware of what can happen once you've completed the steps. We cannot stress enough how important these activities are to maintain, and even enhance, your freedom.

First, remove and destroy all objects of false worship. After completion of the session, the participant should go home and read aloud the prayers for home cleansing and destroy occult objects.

☐ Possession of Occult Objects in Home

Heavenly Father, I **confess** as sin, my obtaining and possessing objects, art, crafts and jewelry that were made or were originated by anyone who has been or is presently involved in the occult including voodoo, witchcraft or other occult practices or false religions that are forbidden in Your Word. I renounce all involvement, whether knowingly or in ignorance, with the occult and demonic spirits or Satan. If any evil spirits have gained access to my home, my life, my mind or even my family members, I now renounce and resist them. I cover myself with the blood of Jesus. I ask You to forgive me and I ask You to **cancel** any ground that the enemy has against me in this area. I command any such spirits to leave me, my children, my adopted children, my house and property, my pets or animals and all my possessions. I pray this in the name of Jesus Christ, amen.

(Anderson, 2017, p.25 modified by Eagle)

Then, read this prayer aloud in every room of your home and claim those spaces for God. We also recommend walking and praying over your property perimeter outside.

☐ **Spiritual Cleansing of Home, Room or Apartment**

Dear Heavenly Father, I acknowledge and **confess** that You are the Lord of heaven and earth. In Your sovereign power and love, You have entrusted many things to me. Thank You for this place to live. I claim my home as a place of spiritual safety for me and my family and ask for Your protection from all the attacks of the enemy. I ask you to **cancel** any permission the enemy has against myself, our family or this place. As a child of God, raised up and seated with Christ in the heavenly places, I **command** every evil spirit claiming ground in this place, based on the activities of past or present occupants, including me and my family, to leave and never return. I renounce all demonic assignments directed against this place. I ask You, Heavenly Father, to post Your holy angels around this place to guard it from any and all attempts of the enemy to enter and disturb Your purposes for me and my family. I thank You, Lord, for doing this in the name of the Lord Jesus Christ. Amen. (Anderson, 2017, p. 25 modified by Eagle)

DAILY RECOMMENDATIONS FOR 40 DAYS

1. CEMENT YOUR IDENTITY IN CHRIST: Repeat the section on **REINFORCING THE FOUNDATION - THE TRUTH ABOUT GOD, JESUS, THE HOLY SPIRIT & MYSELF** (Read during your session)
2. SCRIPTURE PLAN: Read “**40 Verses in 40 Days**” and meditate on one Scripture daily. (see following pages)
3. DAILY MORNING PRAYER: Pray the Daily Prayer and Declaration every morning. (see following pages)
4. DAILY BEDTIME PRAYER: Pray the Bedtime Prayer every night. (see following pages)
5. PRAYER: Commit to a consistent prayer life. We recommend the Lord’s Prayer (Matthew 6:8-14) and putting on the armor of God (Ephesians 6:10-18) at a minimum. (see following pages)
6. WORSHIP: Listen to worship music daily and commit to your local church family.
7. CONFESSION & AMENDS: “Keep your side of the street clean.” Continually ask God to search your heart for any wrong and confess it to God, yourself and others. Make amends promptly.
8. DISCIPLESHIP: Maintain and/or continue in a discipling/confession relationship with another Christian. Be sure it is authentic and transparent and that you are being held accountable to the Christian disciplines: Scripture reading, confession, prayer, fasting, etc.

ISSUES TO BE AWARE OF POST SESSION

- **ADDICTIONS**: If you struggle with addictions, it is imperative that you get into a recovery program and submit to that process. We recommend *Celebrate Recovery*, a Christ-centered program. The enemy will attack in the area of your addiction and the best plan is to be active in a recovery program. Use the program and people to assist you in remaining clean. If you do slip up, confess quickly and get back on track.
- **PEACE**: Usually people leave the session with a sense of peace; however, some may feel a little empty or uncomfortable with the silence in their mind. We recommend enjoying God's presence and finding easily repeatable Scriptures to fill your mind, such as the "40 Verses in 40 Days."
- **ENEMY UNREST**: The enemy's lies may continue to be heard. Those voices are external, not internal. Yet, they may still be persistent for a little while. If you find you are hearing them, identify them as lies and speak God's truths aloud. The enemy does not like your new freedom but will eventually give up (read **James 4:7**). Talk to those you are in a discipling relationship with and pray with others.
- **RENOUNCEMENT PRAYER TOOL**: If the voices persist, say aloud a renouncement prayer and command the enemy to leave, as you have the Spirit of the living God in you! Speak out loud something similar to the following: **Father God, I renounce the following lies: that** (fill in all the lies you are hearing). **I confess that I have believed them at one point. I acknowledge they are not Your truth and I chose to believe the truth about myself, others and You, God! Your truth is the only thing that matters and so I reject the enemy and his lies. I ask you Lord Jesus to cancel the permission the enemy has against me in this area. In the name of Jesus, I command the enemy who is speaking these lies to leave my presence! I want nothing to do with you or your lies as you are a defeated enemy! I ask You, God, to turn up the power of the Holy Spirit within me. I only want to hear Your voice and Your truth. Thank You for Your love and protection. I pray this in the name of Jesus Christ, amen.**
- **PERSISTENT STRUGGLES**: If you find that you are needing to constantly repeat this over a prolonged period of time, it is possible you may need a second mop-up session or you may possibly need to do more **inner healing** work. There may still be some ground the enemy has, which we need to ask the Holy Spirit to reveal to us so that it can be broken. Do not let the enemy make you feel ashamed or believe the lie that the 1st session was a waste. We may just need to do a bit more house cleaning. God wants you to walk in complete freedom in Christ!

40 VERSES IN 40 DAYS (POST SESSION)

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1. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. **(2 Corinthians 10:4)**
2. So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. **(James 4:7-8a)**
3. Now may the God of peace make you holy in every way... **(1 Thessalonians 5:23a)**
4. God is our refuge and strength, always ready to help in times of trouble. **(Psalm 46:1)**
 5. Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. **(1 Peter 5:8)**
6. Create in me a clean heart, O God. Renew a loyal spirit within me. **(Psalm 51:10)**
7. But the Lord is faithful; he will strengthen you and guard you from the evil one. **(2 Thessalonians 3:3)**
8. For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. **(2 Timothy 1:7)**
 9. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. **(Romans 12:2)**
10. For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. **(Ephesians 2:10)**
11. The LORD is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving. **(Psalm 28:7)**
12. For I have chosen you and will not throw you away. Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand. **(Isaiah 41:9b-10)**
13. Look, I am sending you out as sheep among wolves. So be as shrewd as snakes and harmless as doves. **(Matthew 10:16)**
14. He renews my strength. He guides me along right paths, bringing honor to his name. **(Psalm 23:3)**
15. But in that coming day no weapon turned against you will succeed. You will silence every voice raised up to accuse you. **(Isaiah 54:17a)**

16. For every child of God defeats this evil world, and we achieve this victory through our faith.
(1 John 5:4)

17. But you are not like that, for the Holy One has given you his Spirit, and all of you know the truth. (1 John 2:20)

18. Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? No, despite all these things, overwhelming victory is ours through Christ, who loved us. (Romans 8:35,37)

19. The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life. (John 10:10)

20. For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son... (Colossians 1:13)

21. Because of Christ and our faith in him, we can now come boldly and confidently into God's presence. (Ephesians 3:12)

22. Therefore, angels are only servants—spirits sent to care for people who will inherit salvation. (Hebrews 1:14)

23. Since he himself has gone through suffering and testing, he is able to help us when we are being tested. (Hebrews 2:18)

24. See, God has come to save me. I will trust in him and not be afraid. The LORD GOD is my strength and my song; he has given me victory. (Isaiah 12:2)

25. You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! (Isaiah 26:3)

26. Give your burdens to the LORD, and he will take care of you. He will not permit the godly to slip and fall. (Psalm 55:22)

27. For the angel of the LORD is a guard; he surrounds and defends all who fear him. (Psalm 34:7)

28. As for me, since I am poor and needy, let the Lord keep me in his thoughts. You are my helper and my savior. O my God, do not delay. (Psalm 40:17)

29. Think about the things of heaven, not the things of earth. (Colossians 3:2)

30. For God is working in you, giving you the desire and the power to do what pleases him. (Philippians 2:13)

31. But we are not like those who turn away from God to their own destruction. We are the faithful ones, whose souls will be saved. (Hebrews 10:39)

32. Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. (Hebrews 10:23)

33. For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ. **(2 Corinthians 5:21)**
34. The LORD is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. **(Psalm 23:1-3a)**
35. And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness. **(Colossians 2:6-7)**
36. "The LORD is my helper, so I will have no fear. What can mere people do to me?" **(Hebrews 13:6)**
37. God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him. **(James 1:12)**
38. Guard your heart above all else, for it determines the course of your life. **(Proverbs 4:23)**
39. Trust in the LORD with all your heart; do not depend on your own understanding. **(Proverbs 3:5)**
40. Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the LORD forever. **(Psalm 23:6)**

DAILY MORNING PRAYER & DECLARATION

Father God, Lord Jesus, I praise You and honor You as my Lord and Savior. You are in control of all things.

I thank You that You are always with me and will never leave me nor forsake me. I **confess** that You are the only all-powerful and only wise God. You are kind and loving in all Your ways. I love You and thank You that I am united with Jesus and spiritually alive in Him. I choose not to love the world or the things in the world, and I crucify the flesh and all its passions. I ask you to **cancel** any permission the enemy has against me.

Thank You for the life I now have in Christ. I ask You to **fill me** with the Holy Spirit so I can be guided by You and not carry out the desires of the flesh. I declare my total dependence upon You and I take my stand against Satan and all his lying ways. I choose to believe the truth of Your Word, God, despite what my feelings may say. I refuse to be discouraged; You are the God of all hope. Nothing is too difficult for You. I am confident that You will supply all my needs as I seek to live according to Your Word. I thank You that I can be content and live a responsible life through Christ who strengthens me.

I now take my stand against Satan and **command** him and all his evil spirits to depart from me. I choose to put on the full armor of God so I may be able to stand firm against all the devil's schemes. I submit my body as a living and holy sacrifice to You, and I choose to renew my mind by Your living Word. By doing so, I will be able to prove that Your will is good, acceptable, and perfect for me. In the name of my Lord and Savior, Jesus Christ, I pray. Amen.

(Anderson, 2017, p. 24, modified by Eagle)

DAILY BEDTIME PRAYER

Thank You, Lord, that You have brought me into Your family and have blessed me with every spiritual blessing in the heavenly places in Christ Jesus. Thank You for this time of renewal and refreshment through sleep. I accept it as one of Your blessings for Your children and I trust You to guard my mind and my body during my sleep. I **confess** my sins before you and renounce any demonic strongholds in my life. I ask you to **cancel** any permissions the enemy has against me. I **command** such spirits to leave my place of sleep and not return in the name of Jesus Christ.

As I have thought about You and Your truth during the day, I choose to let those good thoughts continue in my mind while I am asleep. I **commit** myself to You for Your protection against every attempt of Satan and his demons to attack me during sleep. Guard my mind from nightmares. I renounce all fear and cast every anxiety upon You. I **commit** myself to You as my rock, my fortress, and my strong tower. May Your peace be upon this place of rest. In the strong name of the Lord Jesus Christ, I pray. Amen.

(Anderson, 2017, p. 24, modified by Eagle)

THE LORD'S PRAYER

Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one. Matthew 6:9-13 NLT

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. Matthew 6:9-13 NIV

PUTTING ON THE ARMOR OF GOD

Lord, I put on Your belt of truth to guard me against deception from within and without. I put on Your breastplate of righteousness to guard my heart and to help me remember that it is none of my own righteousness, but only Jesus' righteousness that allows me to come before You and have a relationship with You. I put on Your shoes of peace —my peace with You through justification; the peace of You, God, through prayer and Your Holy Spirit at work in me and in the world; and the peace that comes from Your near presence that I experience as I spend time with You and that I can take with me, sharing it with those I meet, carrying Your kingdom with me wherever I go. I take up Your shield of faith that extinguishes all the flaming arrows of the evil one. What the enemy intends for destruction cannot destroy me. I welcome You to bring into my life all that will purify and refine me. Prune me, discipline me, mold me and make me more like Jesus. I put on Your helmet of salvation to guard my mind, and to remind me of the confident hope that we have—that You have already won! That You are coming soon! And that I am well able to do what You've called me to do since You have equipped and empowered me by Your Holy Spirit! And I take up Your sword of the Spirit—Your Word, God—that is so powerful against the enemy. Help me use it in greater and more effective ways. Help me obey Your Word because as I do I become more like Jesus and less vulnerable to the enemy's attacks. It teaches me, corrects me, rebukes me, trains me in righteousness, encourages me, comforts me, guides me. Help me share Your Word with others so it can do the same for them.

(Bubeck, 2016, p.216 - modified by Howie)

APPENDIX 1 - REAL PRAYER & ABIDING PRAYER

R.E.A.L. Prayer

The **R.E.A.L** prayer exercise is an opportunity for the participant to experience healing from painful memories. When we talk about healing memories, we are talking about helping people connect with Jesus in such a way that *He* heals the pain of the past. The focus in your session is to deal with only ONE memory, with the participant's understanding that in the future they can apply this exercise to any and all memories which need to be healed. The following are the prayers which the participant will pray, taken from Dr. Marcus Warner's book, *A Deeper Walk* (p.70):

Have the participant repeat this prayer as you guide them through it:

R - Father, help me to REMEMBER / whatever memory You want to heal.

Give them a moment, and then ask them if they've been shown the memory which needs to be healed. When they have the memory, continue to guide them through the next prayer.

E - Father, EXPLORE this memory with me. / What do I need to remember about it?

This often includes the deep emotions involved, physical setting and who is present. Other details may include how old they are, what people are wearing, time of day, etc. Once they have explored the memory, guide them through the next prayer.

A - Father, I ASK you/ to do whatever you need to do/ to heal this memory.

Give them some time to focus on what's happening. When you sense the time is right, proceed with the next step.

L - LISTEN - Ask the participant to revisit the memory in their mind and see if anything is different. You can ask if anything feels different or if they have any new thoughts. Often the response will be that they feel peace, the Lord's presence and the pain of the memory fading.

Take some time afterwards to guide them through the following prayer:

Lord Jesus, thank You for the miracle You have performed in my life at this moment. I acknowledge that You are the Healer and the one who brings me freedom. Thank You for the ways You show me how much You love me. I pray this in the name of Jesus Christ, amen.

Be sure to remind the participant that R.E.A.L. Prayer is something that they are able to do on their own with any memory that needs to be healed. You can encourage them to journal each time they do this. Journaling these miraculous times with Jesus will provide an account for just how *real* and *intimate* He is! It's wonderful to go back through your own journal and look at the ways He's been faithful!

ABIDING PRAYER

An abiding prayer in the context of this freedom and deliverance session should be conducted as follows:

- 1) Explain the following to the participant: We are now going to enter into a time of abiding with Jesus. During this time, we'll invite Jesus to join you in your own "place of peace."
- 2) Now ask the participant: Where is a place where you feel most at peace? These places are often called "thin places," where the distance between God and us seems very thin. For some, it's the beach, for others it can be the mountains and for others it can be a familiar room or home. Wherever it may be for you, imagine it now. Do you have this place in mind? Where is it?
- 3) Have the participant close their eyes and describe the details of where they are. You can ask questions like the following:
 - a) What time of day is it?
 - b) What's the weather like?
 - c) What do you see around you?
- 4) Invite Jesus into the setting. You can say something like the following: As you are there in this place which feels safe and gives you a feeling of peace, you see a figure approaching. At first, it's hard to make out who it might be, but as they get closer you realize that it's Jesus. He's come to join you.
- 5) Have the participant describe Jesus as best they can. You can ask questions like the following:
 - a) What is He wearing?
 - b) Can you see His face?
 - c) What does He look like?
- 6) Next, explain that Jesus is now standing right next to them—close enough to touch. Then ask them, Is there anything that Jesus is saying to you at this moment? You may want to write down what they hear so that they are able to reference it later.

- 7) At this point, you have the option to speak truth over them regarding their identity as if Jesus himself were speaking. This might seem strange, but it's simply a way for them to hear the reality of how they're seen by Jesus. You could say something like the following:
As Jesus is with you, close enough to touch, He reminds you that:
- a) You're His child who has been washed clean, white as snow.
 - b) He has taken your sin and shame and nailed it to the cross.
 - c) He has set you free from sin and conquered death.
 - d) He is thankful for you and proud of you.
 - e) He has a plan for you. He wants you to join Him in His mission to set the captives free.
- 8) Now say the following: Now is the time to deal with spirits which have been commanded to leave during this session. Jesus asks you, "(Participant's name), what would you like Me to do with all of spirits sent to my feet?" Once the participant answers, continue by describing the way in which Jesus disposes of them. The important thing in this description is to make it clear that these spirits are no longer able to torment the participant any longer. They have been defeated and sent back to where they came from. For example, some people ask that the spirits be thrown into a pit. One way of describing this would be that Jesus causes a pit to open up, one which seems to have no bottom to it. It just keeps going forever. Jesus casts all of the boxes into the pit and then he causes it to disappear completely, like it was never there.
- 9) Say the following to the participant: Now Jesus reaches out, takes a hold of your hand, and tells you how much He loves you. Is there anything you want to tell Him at this moment?
- 10) To conclude this time of prayer, you can say something like this: Jesus looks at you and says that He's so thankful for the time the two of you spent together. As He turns to leave, He reminds you that He is always with you, as He promised He would be. And through the Holy Spirit, He is always accessible. All you have to do is ask. He says that He'll meet you here anytime you like. Just call on His name. And with that, Jesus walks into the distance and you are filled with a peace that passes understanding.
- 11) Finish the session with closing prayer, thanking God for the work that has been accomplished and the freedom and deliverance which now belongs to the participant.

APPENDIX 2 - DELIVERANCE & OCCULT TERMINOLOGY

The following are not biblical truths but are false belief systems of man. The occult is defined as supernatural, mystical or magical beliefs, practices or phenomena. We offer their meanings here for information only and do not encourage anyone to ascribe to these belief systems.

*Words in **bold** within the definitions can be found elsewhere in this appendix.*

Alchemy/Spiritual alchemy - an ancient philosophy that uses the metaphor of transforming metals into gold for attaining spiritual enlightenment. It is used to achieve contentment, harmony and awareness by liberating one's essence from one's acquired personality.

Amulets - an object, either natural or man-made, believed to be endowed with special powers to protect from evil or bring good fortune. Often associated with other religions or the occult.

Anarchy - a spiritual anarchist recognizes that as a spirit, we are given divine sovereignty over our own lives through free will to self-govern through personal responsibility, whether we choose to do so or we abdicate our responsibility to others. A spiritual anarchist believes God to be/recognizes God as an anarchist.

Ancestor worship - the custom of venerating deceased ancestors who are considered still a part of the family and whose spirits are believed to have the power to intervene in the affairs of the living

Angel worship - the practice of worshiping angels. Angels are designated servants of God and are not to be worshiped.

Animal sacrifice - the ritual killing and offering of one or more animals, usually as part of a religious ritual or to appease or maintain favor with a deity

Animism - the belief that objects, places and creatures all possess a distinct spiritual essence. Animism perceives all things—animals, plants, rocks, rivers, weather systems, human handiwork and in some cases words—as animated and alive.

Answer Man, The - an occult game where people in a circle call one another simultaneously; one of them gets a spirit called “The Answer Man;” questions are asked by the spirit and, if answered incorrectly, the spirit reaches through the phone to affect that person

Anti-Christian music/TV shows/movies - any music, television, movie or form of entertainment that embraces, celebrates or promotes a worldview other than a biblical worldview; the range is far and wide. Often doorways can be opened to false doctrine, deception, fear, anxiety, violence, sexual perversion, etc.

Antichrist spirit -The word *antichrist* means “against Christ.” People who say that Jesus is not from God are controlled by the spirit of the antichrist. Satan opposes Christ, and he desires to deceive people into a false view of who Jesus is. The spirit of the antichrist teaches against Christ. To twist the truth about Jesus Christ is to pervert the gospel. **1 John 4:2–3:** [This is how you can recognize the Spirit of God: Every spirit that acknowledges that Jesus Christ has come in the flesh is from God, but every spirit that does not acknowledge Jesus is not from God. This is the spirit of the antichrist, which you have heard is coming and even now is already in the world.](#)

Anti-Semitism - hostility to, prejudice towards or discrimination against Jews

Apostasy - abandonment or renunciation of Christianity or the Christian faith in God and Jesus

Astral projection - an experience involving an intentional effort to send your consciousness from your body. It usually refers to your consciousness traveling out of your body toward a spiritual plane or dimension. An experience in which a person's consciousness leave's their physical body for a period of time and travels in the astral plane. The ability of a person's spirit to travel to distant places.

Astrology - the **divination** of the supposed influences of the stars and planets on human affairs and terrestrial events by their positions and aspects. Like **witchcraft**, astrology is one of the oldest practices out there. Yet it still thrives today. From what is stated in the names of demons, astrology is a practice that revolves around the demon Molech. Especially in Canaan, astrological practices were centered around worshiping the bull. Worshipers would go as far as sacrificing children for the demon they worshiped.

Atheism - disbelief or lack of belief in the existence of God

Automatic writing - writing said to be produced by a spiritual, occult or subconscious agency rather than by the conscious intention of the writer

Baby Blue - An occult game played in a bathroom mirror calling out “Baby Blue” to invoke a spirit baby in your arms that scratches at you. You either flush the baby or deal with **Bloody Mary** in the mirror bringing death.

Babylonian spirits - Babylon is an ancient nation, but it is important to note that behind Babylon was the demonic spirit of Babylon. God creates a Kingdom that is called His bride. Satan counterfeits with a kingdom that is called Babylon, the “mother of prostitutes” (**Revelation 17:5**). The spirit of Babylon is at work in every nation and generation.

Bahá'í faith - Bahá'í is a recent religion originating in Iran in the 1800s by Bahá'u'lláh who is, according to the Bahá'í faith, the last great prophet. It teaches that all religions are valid and should be unified within a single worldwide community. God is unknowable and beyond assault.

But he has sent prophets throughout the centuries in order to communicate great truths that are completely and fully manifested within its own religious constructs.

Baphomet, Demon - originally associated with an idol that the Knights Templar were said to have worshiped. Later, Baphomet was incorporated into other occult traditions as a powerful figure, often depicted as a winged man with the head of a goat. Due to its association with Satanism, Baphomet can be viewed as a demonic or subversive symbol and thus stand in for something considered evil or deviant. It can also serve as an identifying marker for those aligned with the occult.

Bell Witch, The - The Bell Witch, or Bell Witch Haunting, is a legend centered on the 19th-century Bell family of northwest Robertson County, Tennessee. Farmer John Bell, Sr., resided with his family along the Red River in an area currently near the town of Adams.

Biorhythm - invisible waves of energy within the human body that are constantly in flux. These energy levels are unique to each individual and begin charting at birth. It is believed that people have three main biorhythmic cycles: physical, emotional and intellectual. Other cycles have been added in recent years: intuition, spiritual and aesthetic.

Black magic - magic involving the supposed invocation of evil spirits for evil purposes

Blood pacts - a serious oath taken by two or more people in which they ceremonially use or exchange each other's blood

Bloody Mary - Bloody Mary is a legend of a ghost, phantom or spirit conjured to reveal the future. She is said to appear in a mirror when her name is **chanted** repeatedly. Also, Mary the 1st, first-ever Queen of England has long been known only as "Bloody Mary." This nickname was due to the persecution of Protestant heretics, (trying to restore Catholicism) whom she burned at the stake in the hundreds.

Buddhism - Buddhism is a group of religious movements that derive from the philosophy and teachings of Siddhartha Gautama, who came to be known as "the Buddha," or "the enlightened one." Buddhism began in India around the late 6th century B.C. Views and teachings vary widely among the various Buddhist movements, but the central teachings summarized in what are called the "four noble truths" and the "eightfold path" are at the core of every expression of Buddhism.

The four noble truths are:

1. "Dukkha" (typically translated as "suffering"): Nothing is permanent, constant and unchanging, therefore nothing can ever truly satisfy. Even pleasure only increases our pain. Sickness and death come to all men. This suffering taints every aspect of life.
2. Dukkha is caused by our desires. We crave and cling to pleasurable things that will inevitably pass away. We try to avoid unpleasant things that will inevitably come. These

cravings are the cause of our suffering; in fact, it is these desires that keep the cycle of birth, death and rebirth perpetuating this suffering lifetime after lifetime.

3. It is possible to end Dukkha and thus transcend this cycle to the state of “nirvana” by completely letting go of all cravings and desires.
4. One attains this escape by following the eightfold path.

The eightfold path consists of:

1. Right View
2. Right Intention
3. Right Speech
4. Right Action
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Concentration

Celebrity worship - placing a celebrity - either in music, movies, television, sports, politics, etc. - in a state/position of worship or idolatry

Chakras - various energy focal points used in a variety of ancient meditation practices, collectively denominated as Tantra, or the esoteric or inner traditions of **Hinduism** and **Buddhism**. Energy points in your body are thought to be spinning disks of energy that should stay “open” and aligned, as they correspond to bundles of nerves, major organs and areas of our energetic body that affect our emotional and physical well-being.

Channeling - the practice of professedly entering a meditative or **trance**-like state in order to convey messages from a spiritual guide; a person's body being taken over by a spirit for the purpose of communication

Chanting - a form of rhythmic, repetitive vocalization practiced in a wide range of cultures; used in spiritual practices for various desired results

Charlie Charlie - a divination game in which the supposed answer to a yes/no question is found by waiting for a balanced pencil to point towards the word “Yes” or “No” written on a sheet of paper

Charms - an object that brings luck or has magic power; also, to attract or please greatly, enchant, allure, fascinate, delight

Chrislam - an attempt to syncretize Christianity with **Islam**. To be a Christian or Muslim alone is not enough to guarantee success in this world and the hereafter; therefore, Chrislam worshippers participate in Christian as well as Muslim practices, appropriating the perceived powers of both.

Christian Science - a biblically-based **cult** that denies the essential doctrines of Christianity and has completely reinterpreted the Bible; a non-Christian mixture of metaphysical and philosophical thoughts. *Science and Health with Key to the Scriptures* is the primary interpretive source of the Bible and source guide of Christian Science. It rejects the substitutionary atonement of Jesus and states that it had no efficacious value (*S&H*, 25:6). It denies that Jesus is God, the second person of the Trinity (*S&H*, 361:12-13). It says that sin is a false interpretation of Divine Mind and is nonexistent (*S&H*, 335:7-15). And it says that the Holy Spirit is Divine Science which is best represented by Christian Science (*S&H*, 331:31). God (the Father-Mother) is a Principle known as the Divine Mind. It has no personhood and no personality. Since God is love, it means that sin and sickness are only errors of interpreting the Divine Mind and have no true reality (*S&H*, 330:25-274; 470:9-14).

To the Christian Scientist, Jesus is a Way-shower. Jesus did not really die on the cross. He was not God in the flesh. He made no atonement in shedding His blood (*S&H*, 25:6). Man does not have a sinful nature and is a reflection of the Divine Mind. To achieve “salvation,” he needs only to find the true reality of understanding—as revealed in Christian Science teachings.

Clairvoyance - the claimed psychic ability to predict the future using supernatural means or to gain information about an object, person, location or physical event through extrasensory perception

Coffee Grounds - a form of **divination** and **fortune telling** where someone looks at the leftover grounds of coffee left in the bottom of a cup to tell the future, make predictions or direct life decisions; similar to **tea leaf reading**

Confucianism - originated in ancient China from the teachings of the Chinese philosopher Confucius (551–479 BCE). It believes in ancestor worship and human-centered virtues for living a peaceful life. The golden rule of Confucianism is “Do not do unto others what you would not want others to do unto you.” Liturgy is led by Confucian priests, or "sages of rites," to worship the gods in public and ancestral Chinese temples. The worldly concern of Confucianism rests upon the belief that human beings are fundamentally good and teachable, improvable and perfectible through personal and communal endeavor, especially self-cultivation and self-creation. Confucian thought focuses on the cultivation of virtue in a morally organized world. It is a **humanistic** religion and philosophy.

Conjuring spirits - to summon the devil or a spirit by invocation or incantation and/or to practice magical arts

Contact from aliens - being contacted or having conversation with an “alien” life form

Counterfeit religious events - any event of a religious or worship nature that is not worshipping the one true God and Jesus Christ; celebration or veneration of a false god(s) or beliefs; considered idolatry

Coven - a group or gathering of **witches** who meet regularly to practice **witchcraft**

Covenants/Contracts - A contract is a legally binding agreement to do or not do something and often includes penalties for a breach of contract. A covenant is where two parties promise to do something or not do something. Because of the fallen nature of humanity, the covenant may include penalties for breaking the covenant; but, unlike a contract, it is considered immoral to break a covenant—it is a betrayal of trust.

Crystals - Some people claim that crystals promote the flow of good energy and help rid your body and mind of negative energy for physical and emotional benefits. They believe certain crystals benefit your sleep, help you manifest your desires and add an additional healing element to **reiki**.

Crystal balls - a crystal or glass ball commonly used in **fortune-telling**; generally associated with the performance of **clairvoyance** and scrying in particular; other names include crystal sphere, gazing ball, shew stone and show stone. The process of scrying often involves the use of crystals, especially crystal balls, in an attempt to predict the future or otherwise divine hidden information. Crystal ball scrying is commonly used to seek supernatural guidance while making difficult decisions in one's life (e.g., matters of love or finances). When the technique of scrying is used with crystals, or any transparent body, it is known as crystallo-mancy or crystal gazing.

Cult - a relatively small group typically led by a charismatic and self-appointed leader who excessively controls its members, requiring unwavering devotion to a set of beliefs and practices which are considered deviant or evil

Cultic religious practices - rituals which would include (but not necessarily be limited to) prayer, sacrifice, offerings, competitions, processions and construction of monuments. Some degree of recurrence in place and repetition over time of ritual action is necessary for a cult to be enacted/practiced. Blood is often a large component in rituals, which are demonic in origin.

Curses - a solemn utterance intended to invoke a supernatural power to inflict harm or punishment on someone or something

Dark anime - These anime have abrasive art styles; non-traditional, twisted, broken characters; and stories that will make you question the true meaning until you reach the final desolate act. Dark, horror, mystery, thriller — these genres often depict violence and celebrate darkness, coming into direct conflict with scriptural truth as in **Philippians 4:8**.

Dark/Violent video games - intrigue, celebration or fixation on violence, death or darkness through seemingly “harmless” video games; these expose one's mind to conscious/subconscious thinking which is harmful and not in alignment with **Philippians 4:8**

DeMolay - The Order of DeMolay was founded in 1919 in Kansas City, Missouri, by Frank S. Land, director of the Masonic Relief and Employment Bureau of the Scottish Rite of

Freemasonry. The Order of DeMolay is for young men aged 12 to 21 for the purpose of “developing civic awareness, personal responsibility, and leadership skills.” The initiation into the DeMolay is very much like that of Freemasonry. The candidate is blindfolded to “symbolize lack of knowledge.” The participant is required to state belief in a “Supreme Being” and is syncretic. There are many rituals like Freemasonry and for many reasons, it is in direct contradiction to the teachings of Scripture and therefore is dangerous.

Demonic horror movies - intrigue, celebration or fixation on supernatural horror; this subgenre plays into the unknown of the human experience. Demons have been part of historical storytelling for centuries. They represent evil in many forms including mythical, religious and supernatural.

Divination - Communication with a deity for the purpose of determining the deity's knowledge, resulting in clarification of a decision or discernment of the future. The art or practice that seeks to foresee or foretell future events or discover hidden knowledge, usually by the interpretation of omens or by the aid of supernatural powers. Goes against **Deuteronomy 18:10-12**.

Dowsing - Dowsing, also called “**water witching**,” is a method of locating underground water or buried treasure by tapping into what dowsers call spiritual energy. Dowsing involves different methods, but often the dowser holds a forked rod with the straight end pointed toward the ground. It is believed that the rod moves up or down when the dowser walks directly over the place where water or other material is present. The bottom line is that dowsing is a form of **divination, sorcery, witchcraft** and other occult practices strictly forbidden by God (**Deuteronomy 18:10; 2 Kings 17:17; Leviticus 19:26**).

Dungeons & Dragons - A role-playing game set in a fantasy world resembling the Middle Ages. D&D is a fantasy role playing game with warriors/fighters/barbarians, **wizards/mages/sorcerers**/paladin, priests/clerics/druids /monks and rogues/thieves/bards. 60 different kinds of weapons are listed, such as battleaxes, crossbows and swords. Characters may get to choose various magical tools: spells, charms, wands, talismans, potions - plus magical versions of most weapons. The game is equated with **witchcraft** and **sorcery** and has extreme violence. It has been connected with real-life murders and multiple suicides after calling upon demonic supernatural help.

Eckankar - People who identify with ECK believe in the concepts of **karma** and **reincarnation** and believe the goal of life is spiritual freedom and to become a co-worker with God as opposed to 'one' with God. Founded by Paul Twitchell in 1965, ECKists believe that contact with a divine spirit, which they call the ECK, can be made via the spiritual exercises of ECK and the guidance of the living ECK Master. It is held that the ECK Masters are here to serve all life irrespective of religious belief.

Eastern Lightning - founded in 1989 (also known as The Congregation, Church of Almighty God, Seven Spirits Sect, New Power Lord's Church, True Light Sect, or True Way Sect). It is a reference to a group in China that is a **cult**. False teachings: 1. Personal religious experience supersedes the Bible's authority on issues of teaching and practice. 2. The Bible has become outdated with a new third testament revealed by the woman Jesus, who is God incarnate. 3. The Christians who join this woman Jesus will ascend with her to heaven in the coming apocalypse. 4. Jesus' Second Coming is secret. 5. Jesus already returned as a normal 30-year old woman and is in hiding. 6. The Great Red Dragon of Revelation is China.

Eastern Mysticism - the belief that direct knowledge of God, spiritual truth or ultimate reality can be attained through subjective experience (such as intuition or insight). Eastern religions include **Hinduism**, **Buddhism**, Jainism, **Confucianism**, **Shintoism** and **Shamanism**. A major difference between Western and Eastern religions is that Eastern religions are polytheistic and grounded in philosophical teachings.

Eastern Star - a secret society that is similar to that of the **Freemasons**. Both organizations work in concert, and many people belong to both groups. These organizations are shrouded in mystery, mysticism and intrigue. The Order has several specific requirements that individuals must meet before they can be "adopted" into the Order of the Eastern Star (OES) family. Male candidates must be Masons, and women candidates must be related to a Mason in some way before they will be considered. Also, a candidate must have a belief in a "Supreme Being." In opposition to biblical truth, the OES teaches that man is essentially good and places a heavy emphasis on good works and community service as a means of earning a relationship with the "Supreme Being." The phrase "Eastern Star" has a specialized meaning in occultism. It refers to the star, Sirius, which is the most significant star in Satanism! It is sacred to the god, Set. Remember Set as the evil Egyptian god who killed Osiris? Set is probably the oldest form of Satan! The Eastern Star is the star of Set. The Order has a pentagram symbol cloaked with biblical characters to deceive people. Set (Lucifer) is the acknowledged god of Masonry. Thus, what does it mean for a Christian woman to be adopted into the Star? She is submitting herself to the spiritual authority of Lucifer. She may not know it, but in bowing before the altar of the Star, the inverted pentagram of **Baphomet**, she has surrendered herself (however innocently) to the gods of Masonry. That WILL give Satan an entry point into her life, no matter how devout a Christian she may be.

E.S.P. and mind control - Extrasensory perception, also known as the sixth sense, is a purported **paranormal** ability about receiving information not gained through the recognized physical senses, but sensed with the mind. **Mind control** (also known as brainwashing, coercive persuasion or thought control) refers to the way some people have tried to control the beliefs and behaviors of others. It is a process where a group or individual uses methods to persuade others to change their basic beliefs and values. A group or individual may use unethical methods to persuade others to believe and do what the manipulator(s) want. It often harms the person being manipulated. The term has been applied to any tactic, psychological or otherwise, which undermines (damages) an individual's control over their own thinking, behavior, emotions or decision making.

False worship with incense and sacrifices - worshiping false gods or spirits using sacrifices, such as animals or objects, and burning of incense to invoke spirits

Familiar spirits - a spirit or demon that serves or prompts an individual; the spirit of a dead person invoked by a medium to advise or prophesy. When this phrase is used in the Bible, it refers to the spirits attached to mediums or **sorcerers**. Mediums will use these spirits to attempt to summon the dead on their client's behalf.

Folk religions - Folk or traditional religions are faiths closely associated with a particular group of people, ethnicity or tribe. They often have no formal creeds or sacred texts. Examples of folk religions include African traditional religions, Chinese folk religions, Native American religions and Australian aboriginal religions.

Fortune telling - the practice of predicting information about a person's life. The scope of fortune telling is, in principle, identical with the practice of **divination**. A fortune teller may utilize objects like **crystal balls**, cards, **palm reading**, etc.

Freemasonry - Freemasonry teaches the existence of a "Supreme Being," whoever that may be: the god of Islam, Hinduism, or any other religion will do. The unbiblical beliefs of Masonry are partially hidden by a supposed compatibility with the Christian faith. The very process of joining a lodge requires apprentices to ignore the exclusivity of Jesus Christ as Lord and Savior. Freemasonry focuses on good works in the pursuit of personal self-improvement. Regarding the Bible, Freemasonry teaches: The Bible is only one of seven commonly used Volumes of Sacred Law (VSLs), all of which are deemed equally important. Through symbols and emblems, Masons teach that man is not sinful but in a process of self-improvement. Freemasonry requires oaths or vows. One approaches the lodge in spiritual darkness and ignorance by symbolically being blindfolded. Other vows of threat of death or sickness are taken for those who break their vows. Jesus is just one of many equally wise prophets and there are many ways to salvation. The Great (or Grand) Architect of the Universe (GAOTU) is representative of all gods in all religions. Lucifer is revealed as the God of worship after the 33rd degree. Masonry contradicts the clear teaching of Scripture on numerous issues. As a result, a Christian should not be a member of any organization that has any connection with Freemasonry.

Freemasonry branches – Scottish Rite, York Rite, Shriners (Court of the Jesters – subset of Shriners)

Ganesha (Hindu god) - the elephant-headed Hindu god of beginnings who is traditionally worshiped before any major enterprise and is the patron of intellectuals, bankers, scribes and authors

Gang membership - a group or society of associates, friends or members of a family with a defined leadership and internal organization that identifies with or claims control over territory in a community and engages, either individually or collectively, in illegal and possibly violent, behavior

Geographical spirits/Territorial spirits - a term used to identify demonic occupation of a specific geographic location; examples are seen in the book of Daniel and other places. See **Daniel 10; John 12:31, 14:30, 16:11; Mark 5:10; and Ephesians 6:12**. All of these passages imply that fallen angels have been given some type of responsibility over a certain area.

Grave sucking - Grave sucking, also known as grave soaking or mantle grabbing, is the act of lying across the physical grave of a deceased preacher or evangelist for the purpose of “pulling out” the power of the Holy Spirit, a power that was purportedly “trapped” within the body upon the person’s death.

Graven images - a carved idol or representation of a god used as an object of worship; usually carved from wood, stone or metal

Greek mythology - a vast group of legends about gods and goddesses, heroes and monsters, warriors and fools, that were an important part of everyday life in the ancient world. Greek myths explained everything from religious rituals to the weather and gave meaning to the world that people saw around them. Many gods and goddesses were worshiped and temples were built to worship and make sacrifices.

Grimoires - a book on magic spells and invocations.

Hearing voices/Nagging thoughts - a person hearing an audible and real voice that gives them direction or argumentation regarding actions. Nagging thoughts are recurrent negative or unwanted thoughts that continuously occur despite consciously attempting to stop them.

Hedonism - the ethical theory that pleasure or happiness and the absence of pain (in the sense of the satisfaction of desires) is the highest good and proper aim of human life

Hermetic Order of the Golden Dawn - more commonly the **Golden Dawn**, was a secret society devoted to the study and practice of occult Hermeticism and metaphysics during the late 19th and early 20th centuries. Known as a magical order, the Hermetic Order of the Golden Dawn was active in Great Britain and focused its practices on theurgy and spiritual development. Many present-day concepts of ritual and magic that are at the center of contemporary traditions, such as Wicca and Thelema, were inspired by the Golden Dawn, which became one of the largest single influences on 20th-century Western occultism. They were dedicated to Renaissance forms of mystical alchemy and kabbalah, as well as astrology, tarot, and geomancy. Their understanding was garnered from manuscripts and early-modern printed texts, and supplemented by the magical knowledge recently unlocked through archaeological discoveries from the ancient Egyptian and Hellenistic worlds. The founders of the Golden Dawn movement were Freemasons, and the hierarchical structure of the Order and its initiations were based on masonic organizational principles.

Hex - an evil magic spell or **charm** against a person(s) or object usually done by a **witch** that is meant to cause harm or trouble

Hexagram - The hexagram, like the **pentagram**, was and is used in practices of the occult and ceremonial magic and is attributed to the 7 "old" planets outlined in astrology. The six-pointed star is commonly used both as a talisman and for conjuring spirits and spiritual forces in diverse forms of occult magic.

Hinduism - Hinduism is an Eastern religion founded in India thousands of years ago. It is the third-largest religion in the world behind Christianity and **Islam**. It has no single founder but is a collection of various traditions and philosophies. Hinduism is a way of life for its followers who believe in many gods and goddesses. With its doctrine of **reincarnation** and **karma**, Hindus seek to end their cycle of reincarnation by learning and then they become part of the absolute soul. The majority of Hindus believe in one supreme god: The Brahman. Everything is a part of and a manifestation of Brahman, the ultimate reality; however, Brahman's qualities and powers may be represented by a great diversity of gods/deities, all of which emanate from The Brahman. Hindus believe that there are four goals in human life: kama - the pursuit of pleasure; artha - the pursuit of material success; dharma - leading a just and good life; and moksha - enlightenment, which frees a person from suffering and unites the individual soul with Brahman. The major Hindu gods are Brahma, Vishnu and Shiva, yet there are millions of accepted household "gods" (polytheism). Hinduism has enlightened masters and avatars who guide others. Hinduism practices the caste system where karma is closely associated with one's class.

Horoscopes - Signs of Zodiac -The Zodiac is a division of stars—the stars in the heavens divided into twelve main groups or constellations. Imaginary patterns are imposed upon various star patterns as an aid to remember the stars. In **astrology**, the Zodiac signs signify personality types for the people born under them. The Zodiac signs are determined by durations of time in the calendar. The twelve signs are Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius and Pisces. Therefore, a horoscope is a forecast of a person's future, typically including a delineation of character and circumstances, based on the relative positions of the stars and planets at the time of that person's birth. It is a form of **divination**.

Human sacrifice - An obvious abomination before the Lord. There are scriptural examples of baby human sacrifice in the Old Testament. Human sacrifice has been seen in many religions and rituals, including in satanic ritual abuse ceremonies.

Humanism/Secular humanism - an outlook or system of thought attaching prime importance to human rather than divine or supernatural matters. Humanist beliefs stress the potential value and goodness of human beings, emphasize common human needs and seek solely rational ways of solving human problems. A religious worldview based on atheism, naturalism, evolution and ethical relativism.

Hypnosis - Hypnos was the Greek god of sleep and his name gives us the words “hypnosis” (a particular mental state), “hypnotism” and “hypnotherapy” (related processes). It also gives us the familiar pharmacological term

“hypnotic” for a drug used to induce sleep. Hypnosis leads to an altered state of consciousness in which the mind is very susceptible to outside suggestion. That susceptibility is what the hypnotist needs in order to modify the behavior of his subject. However, the word *susceptible* should concern us. Scripture says to be watchful and [self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour \(1 Peter 5:8\)](#). The hypnotist is not the only one who wants to modify our behavior. Satan also wants to do some modifying, and we should be wary of giving him any opportunity to make his suggestions. Many of the techniques used in hypnosis are shared by mystical, philosophical and religious systems, including the occult. The “father of hypnotism,” Franz Anton Mesmer—from whose name we get the word *mesmerize*—was himself a practitioner of the occult. His method of inducing a **trance** was very similar to the way a medium conducts a **séance**. Hypnotism, along with **yoga** and **Transcendental Meditation**, has always been linked to spiritual darkness.

I-Ching - an ancient Chinese manual of **divination** based on eight symbolic trigrams and sixty-four **hexagrams**, interpreted in terms of the principles of **yin and yang** and Wu Xing. It was included as one of the “five classics” of **Confucianism**. It is also used for guidance for moral decision-making, as informed by Confucianism, **Taoism** and **Buddhism**. As a divination text, the *I Ching* is used for a traditional Chinese form of cleromancy known as *I Ching* divination in which bundles of yarrow stalks are manipulated to produce sets of six apparently random numbers ranging from 6 to 9. Each of the 64 possible sets corresponds to a hexagram, which can be looked up in the *I Ching*.

Idols - people (rock stars, actresses, actors, celebrities) - a person who is worshiped; any person or thing regarded with blind admiration, adoration or devotion. God and Jesus is to be one’s only object of worship.

Idols - objects - an image or other material object representing a deity to which religious worship is addressed; an image of a deity other than God

Imaginary friends - an invisible but named individual whose presence exists over a period of time and includes its own personality and history; often seen in childhood until approx age 7, but this varies. If persistent or erratic behavior or voices are present, then there can be cause for concern. See **1 John 4:1-6** Testing for Spirits.

Indian religious ceremonies (Eastern Religion) - The most common rituals practiced in all **Hindu** households are puja, meditation, silent prayers, **yoga**, recitation of scriptures from *Bhagavad Gita* or bhajans, reading religious books, participating in Satsang (prayer meets), performing charitable work, visiting a temple and **chanting** the name of their beloved god. Prayers or puja are an integral part of a Hindu devotee’s life. They perform these prayers under the assistance or guidance of Hindu priests or Brahmins. Yajna are offerings made to different deities under the assistance of priests. A small sacred fire is lit and offerings are presented, such as food,

grains, ghee and vegetable substances. Japa means recitation of a god's name, either silently or audibly.

Indian religious ceremonies (Native American) - Vision quests are often taken by older children before puberty to "find themselves" and their life's direction. They are a supernatural experience in which the individual seeks to interact with a guardian spirit, usually an animal, to obtain advice or protection. Pow-Wows are celebratory gatherings with festivities and dancing. Some Southwest tribes have historically practiced Peyote worship ceremonies which were connected with eating or drinking of tea made of peyote buttons, the dried fruit of a small cactus which produced a hallucinogenic effect. Healing rituals used many plants and herbs as remedies or in spiritual celebrations, creating a connection with spirits and the afterlife. The Green Corn Festival is a celebration and religious ceremony primarily practiced by the peoples of the Eastern Woodlands

and the Southeastern tribes tied to the ripening of the corn crops. It is marked with dancing, feasting, fasting and religious observations. Native Americans celebrated death, knowing it was an end to life on Earth but believing it to be the start of life in the Spirit World. Most tribes also believed that the journey might be long, so afterlife rituals were performed to ensure that the spirits would not continue to roam the earth. Various tribes honored the dead by giving them food, herbs, and gifts to ensure a safe journey to the afterlife.

Islam - Islam is the monotheistic religious faith of Muslims, based on the words and religious system founded by the prophet Muhammad and taught by the Quran. The basic principle of the Quran is absolute submission to a unique and personal god, Allah. Muslims believe the Quran was formed when the prophet Muhammad received revelations from the angel Gabriel for a 23 year period beginning in 609 AD. The Bible contains 66 books, written by 40 authors, covering a period of approximately 1,600 years, while the Quran was revealed to one man over a period of 23 years. Islam does not believe in the Trinity nor the deity of Christ. They believe Jesus was simply a prophet and miracle worker. They deny that He died on the cross and instead was taken up to heaven. To be right with God, Muslims must do good works, including praying facing Mecca (where Muhamad was born) and making a pilgrimage there.

Jehovah's Witnesses - In the late 1800s Charles Taze Russell formally began what is now known as the Watchtower Bible and Tract Society which is run out of Brooklyn, New York. This organization claims to be the only true channel of God's truth on earth today and that it alone can properly interpret God's word since it is the angel-directed prophet of God on earth. The Jehovah's Witnesses go door to door distributing the Watchtower and Awake magazines. They deny the Trinity, the deity of Christ and Christ's physical resurrection. They believe God is a single person, not a Trinity, who does not know all things and is not everywhere. He first created Michael the Archangel through whom He created all "other things," including the universe, the earth, Adam and Eve, etc. This creative work took God 42,000 years. At one point, The Watchtower Bible and Tract Society taught that God ruled the universe from somewhere in the Pleiades star system. When it came time for the savior to be born, Michael the Archangel became a human in the form of Jesus. Jesus grew and kept all the laws of God and never sinned. Finally, when Jesus died, it was not on a cross but on a torture stake where he bore the sins of

mankind—but this did not include Adam’s sins. Jesus rose from the dead as a spirit, not physically (his body was dissolved and taken by God); and during his visitations to people on earth, he manifested a temporary physical body for them to see and touch. Thus began the true Christian church of Jehovah’s followers. Throughout history, there have been faithful Jehovah’s Witnesses who have managed to keep The Truth in spite of the “demonic” doctrine of Trinitarianism that has permeated the Christian church in “Christendom.” Christendom is filled with pastors who are antichrists in churches run by Satan and who support the earthly governments which are all of the devil. In other words, all of Christianity is false; and only the Jehovah’s Witness “theocratic” organization led by several men in Brooklyn, New York, is true. Heaven, however, is a place for a special group of 144,000 Jehovah’s Witnesses—the only ones who are “born again” and who alone are allowed to take communion in their annual communion service. These are the ones who have “immortal life;” all other Witnesses have “everlasting life.” Those with immortal life do not have resurrected bodies. They have “spirit bodies.” Those on Paradise Earth have everlasting life and consist of resurrected bodies that must be maintained through eating, rest, etc. They refuse to vote, salute the flag, sing the “Star Spangled Banner,” celebrate birthdays or Christmas, won’t take blood transfusions and they can’t join the armed forces.

Kabbalah - the ancient Jewish tradition of mystical interpretation of the Bible, first transmitted orally and using esoteric methods (including ciphers). It reached the height of its influence in the later Middle Ages and remains significant in Hasidism.

Kali - Sanskrit: “She Who Is Black” or “She Who Is Death” in **Hinduism**, the black goddess or the goddess of time, doomsday and death

Karma - in **Hinduism** and **Buddhism**, the sum of a person's actions in this and previous states of existence, viewed as deciding their fate in future existences

Krishna - a major deity in **Hinduism** that is worshiped as the eighth avatar of Vishnu and also as the Supreme God in his own right, often depicted as a handsome young man playing a flute

Ku Klux Klan - a secret hate group in the southern U.S., active for several years after the Civil War, which aimed to suppress the newly acquired rights of Black people and to oppose carpetbaggers from the North; responsible for many lawless and violent proceedings. **Knights of the Ku Klux Klan** is a secret hate group inspired by the former, founded in 1915 and currently active across the U.S., especially in the South; directed against Black people, Muslims, Jews, Catholics, foreign-born individuals and other groups.

Kundalini - practiced in **yoga**. In **Hinduism**, Kundalini (*kuṇḍalinī*, lit. 'coiled snake') is a form of divine feminine energy (or *Shakti*) believed to be located at the base of the spine, the *muladhara*. It is an important concept in Śhaiva Tantra, where it is believed to be a force or power associated with the divine feminine or the formless aspect of the Goddess. This energy in the body, when cultivated and awakened through tantric practice, is believed to lead to spiritual liberation.

Legalism - A legalistic spirit is fostered by spiritual pride. When a believer experiences growth in spiritual knowledge or power, he is in danger of beginning to trust in spiritual attainments. When this happens, practical legalists begin to look down on others and sinfully judge those who have not experienced what they have experienced. Legalism is, by definition, an attempt to add anything to the finished work of Christ. It is to trust in anything other than Christ and His finished work for one's standing before God. The New Testament refutation of legalism is primarily a response to perversions of the doctrine of justification by faith alone. The majority of the Savior's opponents were those who believed that they were righteous in and of themselves, based on their zeal for and commitment to the law of God. The Pharisees, Sadducees and scribes exemplified, by their words and deeds, doctrinal legalism in the days of Christ and the Apostles.

Lesser Key of Solomon - also known as *Lemegeton Clavicula Salomonis*, is an anonymously authored grimoire on sorcery. It was compiled in the mid-17th century, mostly from materials several centuries older. It is divided into five books: the *Ars Goetia*, *Ars Theurgia-Goetia*, *Ars Paulina*, *Ars Almadel*, and *Ars Notoria*. It is based on the Testament of Solomon and the ring mentioned within it that he used to seal demons.

Levitation - the action of rising or causing something to rise and hover in the air, typically by means of magical powers or the supernatural

Light as a Feather/Stiff as a Board - Like **ouija boards**, the "light as a feather" is a supernatural game, played often at parties. A single person laying on the floor is lifted solely by the fingers of four or five people surrounding them. Spirits are called on to enter the person to assist in lifting.

Lukewarm - moderately warm or tepid; lacking conviction or half-hearted. The synonyms for the word are also revealing: dull, apathetic, moderate. When our faith can be described this way, it means a kind of angst or doldrum has set into our spirit about the things of God. We don't feel such an eagerness to be in His Word or look forward as much to fellowship with our church family. Our prayer time can feel stale and routine and we lose our passion for obeying God's laws. Being lukewarm in our faith is a red flag, signaling that our hearts are not where they should be. **Revelation 3:15-16** says: *I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth.*

Magic circle - a circle of space marked out by practitioners of some branches of ritual magic which they generally believe will contain energy and form a sacred space, will provide them a form of magical protection, or both

Magic 8 Ball - a plastic sphere made to look like an oversized eight ball that is used for **fortune-telling** or seeking advice; harmless as it may seem, it is ultimately a form of **divination**

Magic: The Gathering - Invented in 1993 by Richard Garfield, a veteran **Dungeons & Dragons** player, this card game has sold billions and has become an industry in itself. Players are considered to be **wizards** or **sorcerers**, and the cards are color-coded into five kinds of magic: red, blue, green, white and black. As in *Dungeons & Dragons*, terms from the occult appear on various cards. Many cards also have images that are frightening, gruesome, violent and bizarre, such as one with a warrior licking blood off a sword. Names of some of the cards and/or characters include: "Lord of the Pit," "Abomination," "Hell's Caretaker," "Psychic Venom," "Sorceress Queen," "Zombie Master," "Fallen Angel," "Sadistic Glee," "Soul Drinker," "Evil Presence," "Dark Ritual" and "Demonic Torment." Unlike D&D, Magic is not a role-playing game. This perhaps makes it appear more innocent. It is a complex strategy game that attracts teenage boys and young men. However, many images are grisly and death-oriented, and occult terms and concepts are used on some cards. Playing the game introduces players to these images and concepts, desensitizing them to things that are dark and repulsive. The Bible forbids **sorcery**, but all players automatically assume the role of sorcerer using the five kinds of magic.

Mediums - people who perform the practice of purportedly mediating communication between **familiar spirits** or spirits of the dead and living human beings. Practitioners are known as "mediums" or "spirit mediums." There are different types of mediumship or spirit **channeling**, including **séance** tables, **trance** and **ouija**.

Mental telepathy/Mind control - Telepaths are capable of projecting their mind or spirit, or that of others, outside the physical body, allowing them to perceive and traverse the minds of others, even inhabiting and controlling their bodies through possession, as well the broader material plane or other planes of existence without the need of a physical body. This ability can occasionally border on bi-location, and can extend further to allow certain telepaths to operate outside the normal limits of time and reality whilst projecting their consciousness to different planes.

Metaphysics - derived from the Greek "meta ta physika" (literally "after the things of nature" or "beyond the physical"). The term *metaphysics* refers to the study of the basic principles underlying reality, existence and knowledge; referring to an idea, doctrine or posited reality outside of human sense perception. Metaphysics is the philosophical exploration of the ultimate nature of life, consciousness and reality. In its most fundamental sense, it attempts to answer questions about what is real, what exists and what that existence is like. In modern philosophical terminology, metaphysics refers to the studies of what cannot be reached through objective studies of material reality. The term *spiritual* generally refers to those aspects of human experience that pertain to the invisible, immaterial world—the non-physical. Spiritual metaphysics, thus, encompasses a belief that the true nature of human existence is, at its core, spiritual and not physical. Everything that exists in the physical world has its basis in the spiritual world. Most perspectives involving spiritual metaphysics reject traditional Christian doctrine in favor of holistic, New Thought, mystical and transcendent belief systems. For example, a pantheistic worldview aligns closely with the "all is one" belief. Examples of metaphysical religion include **Freemasonry**, early **Mormonism**, **Universalism** and

Transcendentalism; further incarnations would be Spiritualism, Theosophy, New Thought, **Christian Science**, reinvented versions of Asian ideas and practices and the New Age movement. Unfortunately, spiritual metaphysics leads down a path away from biblical truth.

Mormonism - a pseudo-Christian religion begun in 1830 by Joseph Smith in the New England area. The Mormon church, also known as the Church of Jesus Christ of Latter-day Saints, denies the historic Trinity, (instead teaching that it is three separate gods); they also teach that salvation is by grace and works (2 Nephi 25:23) and that people have the potential of becoming gods and goddesses. Some unique doctrines of the Mormon Church are that God used to be a man on another world who became a God and came to this world with one of his wives. We all are literally born in heaven as spirit brothers and sisters and then inhabit human bodies on earth. For more information on this cult, please see Mormonism on www.CARM.org.

Following is a listing of Mormon Teachings cited from Mormon writers:

- There are many gods (Mormon Doctrine, p. 163)
- There is a mother goddess (Articles of Faith by James Talmage, p. 443)
- God used to be a man on another planet (Mormon Doctrine, p. 321)
- After you become a good Mormon, you have the potential of becoming a god (Teachings of the Prophet Joseph Smith, pages 345-347, 354)
- God resides near a star called Kolob (Pearl of Great Price, pages 34-35; Mormon Doctrine, p. 428)
- The Trinity is three separate gods (James Talmage, Articles of Faith, p. 35)
- God is increasing in knowledge (Joseph Smith, Journal of Discourses, Vol. 6, p. 120)
- God has the form of a man (Joseph Smith, Journal of Discourses, Vol. 6, p. 3).
- God the Father has a body of flesh and bones (Doctrine and Covenants, 130:22)
- God is married to his goddess wife and has spirit children (Mormon Doctrine p. 516)
- We were first begotten as spirit children in heaven and then born naturally on earth (Journal of Discourse, Vol. 4, p. 218).
- Jesus and Satan are spirit brothers and we were all born as siblings in heaven to them both (Mormon Doctrine, p. 163)
- There is no salvation without accepting Joseph Smith as a prophet of God (Doctrines of Salvation, Vol. 1, p. 188)
- There are three levels of heaven: telestial, terrestrial, and celestial (Mormon Doctrine, p. 348)
- The Holy Ghost is a male personage (A Marvelous Work and a Wonder, p. 118, Journal of Discourses, Vol. 5, page 179)
- Baptism for the dead (Doctrines of Salvation, Vol. II, p. 141) This is a practice of baptizing each other in place of non-Mormons who are now dead. Their belief is that, in the afterlife, the “newly baptized” person will be able to enter into a higher level of Mormon heaven.

Mysticism - a religion or religious belief based on union or communion with a deity or divine being. Mysticism is what lets you transcend the physical to experience enlightenment. Mystical,

mysterious and filled with wonder, mysticism is associated with crystals, New Age theories or the occult (the supernatural).

Native American Indian religion - See **Indian religious ceremonies (Native American)**

Nature worship/Mother earth - Earth-centered religion, or nature worship, is a system of religion based on the veneration of natural phenomena. It covers any religion that worships the earth, nature or fertility deity, such as the various forms of goddess worship or matriarchal religion.

Necromancy - the practice of magic involving communication with the dead by summoning their spirits as apparitions or visions for the purpose of **divination**

New Age religion - New Age spirituality is an umbrella term that describes a contemporary religious movement, not an organized religion. Proponents of the movement encourage striving to reach one's full potential through an eclectic mixture of concepts and practices drawn from **Eastern mysticism, Hinduism, Buddhism, metaphysics**, naturalism, cosmological determination with **astrology**, occultism and science fiction.

In its various forms, New Age spirituality is both monistic (believing that all reality is ultimately one) and pantheistic (believing that everything is divine). Self-deification is a core belief as well. The contemporary New Age movement originated in the late 1960s and early 1970s, concurrent with the hippie counterculture movement. The Beatles popularized Eastern mysticism and monistic religion in mainstream America after returning in 1965 from a trip to India, where they practiced **Transcendental Meditation** with the Indian guru Maharishi Mahesh Yogi. The 1967 musical "Hair" promoted the astrological elements of the New Age movement with its catchy opening number, which asserted, "This is the dawning of the Age of Aquarius." In 1969, the promoters of the music festival Woodstock publicized it as "an Aquarian exposition: 3 Days of Peace and Love."

Oaths/Vows - anything that involves oaths and vows is essentially a kind of relationship – and that applies to plenty of situations including the occult and **witchcraft**. If you join a **coven** or a similar group or organization such as the **Freemasons**, an oath is made. If you enter into a contract with a spirit, you're setting an obligation. If you form an agreement with a deity, you're making a vow. If you make a promise to yourself – yes, even that is a kind of relationship. Ungodly vows and oaths must be broken for one to be free. Jesus warns us about making oaths in **Matthew 5:33-37**.

Occult games - any game which highlights or requires occult activities such as **sorcery**, psychic powers, spiritual guidance, **divination** or which use a lot of occult terms or that has ties to the occult; often demonic in origin yet seemingly harmless and advertised as fun. Examples would be: **The Answer Man; Charlie Charlie; Dark video games and Dark anime; Dungeons & Dragons; Fortune telling; horoscopes; hypnosis; Light as a Feather, Stiff as a Board; Magic 8 Ball; Ouija board; Pokemon; Runes; Sandman; Red Door/Yellow Door; Table/body lifting** and

levitation; Tarot cards; FRPG (fantasy role playing games); Vampire; The Masquerade; Bloody Mary.

Order of the Rainbow - The Rainbow Girls organization was one of many Masonic-sponsored youth groups organized in the early 1920s to help teenage boys and girls develop “good citizenship and sound character.” Like **Freemasons**, the groups incorporated elements of ritual into their meetings and ceremonies. In 1922, Sexson, a 33°Mason, developed the Rainbow Girls ritual which focused on a series of seven lessons and “stations” representing the seven colors of the rainbow. See **Cultic religious practices** and **Freemasonry**

Organizational Vows/Secret Covenants - See **Covenants/Contracts** and **Oaths/Vows**

Ouija boards - The Ouija board, also known as a spirit board, talking board or witch board, is a flat board marked with the letters of the Latin alphabet, the numbers 0–9, the words "yes," "no," and occasionally "hello" and "goodbye," along with various symbols and graphics. It uses a planchette(a small heart-shaped piece of wood or plastic) as a movable indicator to spell out messages during a **séance**. Participants place their fingers on the planchette and it is moved about the board to spell out words. The board is used to contact the dead or spirits to gain information and direction and has been associated with possession and demonization.

Paganism - Paganism encompasses a diverse community with some groups concentrating on specific traditions, practices or elements such as ecology, **witchcraft**, Celtic traditions or certain gods. Wiccans, Druids, Shamans, Sacred Ecologists, Odinists and Heathens all make up parts of the pagan community. Pagans believe that nature is sacred and that the natural cycles of birth, growth and death observed in the world around us carry profoundly spiritual meanings. Human beings are seen as part of nature, along with other animals, trees, stones, plants and everything else that is of this earth. Roman pagans worshiped 12 main deities that the adopted and adapted from Greek paganism. These gods were Jupiter, Juno, Vesta, Ceres, Mercury, Mars, Apollo, Diana, Vulcan, Poseidon, Minerva and Venus. Romans also worshiped foreign gods, such as the Egyptian goddess Isis and the Persian god Mithras.

Palm reading - Palmistry is the practice of **fortune-telling** through the study of the palm. It is also known as palm reading, chiromancy, chiromancy or cheiromancy. Those who practice palmistry are generally called *palmists*, *hand readers*, *hand analysts* or *chirologists*. It is a form of **divination**.

Pantheism - Pantheism is the belief or position that God and the universe/nature are the same things rather than separate things. In other words, “God is all, and all is God.” Pantheism comes from two Greek words, *pan* meaning “all” and *theos* meaning “god.” It would teach that all the stars, galaxies, planets, mountains, wind and rain are all one and the same... part of what God is. So pantheists would say that all is God. Biblical Christianity teaches that God is separate from His creation and He created it (**Genesis 1:1-30**), where pantheism says that God and creation share the same nature and essence.

Paranormal activity - psychic, occult, supernatural or other phenomena considered unexplainable by the known forces or laws of nature; that which cannot be explained by scientific methods; Examples = sightings of bigfoot, ghosts, Chupacabra, Loch Ness monster or UFO's or being kidnapped by aliens; paranormal abilities include psychic premonitions, **telekinesis** and **telepathic** communication.

Pentagram - a figure of a 5-pointed star usually made with alternate points connected by a continuous line and used as a magic or occult symbol. A pentagram is a regular five-pointed star polygon, formed from the diagonal line segments of a convex (simple or non-self-intersecting) regular pentagon. Drawing a circle around the five points creates a similar symbol referred to as the *pentacle*, which is used widely by Wiccans and in paganism, or as a sign of life and connections. The word "pentagram" refers only to the five-pointed star, not the surrounding circle of a pentacle. The *inverted pentagram* is the symbol used for Satanism, sometimes depicted with the goat's head of **Baphomet** within it, which originated from the Church of Satan. In some depictions the devil is depicted, like Baphomet, as a goat, therefore the goat and goat's head is a significant symbol throughout Satanism.

Pluralism - Religious pluralism generally refers to the belief in two or more religious worldviews as being equally valid or acceptable.

Pokémon - Pokémon was created by Nintendo in Japan in 1996. It is a role-playing game involving cards, a video game and a TV cartoon. The cards have pictures of different Pokémon on them, more than 150 so far. The Pokémon are supposed to be "monsters" that have special powers and share the world with humans. The idea of the game is to have the children learn how to collect as many Pokémon as possible, train them, and use them against other people's Pokémon by invoking the various abilities of each Pokémon creature. Is Pokémon dangerous? Potentially, yes it is. It conditions the child who plays the game into accepting occult and evolutionary principles. Haunter can hypnotize, eat a person's dreams, and drain their energy. Abra reads minds. Kadabra emits negative energy that harms others. Gastly induces sleep. Gengar laughs at peoples' fright. Nidoran uses poison. The Psychic-type of Pokémon is among the strongest in the game. Charmander, Haunter, Ivysaur, Kadabra and many more evolve. The children are taught to use these creatures to do their will by invoking colored energy cards, fights and commands. Much of it is reminiscent of the occult and **Eastern mysticism**.

Poltergeists - a noisy, usually mischievous ghost or spirit held to be responsible for physical disturbances and unexplained loud noises (such as rappings or knockings) and objects being moved or destroyed

Potions, Spells, Enchantments - A potion is a liquid that contains medicine, poison or something that is supposed to have magic powers. An incantation, a spell, a **charm**, an enchantment or a bewitchery is a magical formula intended to trigger a magical effect on a person or objects. To enchant is to cast a spell over someone, like a **witch** might do.

Psychic readings - A psychic reading is a specific attempt to discern information through the use of heightened perceptive abilities or natural extensions of the basic human senses of sight, sound, touch, taste and instinct. These natural extensions are claimed to be **clairvoyance** (vision), **clairaudience** (hearing), **clairsentience** (feeling), **claircognizance** (factual knowing). Examples of psychic readings would be things like: **Astrology**, Aura reading, Cartomancy (using playing cards), Cleromancy (tossing small objects and reading positions), Distance readings or traveling clairvoyance, Lithomancy/Crystalmanancy (use of stones or crystals), Numerology, **Palm reading**, Psychometry (physical contact with someone's possessions), **Rune** reading (old languages), **Tarot card** reading.

Raëlians - The International Raëlian Movement is an atheistic organization that demands recognition as a religion. Raëlians are atheists in that they deny the existence of God and of the human soul, but they are religious in that they worship godlike extraterrestrials and they participate in rituals designed to link humans to their creators and to infinity. Raëlians call these extraterrestrials *Elohim*, viewing them as loving creators who will return to earth on or before the year 2035 to endow the human race with advanced technology. According to the Raëlians, all life on Earth, including human beings, was created scientifically through the manipulation of DNA. This was accomplished by extraterrestrial beings called the Elohim (singular, Eloha) in the original Hebrew Bible, who were masters in genetic engineering. The Raëlians believe the term *Elohim* was erroneously translated as *God*, and that it actually means "those who came from the sky." Throughout the ages, the Elohim have sent thirty-nine prophets to the earth, among them Moses, Muḥammad, Buddha and Joseph Smith. These prophets are born through unions between an Eloha and a mortal woman chosen for her "virgin DNA." One of the prophets, Jesus, foretold an epoch when truth would be revealed—the Age of Apocalypse, from the Greek *apocalypsis*, meaning *revelation*. The Raëlians believe that this epoch started on August 6, 1945, with the explosion of the atomic bomb over Hiroshima, Japan. The Elohim decided that it was time to contact a final messenger, Vorilhon, whom they renamed Raël (from Is-raël). The Elohim gave Raël the mission of spreading their message worldwide. He was also responsible for building an embassy, preferably in Israel, where the Elohim will descend in a mass landing with the thirty-nine prophets and will officially meet with representatives.

Rastafarianism - a religious movement among Black Jamaicans that teaches the eventual redemption of Black people and their return to Africa. It employs the ritualistic use of marijuana, forbids the cutting of hair, and venerates Haile Selassie as a god. Rastafari, a religious and political movement, began in Jamaica in the 1930s and was adopted by many groups around the globe. It combines Protestant Christianity, **mysticism** and a pan-African political consciousness. Rastas, as members of the movement are called, see their past, present and future in a distinct way. Drawing from Old Testament stories, especially that of Exodus, they "overstand" (rather than understand) people of African descent in the Americas and around the world to be "exiles in Babylon." They believe that they are being tested by Jah (God) through slavery and the existence of economic injustice and racial "downpression" (rather than oppression). Looking to the New Testament book of Revelation, Rastas await their deliverance from captivity and their return to Zion, the symbolic name for Africa

drawn from the biblical tradition. Ethiopia, the site of a dynastic power, is the ultimate home of all Africans and the seat of Jah, and repatriation is one goal of the movement. Many (though not all) Rastas believe that the Ethiopian emperor, His Imperial Majesty Haile Selassie I, crowned in 1930, is the Second Coming of Christ who returned to redeem all Black people. The movement takes its name from the emperor's pre-coronation name, Ras Tafari.

Red Door/Yellow Door - a paranormal sleepover game also called black door/white door or Doors of the Mind where a person is put into a **trance** after their temples are rubbed. The person goes into a different state of consciousness and has contact with the spiritual world.

Reiki - Reiki is a technique that was developed in Japan in the late 1800s by Mikao Usui who was studying **Buddhist** texts. Reiki teaching states that illness is caused by a disruption or imbalance in one's "life energy." To effect healing, the Reiki practitioner places his hands in various positions on the human body to facilitate the flow of this universal life energy. Various ceremonies using "sacred symbols" accompany the initiation of a Reiki practitioner. There are those who claim that Reiki is not a religion but simply a technique that can be used by people from various religious traditions. Literature on Reiki, however, often describes it as spiritual healing and makes references to God, the Goddess, the "divine healing power" and the "divine mind." Reiki is also described as a "way of living," with five specific ethical precepts to be followed. Reiki is dangerous as it opens doorways to "healing power" from demonic sources while claiming it is linked with Christianity.

Reincarnation - rebirth of the aspect of an individual that persists after bodily death—whether it be consciousness, mind, the soul or some other entity—in one or more successive existences. Depending upon the tradition, these existences may be human, animal, spiritual or, in some instances, vegetable. While belief in reincarnation is most characteristic of South Asian and East Asian traditions, it also appears in the religious and philosophical thought of certain other religions. The major religions that hold a belief in reincarnation are Asian religions, especially **Hinduism**, Jainism, **Buddhism** and Sikhism, all of which arose in India. They all hold in common a doctrine of **karma**, the law of cause and effect, which states that what one does in this present life will have its effect in the next life. In Hinduism the process of birth and rebirth—i.e., transmigration of souls—is endless until one achieves *moksha*, or liberation (literally "release") from that process. *Moksha* is achieved when one realizes that the eternal core of the individual (*atman*) and the Absolute reality (*brahman*) are one. Thus, one can escape from the process of death and rebirth (*samsara*).

Relativism - the belief that there's no absolute truth, only the truths that a particular individual or culture happens to believe. If you believe in relativism, then you think different people can have different views about what's moral and immoral. In Christianity, Jesus said, "[I am the way, the truth and the life](#)" (**John 14:6**).

Religious shrines - A shrine is a sacred or holy space dedicated to a specific deity, ancestor, hero, martyr, saint, daimon or similar figure of respect, wherein they are venerated or worshiped. Shrines often contain **idols**, relics or other such objects associated with the figure

being venerated. A shrine at which offerings are made is called an altar. Shrines are found in many of the world's religions including **Islam**, **Hinduism**, **Buddhism**, Chinese folk religion, **Shintoism**, etc. Shrines can be found in various settings such as churches, temples, cemeteries, museums or in the home. By participating in ceremonies, one opens him/herself up to spiritual worship which defies the one true God.

Rod & Pendulum - Board game by Panoramic. Advertised as: “**Dowsing Rods** -Powerful tools that amplify spiritual energy and heighten intuitive capabilities; Pendulum Board - **Divination** tool that provides a clear visual guide, for insightful guidance and decision-making; Pendulum Crystal - Intuitive companion for spiritual guidance and exploration, enhancing clarity and insight.” This game is for spiritual divination which the Bible warns against in **Leviticus 19:26** and **Deuteronomy 18:10**.

Rosicrucianism - Rosicrucian teachings are a combination of occultism and other religious beliefs and practices, including Hermeticism, Jewish mysticism and Christian gnosticism. The central feature of Rosicrucianism is the belief that its members possess secret wisdom that was handed down to them from ancient times. It is a spiritual and cultural movement that arose in early modern Europe in the early 17th century after the publication of several texts announcing to the world a new esoteric order. Rosicrucianism is symbolized by the Rosy Cross or Rose Cross.

Runes - Also called nine stones, runes are stones (or sometimes cards) with letters of the Norse alphabet. These are used for **divination**. The **I-Ching** is a divinatory tool in which special sticks or coins are tossed. The resulting patterns are interpreted in the light of **Taoism**, an ancient Chinese philosophy and religion. Both the runes and the I-Ching are readily available; the rune symbols and the I-Ching patterns have appeared as decoration on costume jewelry. Rune stones (or cards) and the I-Ching are not games, but are strictly tools of divination.

Sandman - Sandman is a popular sleepover game that involves inducing a state of altered consciousness in which players can communicate with the spirit of the Sandman. According to legend, the Sandman is a benevolent spirit who can grant wishes and answer questions while players are in a state of deep relaxation. The Sandman is a mythological being who is said to bring sleep to children by sprinkling sand or dust into their eyes. The origins of the Sandman can be traced back to ancient Greek and Roman mythology. One of the most well-known figures associated with the Sandman is Hypnos, the god of sleep, in Greek mythology.

Saraswati - Saraswati is the Hindu goddess of knowledge. She is associated with wisdom, music, art and learning. She is one of the three main goddesses of **Hinduism**, along with Lakshmi and Parvati. Together the three goddesses are called the Tridevi. Saraswati is the wife of Brahma and the sister of Shiva.

Satanic music - any music containing lyrics paying tribute to or worshiping Satan as well as vocalizing anti- Christian sentiments; often associated with Black metal or death metal genres

Satanic Ritual Abuse (SRA)- Satanic ritual abuse is narrowly defined as an assault (either psychological, physical or sexual) that takes place on an individual as part of a liturgy or ordered pattern incorporated into a ceremony of worship aimed at Satan.

Satanism - The worship or veneration of Satan, a figure from Christian belief who is also commonly known as the Devil or Lucifer.

Scientology - denies the essential doctrines of Christianity, including the necessity of the atoning work of Christ, His redemptive sacrifice, His deity, judgment, heaven, hell and the true nature of God. From a Christian standpoint, it is dangerous. It is a man-made religious and philosophical system. The first Scientology church was formed in Los Angeles in 1954, founded by L. Ron Hubbard. Doctrines: Man is primarily a spiritual force. He is called Thetan. His identity makes him aware of himself which is separate from mind and body. Man is, by nature, good. God exists but is different for different people. Good is constructive action and thought. Evil is destructive action and thought. **Reincarnation** is accepted. There are 8 dynamics or urges that influence people: self, sex and family, groups, mankind, living things, the universe, spirits and the Supreme Being. There are three universes: the first is one's own universe, the second is the material universe and all that is in it and the third is the group of all universes of all other people. Dianetics teaches that there are two parts to the human mind. One is the analytical mind; the other is the reactive mind. The analytical mind is our thinking processes, logic and memory. This is our conscious mind. The reactive mind is where memories of intense pain and suffering are stored. This is our unconscious mind which "takes over" during traumatic episodes. The reactive mind records everything that happens in forms called "engrams." Anything associated with the trauma can induce the ill effects of that trauma. For example, if a person is knocked unconscious in an auto accident, and while unconscious a train passes by, the negative engram of the passing train can later trigger ill effects even long after physical healing. Dianetics claims to be able to cure a person's negative engrams not only in this life, but also in past lives. The process of removing these engrams is called "auditing." An E-Meter (electropsychometer) is used to aid the auditor in discovering engrams. It is basically a lie detector that registers physical reactions to various questions. The goal of Dianetics is to achieve "Clear." Clear is the state of development attained through auditing where a person is no longer affected by the reactive mind. He has no engrams. Supposedly, someone who has attained the state of Clear is happier, healthier, more productive, better socially, more able to enjoy life and more mentally stable. The path to Clear is called The Bridge, which is a development of knowledge in the principles of Dianetics, as well as achieving Dianetic goals. The progress is measured on a Classification Gradation and Awareness Chart. This process is expensive and costs range in the thousands of dollars. An Operating Thetan is a state above Clear. It is a place of mental and spiritual health where the person is in control of himself and can cause positive effects upon himself, thought, life, matter, time, energy and space. Some adherents sign a billion-year contract to show their commitment to Scientology practices. There are ministers who have been trained in Scientology's Minister Course. All auditors are ministers.

Séance - a meeting at which people attempt to make contact with the dead, especially through the agency of a **medium** or spiritist

Secret societies - A secret society is an organization about which the activities, events, inner functioning or membership are concealed. The society may or may not attempt to conceal its existence. It utilizes secret initiations and rituals.

Sexual spirits - *Succubus* and *Incubus* are names that have been used to describe spiritual beings or demons that have sex with people in their dreams. The word *incubus* is derived from Late Latin root word *incubare* which means "lie on." We also get the Latin word *incubo* which means nightmare. These words describe the idea being communicated of a demon (though to be male) that has sexual relations with women at night. Its female counterpart, *Succubus*, is thought to be a female demon that has sex with men at night. Also referred to as spirit spouses.

Shamanism - a religious practice that involves a practitioner (shaman) interacting with the spirit world through altered states of consciousness, such as **trance**. The goal of this is usually to direct spirits or spiritual energies into the physical world for the purpose of healing, **divination** or to aid human beings in some other way.

Shape shifting - the ability to physically transform oneself through an inherently superhuman ability, divine intervention, demonic manipulation, **sorcery**, **spells** or having inherited the ability. The idea of shape-shifting is in the oldest forms of totemism and **shamanism**.

Shintoism - A Japanese religion dating from the early 8th century and incorporating the worship of ancestors and nature spirits and a belief in sacred power (*kami*) in both animate and inanimate things. It was the state religion of Japan until 1945, consisting chiefly in the cultic devotion to deities of natural forces and veneration of the Emperor as a descendant of the sun goddess.

Shiva - the god of destruction and regeneration in the Hindu sacred triad

Silva Mind Control - a self-help technique for enhancing mental performance that has its roots in New Thought philosophy, parapsychology and brain-wave research. The technique's founder José Silva from Laredo, Texas, studied psychology, **Yoga**, and **Rosicrucianism** and experimented with **hypnosis**. Taught methods consist of controlled relaxation designed to slow brain-wave frequency to ten cycles per second, which Silva claims is the most effective frequency for problem-solving, self-healing and creative thought. Next, students learn to contact inner guides and to visualize mental screens on which to work out problems. The final segment teaches students to heal others with innate psychic abilities.

Silver chords - In the occult, and especially **witchcraft**, an attempt is made to make a connection to the soul of another person in order to influence him/her through **astral projection** in which a person's spirit can move about apart from his/her body but is tethered by a silver chord. The concept is built on the belief that the body is tied to the spirit with a silver cord and when it

snaps, you die. People usually describe the silver cord as a wispy, silvery-grayish, elastic, etheric-looking filament about one inch in diameter. The sole purpose of the silver cord, or life thread, is to provide the subtle and physical bodies with vital energy.

Sinking Into the Carpet - An occult game where someone lies face-down on the carpet while another person stands in front of them, holding their upper body off the ground about a foot. Do this for about 60 seconds, all while the person on the ground focuses really hard on the carpet. When the person standing slowly starts to lower the person on the ground's upper body, they'll feel like they're sinking into the carpet and into the underworld.

Sorcerer/Sorceress - one who practices sorcery

Sorcery - the use of power gained from the assistance or control of evil spirits, especially for **divining**, also known as **necromancy**

Spirit guides - Belief in spirit guides is commonly associated with New Age, pagan and spiritualistic belief systems. The term spirit guide is not always used, as they are also called “ascended masters” or “unseen helpers.” **Automatic writing**, dream states, **hypnotism** and meditation are all practices related to spirit guides.

Also terms such as magic circles, centering, iridology, crystals, self-actualization and positive affirmations are often associated with spirit guides. The goal of contacting a spirit guide is usually to discover some secret wisdom and rise to a higher level of consciousness. They are what the Bible calls “**familiar spirits**” (**Leviticus 20:27**, NKJV). They don’t announce their evil nature but portray themselves as beneficial. **Second Corinthians 11:14–15** says [Even Satan disguises himself as an angel of light. So it is no surprise if his servants, also, disguise themselves as servants of righteousness.](#) Satan’s lies are most effective when they look and sound like the truth...when they seem helpful. Spirit guides are actually demonic spirits who masquerade as helpers in order to trap and destroy people with false teachings and occult practices.

Superstitions - a belief or way of behaving that is based on fear of the unknown and faith in magic or luck; a belief that certain events or things will bring good or bad luck

Sweet Tooth - an occult sleepover game with a mirror and a chocolate bar and a ritual to summon a gnome who eats part of the chocolate when the lights are turned out

Syncretism - a union or attempted fusion of different religions, cultures or philosophies

Table/Body Lifting - manipulation of a table or body during a **séance**; attributed to spirits; synonyms: table tilting, table tipping, table turning

Taoism - Taoism (also spelled Daoism) is a religion whose adherents are mostly found in Far Eastern countries such as China, Malaysia, Korea, Japan, Vietnam and Singapore where its temples are found. Roughly stated, Tao deals with the flow of the universe, or the force behind natural order that keeps all things balanced and in order. It is considered to be a source of

existence and "non-existence." Some Eastern religions refer to this as the "**yin and yang**" of the universe, which can also express itself as the equal forces of "good" and "evil." Most adherents of Taoism believe anything from polytheism (belief in many gods) to **ancestor worship**. Taoists tend to worship mostly on holidays in their calendar when food is set out as a sacrifice to the gods or the spirits of departed ancestors. Other forms of sacrifice include burning paper money so it will re-materialize in the spirit world for a departed ancestor to use. A number of martial arts disciplines such as T'ai Chi Ch'uan and Bagua Zang have their roots in Taoism.

Tarot cards - Tarot cards are used for **divination**, a method of obtaining information through supernatural means and interpretation of hidden meanings. Divination is often interpreted as **fortune telling**; however, contemporary occultism no longer emphasizes predicting the future, but draws in people through spiritual and psychological advice by talking about the person's past and personality. The deck of 78 cards consists of 22 cards called the Major Arcana, and the 56 cards of the Minor Arcana, which resemble the four suits of playing cards today. The Major Arcana have pictures and names on them such as "The Tower," "The Hanged Man," "The Chariot," "The Devil," "The High Priestess," "The Empress" and "Death." The reader lays out the cards in

various patterns for the client and interprets them as guides for one's spiritual journey, as well as for more mundane things like jobs and relationships. The cards are also used as personal meditation tools. Several

contemporary variations of these cards have appeared, including decks with Native American themes, goddess themes, **witchcraft** themes, **sorcery** themes and others. The images on the cards vary according to these themes and many large bookstore chains feature these cards in their **New Age** or Alternative Religion sections. The Tarot cards are an integral part of the occult and are linked to numerology, **astrology**, sorcery and the mystical, occultic **Kabbalah**. The cards are large and colorful with artistic images, which makes them appealing. Books on interpreting the Tarot are also sold, enabling those who wish to learn this form of divination to do so easily.

Tea leaf reading - a form of **divination** and **fortune telling** where someone looks at the left over tea leaves left in the bottom of a cup to tell the future, make predictions or direct life decisions; similar to **coffee grounds** reading.

Telekinesis/Telepathy - telekinesis is the ability to move objects through space using only the mind; telepathy is the transmission of thoughts and ideas from one mind to another without any other form of communication

Thelema - is an esoteric and occult social or spiritual philosophy, as well as a new religious movement that was founded in the early 1900s by Aleister Crowley (1875–1947), an English writer, mystic, occultist, and ceremonial magician. Central to Thelema is the idea of discovering and following one's True Will, a unique purpose and calling that goes beyond ordinary desires. Crowley's system begins with *The Book of the Law*, a text he said was dictated to him by an entity named Aiwass. This foundational work lays out key principles, including the central axiom "Do what thou wilt shall be the whole of the Law". This principle emphasizes personal freedom

and the pursuit of one's true path, while being guided by love and finding one's authentic purpose.

Trance - a half-conscious state characterized by an absence of response to external stimuli, typically as induced by **hypnosis** or entered by a **medium**; a state that is like being asleep except that you can move and respond to questions and commands like a person who is awake

Transcendental meditation - The practice of transcendental meditation has its roots in **Hinduism**. It originated in India, where it was taught by the guru (or maharishi) Mahesh Yogi based on his interpretation of Hindu Vedic traditions. It uses a technique for achieving inner peace and spiritual renewal by focusing on a mantra repeated silently. As the mind “settles,” the practitioner is able to “transcend” thought and enter a silent state of bliss and tranquility. The practice of transcendental meditation clears the mind and does not appeal to a god, and this is partly why the practice has been called non-religious. Those who practice transcendental meditation are setting their minds on their *own* spirit, looking within themselves in order to transcend themselves, rather than on the Spirit of God.

Trolls - from Scandinavian folklore; a giant, monstrous being, sometimes possessing magic powers. Hostile to men, trolls lived in castles and haunted the surrounding districts after dark. If exposed to sunlight they burst or turned to stone. In later tales, trolls often are man-sized or smaller beings similar to dwarfs and elves. They live in mountains, sometimes steal human maidens and can transform themselves and prophesy. Also seen as symbols of destructive instincts. Trolls in modern tales for children often live under bridges, menacing travelers and exacting tasks or tolls, promoting fear. The online definition of a troll is someone who makes “a deliberately offensive or provocative online posting with the aim of upsetting someone or eliciting an angry response from them.”

Ungodly tattoos - In the Mosaic law, **Leviticus 19:28** states [Do not cut your bodies for the dead or put tattoo marks on yourselves. I am the LORD](#). Yet we know that Jesus came to fulfill the law and Jesus purifies us from within, instead of having to obey external regulations. However, if we have knowingly marked ourselves in a way that dishonors God or glorifies an **idol** or other god, we simply need to renounce that, ask Him for forgiveness and accept that the blood of Christ covers us and makes us pure and blameless in God's sight. Many sincere Christians have tattoos that honor Christ and have Scripture on their bodies.

Unification Church (Moonies) - Founded by the Rev. Sun Myung Moon in 1954. Moon claims that in 1935 Jesus appeared to him on a mountain in Korea and told him to finish the work of establishing God's kingdom on earth. By 1945 he had written down the precepts of his new system in the book *Divine Principles*. Practices/beliefs:

1. Mass weddings
2. Moon claims to be the messiah of the Second Coming and his wife is the Holy Spirit. He and his wife, called The True Parents where he is the True Father and his wife the True Mother, are the first couple to be able to bring forth children with no original sin.

3. "The cross is the symbol of the defeat of Christianity."
4. The Bible is considered Scripture along with Moon's work *Divine Principles*.
5. Sin is genetically based; it is not a moral issue.
6. The thieves on the cross represent political movements. The thief on the right side of Jesus represents democracy. The thief on the left of Jesus is communism.
7. Adam and Eve fell because of sexual sin. Eve had sexual relations with Satan.
8. Jesus is a "true person" though not God in flesh.
9. The Holy Spirit is the "True Mother" or the "Second Eve."
10. The church denies the doctrine of the Trinity.
11. People determine their own future place in the spirit world after death through what they do here on earth.

The Unification Church has been involved in **séances** and other occult practices like **clairvoyance**, **trances**, etc. Moon uses an anti-communist stance, many legitimate businesses and philanthropic endeavors all over the world to garner support and influence for his one-world religious system. Through his political social outreaches, he has deceived a great many people into believing his self-exalting and self-serving theology. The Unification Church is a dangerous group.

Unitarianism - the belief that God exists in one person, not three. It is a denial of the doctrine of the Trinity as well as the full divinity of Jesus; therefore, it is not Christian. There are several groups that fall under this umbrella: **Jehovah's Witnesses**, Christadelphianism, The Way International, etc. Another term for this type of belief is called Monarchianism. In the context of universalism, the Unitarianism discussed here is the belief that denies the Trinity, the deity of Christ, the personhood of the Holy Spirit, eternal punishment and the vicarious atonement of Jesus.

Unitarian Universalists - This group uses many biblical concepts and terms but with non-biblical meanings. Unitarianism is not Christian. There is a group known as the Unitarian Universalist Association. This denomination was formed in 1961 in the United States when the American Unitarian Association and the Universalist Church of America merged. The Unitarian Universalist belief that "Human reason and experience should be the final authority in determining spiritual truth" is perhaps the most revealing of the character of Unitarian Universalists. Instead of God and His Word being the final authority on truth and error or right and wrong, Unitarian Universalists subject God and His Word to their understanding, feeling and reason.

Universalism - Universalism is the teaching that all people will be saved. Some say that it is through the atonement of Jesus that all will ultimately be reconciled to God. Others just say that all will go to heaven sooner or later, whether or not they have trusted in or rejected Jesus as Savior during their lifetime. This universal redemption will be realized in the future where God will bring all people to repentance. This repentance can happen while a person lives or after he has died and lived again in the millennium (as some "Christian universalists" claim) or some future state. Additionally, a few universalists even maintain that Satan and all demons will likewise be reconciled to God.

Vexes - The word *vex* means “to disturb, trouble or provoke.” To be vexed is to be frustrated, annoyed or exasperated. A vexed person feels some serious irritation. To vex someone is to drive him from patience to impatience or to harass or goad her to the limit of endurance. Biblical examples: Sampson was vexed by Delilah. King Ahab was vexed by Naboth and Job was vexed by his friends. In **witchcraft**, vexes are placed upon people.

Voodoo - a religion practiced in parts of the Caribbean (especially Haiti) and the southern US, combining elements of Roman Catholic ritual with traditional African magical and religious rites, and characterized by **sorcery** and spirit possession. Voodoo is **animism** or spiritism, meaning all aspects of the natural world are seen as having spiritual identity immune to physical death. Animism includes belief in a person's spirit surviving the death of the body. Ancestors' “spirits” are called upon for inspiration, protection or other influences over the material world. In voodoo many gods and spirits are prayed to or called on. Both spirits of nature and of dead people are important. The spirits of family members who have died are especially important. Voodoo often has rituals with music and dancing. Drums are used to make most of this music. In voodoo people often believe that a spirit is in their body and controlling their body, which is desired. This spirit can speak for the gods or dead people you love, and can also help to heal or do magic. African voodoo often has animal sacrifice (the animal is killed for the spirits), but this is not common in Haiti. Voodoo in Haiti and America has also added some Catholic ideas that were not known in African voodoo. The use of Catholic saints/iconography may have developed as a means of adaptation and survival, but also as a “safety” precaution. There are both good priests and “dark” **sorcerers** (called bokor). The bokor acts like a kind of religious policeman and may curse bad people.

Water witching - See **Dowsing**

White Supremacy - See **Ku Klux Klan**

White magic - magic that the practitioner considers to be acceptable magic, while **black magic** is that which is unacceptable; the limits of acceptable and unacceptable are defined by culture. Many consider white magic to be magic that is only beneficial to the benefit of others, such as healing and divination. Black magic is magic that is meant to cause harm to another person, what might be called a **curse** or a **hex**. The term white magic also sometimes implies spiritual magic.

Wicca - Wicca is an eclectic religious belief system centering around gods, goddesses and **nature worship**. Wiccan practice involves the manipulation of nature through various rituals in attempts to gain power, prestige, love or whatever else a Wiccan wants. It uses symbols in its ceremonies and follows the calendar in reference to Wiccan festivals. Its roots are in ancient agrarian Celtic Society. It is considered Neo-Pagan (based on old European and pre-Christian belief systems). Wicca does not have a structure of clergy and/or congregations. But it does have priests and priestesses which are in leadership positions within **covens** that have **witches**. The varying traditions of Wicca have different requirements for attaining the level of priest and

priestess. There is teaching of **reincarnation** and **karma**. The purpose of reincarnation is to learn lessons through the various lives. Wiccan literature states: *"This process of reincarnation is repeated for numerous lifetimes until a development of the Spirit is reached where the Spirit can truly merge with the male and female balanced creator/creatix entity. We are returned to the God and to the Goddess."* Wicca is dangerous because it denies the true God of Scripture. It is an endeavor to contact the spiritual realm which is, according to Scripture, a dangerous thing to do outside of Jesus. Therefore, those who are trapped in Wicca are in contact with demonic forces and have been greatly deceived.

Witchcraft - the exercise or invocation of supernatural powers to control people or events, practices typically involving **sorcery** or magic. Traditionally, "witchcraft" means the use of magic or supernatural powers to inflict harm or misfortune on others. Witchcraft is a practice that involves the use of **spells**, incantations, special objects, symbols and ceremonies to manipulate the spiritual realm in order to gain knowledge, power and influence in this realm. The Bible condemns witchcraft as a great sin and warns of the severe consequences for those who practice it. Witchcraft can take many forms such as **divination**, sorcery, **familiar spirits**, **necromancy**, interpreting omens, **fortune telling**, **mediumship**, idolatry and magic.

Wizard/Witch - a person who practices magic; a magician or **sorcerer**

Yin-Yang - Yin and Yang is a dualistic philosophy of passive and active, good and bad, light and dark, positive and negative, male and female, etc., and they are in opposition. Each is part of the whole and works together. The concept of yin-yang is a Chinese philosophical idea used to explain how opposite forces are interconnected and interdependent upon each other. In other words, black could not exist without white, dark without light, cold without heat, etc. The concept is the basis of many branches of classical Chinese science, philosophy, traditional Chinese medicine and different forms of Chinese martial arts and exercise, including Tai Chi. The connection between yin-yang and **Taoism**, however, is undeniable. Tao deals with the flow of the universe, or the force behind natural order that keeps all things balanced and in order. It is considered to be a source of existence and "non-existence." Most adherents of Taoism believe anything from polytheism (belief in many gods) to **ancestor worship**. Taoists tend to worship mostly on holidays in their calendar when food is set out as a sacrifice to the gods or the spirits of departed ancestors. Other forms of sacrifice include burning paper money so it will re-materialize in the spirit world for a departed ancestor to use. A number of martial arts disciplines such as Tai Chi Ch'uan and Bagua Zang have their roots in Taoism. Taoism and the yin-yang concept are directly contradictory to biblical Christianity. While it is true that evil would not exist without goodness, the converse is *not* true. Goodness can and does exist without evil. Evil is not required to understand good or to have good.

Yoga, Spiritual - Yoga is a practice found in all sects of **Hinduism**. There are different types of yoga, but all are touted as a means to achieve unity with the divine and thus to earn salvation. There are several practices in yoga. These include, but are not limited to meditation, repetition of sacred sounds or syllables (typically "ohm"), breathing techniques, acrobatic exercises and positioning one's body in difficult postures. Meditation is central to all forms of yoga.

Meditation helps its practitioners to be able to find release from the endless cycle of birth, death and rebirth. “Yoga is a method of spiritual training whose purpose is to integrate or unite the self. A physical exercise, its goal is nonphysical-uniting with God. Yoga teaches that people should attempt to yoke the individual spirit to God, to atman – the individual soul or essence of a person – and to Brahman.” So we see that yoga is essentially physical exercises in which one tries to attain unity with the universal divine essence of Hindu theology. Christians should not practice yoga since the intention of yoga is a path to attain salvation through union with a false deity. Some Christians practice yoga and say that all Christians can practice yoga. But, that is incorrect. Christians should not be involved in any meditative methodology that deals with energy balancing, focused energy movement, chakras, etc., of which yoga advocates. There is nothing wrong with stretching. In fact, stretching is a very useful exercise to help people stay healthy. The problem comes when one incorporates Eastern “meditation” techniques or other inherently religious practices that distinguish yoga from mere recreational stretching.

Zen Buddhism - *zen* means “meditation.” Zen teaches that enlightenment is achieved through the profound realization that one is already an enlightened being. Zen is an important school of East Asian Buddhism that constitutes the mainstream monastic form of Mahayana Buddhism in China, Korea, Vietnam and Japan with Zen temples. Central to Zen teaching is the belief that awakening can be achieved by anyone but requires instruction in the proper forms of spiritual cultivation by a master. See **Buddhism**

APPENDIX 3-

Leader Worksheet - Expose Lies, Embrace Truth

ROOM 1 (THE FOYER) FAMILIAL SPIRITS & CURSES

Lies: _____

ROOM 2 (THE LIVING ROOM) THE OCCULT, FALSE BELIEFS, & STRONGHOLDS

Lies: _____

ROOM 3 (THE BASEMENT) DECEPTION, FEAR, ANXIETY, & NIGHTMARES

Lies: _____

ROOM 4 (THE FAMILY ROOM) - UNFORGIVENESS, BITTERNESS & RESENTMENT

Lies: _____

ROOM 5 (THE MASTER BEDROOM) PRIDE & REBELLION

Lies: _____

ROOM 6 (THE KITCHEN) - ABUSE, SHAME, REJECTION, INFIRMITY

Lies: _____

APPENDIX 4 - DISRUPTIVE OR UNCOOPERATIVE SPIRITS

Note to leader regarding disruptive or uncooperative spirits:

You may ask God to send in warrior angels to assist if the demonic spirits break any of the ground rules such as not cooperating by answering the questions, being rude, by lying, causing confusion or other ways they choose not to cooperate.

Pray: Lord, we ask You now to send Your warrior angels to assist and enforce these defiant spirits to comply in the name of Jesus Christ. (not answering, being deceitful...). Thank You, Lord, for this assistance.

If the spirit continues to challenge your authority, you can also ask the Holy Spirit to increase its heat within the participant to burn and scorch these offending spirits.

If the demonic manifests and causes symptoms such as, but not limited to, confusion, pain, difficulty talking or ringing in the ears you have the authority to command them to stop.

Pray: In the name of Jesus, I command the spirit that is causing (fill in the symptom) to stop and loose your hold on the participant

There is never a need to raise your voice or become frustrated. This will only intimidate the participant or make them fearful. You have the full authority of Jesus and the demonic know this so speak in clear statements. Keep a cool composure and remain in command of the session no matter what the enemy tries to do to distract or intimidate you. **They are a defeated enemy**, and they know that but they will sometimes try to test you. It is ok to remind them of that fact.

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Other online resources which contributed to this knowledge base include:
<https://www.CARM.org>, Dictionary.com