



DELIVERANCE & DISCIPLESHIP

Spiritual House Cleansing

Participant Inventory

by

Mike & Michelle Eagle, JP Robinson
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PRACTICAL BIBLICAL SPIRITUAL WARFARE

Please read this section FIRST at

<https://forthisveryreason.net/practical-biblical-spiritual-warfare>

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? _____

PREPARATION FOR A DELIVERANCE SESSION

Lord Jesus, I place my faith and trust in You to bring me to full freedom. I **submit** my will to You and **ask that the Holy Spirit would now guide** my mind and my heart to reveal anything You want me to know. In the name of Jesus, I ask that You **bind** the strongman and any demonic spirits trying to interfere with my clear thinking as I fill out this guide. I ask that You free my mind and protect me as I seek freedom. I thank You for Your love, mercy and grace and I claim the blood of Jesus as my Savior and Deliverer. Thank You, Almighty God. Amen.

ROOM 1 – THE FOYER

FAMILIAL SPIRITS & CURSES

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.

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.

My family's ancestral sins and curses:

For definitions of Occult & False belief system terminology, please see <https://www.forthisveryreason.net> under the resources tab.

ROOM 2 – THE LIVING ROOM

THE OCCULT, FALSE BELIEF SYSTEMS & STRONGHOLDS

Father God, I ask that You **bring to my mind** any and 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.

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, athletes	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		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	Other cultic religious practices	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	Satanism or 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		

STRONGHOLDS

Father God, Lord Jesus, I ask that You now **bring to my mind** any sins of the flesh where I have allowed a stronghold to be established. Help me see where I have ignored Your Word of truth and acted as my own god. Show me the ways in which I have grieved or quenched 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, dissent, 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						

Check the following boxes below that are particularly strong areas of bondage for you. When we meet, you will read some longer renouncements for each category checked.

- ☐ Loosing of Curses and Spells (if exposed to witchcraft/sorcery or cursed in anyway)
 - ☐ Breakin g Cult, Fraternal or Organizational vows
 - ☐ History of Free-Masonry in self or family.
 - ☐ Breaking of Word Curses
 - ☐ Breaking Curses from Various People Groups
 - ☐ History of Satanic Ritual Abuse or exposure/proximity to Satanic Worship, New Age, Witchcraft, Sorcery or Dark Magic
 - ☐ Judgmentalism, Critical spirit
 - ☐ Heaviness/Depression
 - ☐ Suicidal Ideation
 - ☐ Resentment, Bitterness, Anger, Rage
 - ☐ Homosexuality, LGBTQ+ & Gender Identity confusion or Experimentation
 - ☐ Any Sexual Impurity outside of marriage *(You will need another piece of paper for names. If you cannot remember names, be as specific as you can with what you can remember about the place and person. Please record any sexual experiences outside the God-given covenant of marriage between a man and woman in this manner:*
With [name person(s)], by [name sexual experience whether sex outside marriage, oral sex,, masturbation, lusts, fantasy, touching, homosexuality, etc].
 - ☐ Pornography
 - ☐ Marriage Difficulty
 - ☐ Divorce History
 - ☐ Suicidal Ideation
 - ☐ Resentment/Anger/Bitterness/Rage
 - ☐ Substance Abuse/Addiction (including food [aka gluttony] and Social Media)
 - ☐ Eating Disorders (such as Bulimia and Anorexia)
 - ☐ Self-Mutilation, Cutting, Self harm
 - ☐ Financial Irresponsibility, Gambling, Idolatry of Money
 - ☐ Perfectionism/Drivenness/Control/Co-Dependency/Legalism
 - ☐ Other: (name stronghold(s) that come to mind not already listed)
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ROOM 3 – THE FAMILY ROOM

DECEPTION, FEAR, ANXIETY & NIGHTMARES

Father God, Lord Jesus, I ask that You open my mind to the truth of Your eternal Word. Please **bring to my mind** all the ways that I have been deceived by the enemy. 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 Jesus Christ's name. 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

- ☐ 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**

- ☐ 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 even 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**

- ☐ 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)

- ☐ 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)

FEAR & ANXIETY

Father God, **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.

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):

☐ ANXIETY

☐ NIGHTMARES & BAD DREAMS

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). Please bring to my mind all the ways in which I have been prideful. In Jesus' name I pray, amen.

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

Ways in which I have been proud

- ☐ 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
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Specific Renouncements

☐ Strong Spirit of Pride (including: 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)

☐ Critical/Control/Manipulation of others

☐ Sabotage/Chaos (consequences of pride) sabotage, strife, confusion, chaos, discouragement, deceiving, marriage, work ministry problems

REBELLION

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 my mind** all the ways that I have rebelled against you, your Word or others that you have placed in authority over me.

The ways in which I have rebelled include

- ☐ 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

ROOM 6 – THE KITCHEN

ABUSE, SHAME, REJECTION & INFIRMITY

Father God, I ask that you **bring to my mind** any areas that affected me regarding abuse, shame, rejection, sickness, feelings of condemnation, not being good enough, and feelings of worthlessness. In Jesus Christ's name, amen.

Specific Renouncements:

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

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

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

Including: loneliness, hopelessness, insomnia, depression, discouragement, inadequacy, despair, disgust and heaviness

☐ **Adoption/Rejection (from Parents or an Unwanted Pregnancy)**

Including: rejection, self-rejection, fear of rejection, fear of abandonment, & feeling of being unlovable

☐ **Abortion or partner in Abortion**

☐ **Infirmity (Sickness)**

[any medical conditions that may apply to you - write out below]

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

spirits causing [any medical conditions that may apply to you] Including: 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]

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

Any potential demonic influence or control over my mind which would confuse, cloud, or prevent me from having clear thoughts; confusion, frustration, forgetfulness and incoherence.

☐ **Spirit of Death** I confess that I have either been exposed to or preoccupied with death in some way, such as belief that life is hopeless and that I can find peace or freedom by taking my own life or the life of others. Also, that a spirit of sickness or death has been put on me somehow.