

LIVING FREE MINISTRIES
presents

What Every Christian Should Know About **Deliverance**

An Informational Guide to Understanding the Deliverance Process

www.livingfreemin.org

Living Free Ministries is a ministry of the Community Transformation Church Fellowship

“Therefore, if the Son makes you free, you shall be free indeed.”

— John 8:36 NKJV

*This guide is dedicated to every believer who has ever wondered,
“Why am I still struggling? I thought I was free.”*

Freedom is not just a destination — it is your inheritance.

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INTRODUCTION

Freedom Is Your Inheritance

Many believers come to a guide like this one because something in their spiritual life feels unresolved. A person may love Jesus, read the Bible, and attend church faithfully, and yet sense that an area — or even several areas — of life remains trapped behind locked doors. It may be a recurring sin, an irrational fear, a pattern of bondage that prayer and counseling alone have not seemed able to break, or simply a heaviness that follows them wherever they go.

These experiences are far more common than many realize, and they are not imagined.

Deliverance — the biblical process of being freed from demonic oppression — has been practiced by the Church since its very beginning. Jesus cast out demons as a central part of His earthly ministry (Luke 4:18; Matthew 8:16), and He commissioned His disciples to do the same (Luke 10:17-19). The early church fathers documented the practice continuously for centuries after Pentecost. A few of their reflections on this subject include:

- “Demons tremble at the mention of Jesus.” — Justin Martyr (Flavia Neapolis, modern day Nablus, c.100 – 165AD)
- “Ecclesiastical teaching maintains the existence of demons but lacks sufficient clarity of their nature and existence.” — Athenagoras (Athens, c.133 – c.190AD)
- “The demons inflict upon men’s bodies diseases and other bitter misfortunes, and upon the soul sudden and extraordinary outbursts of violence.” — Tertullian (Carthage, modern day Tunisia, c.155 – c.220AD)
- “Demons do not help us towards God, but rather prevent us from reaching Him... they prevent sanctification of believers.” — St. Augustine (Thagaste, modern day Algeria, 354 – 430AD)

This is not fringe theology — it reflects the historic, biblical heartbeat of the Church. This guide offers a clear, biblically-grounded overview of the deliverance process. Its purpose is to inform and prepare — to help Spirit-filled believers understand what freedom in Christ involves before they begin to walk through it. It is also honest about an important reality: some kinds of spiritual bondage are deeply rooted and are best addressed with the guidance of trained deliverance ministers. That is part of why Living Free Ministries exists — to walk alongside believers who need more than a book.

Understanding always begins where God begins: with truth. And the truth is this — Jesus purchased complete freedom, and it is available to be received.

About this guide: *This is the first step of the Living Free Ministries journey toward freedom. Its aim is understanding — explaining what deliverance is, how the enemy gains access, and how freedom is recovered. The actual process of self-deliverance is walked through, step by step, in the guided course that follows.*

CHAPTER ONE

The Battle Is Real: Understanding the Enemy

Before freedom can be understood, the nature of the conflict must be understood. Many Christians are vaguely aware that spiritual warfare exists, yet never grasp how specific, personal, and persistent that battle can be. The apostle, Paul was not speaking in abstract terms when he wrote:

“For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.” — Ephesians 6:12 NKJV

The enemy is real, organized, and strategic. Understanding this is not meant to produce fear — it is meant to produce wisdom.

Who Is the Enemy?

The Bible presents Satan as a created being who rebelled against God and now operates as the prince of the power of the air (Ephesians 2:2). He leads a hierarchy of fallen spiritual beings — demons — whose primary mission is to oppose the purposes of God and harm humanity. He is described as a deceiver (John 8:44), an accuser (Revelation 12:10), a thief (John 10:10), and a roaring lion (1 Peter 5:8).

Throughout church history, scholars have identified consistent patterns in how demonic spirits operate against individual believers:

- **Deception** — planting lies about God, about self, and about sin
- **Temptation** — exploiting fleshly weaknesses and past wounds
- **Accusation** — driving shame, condemnation, and hopelessness
- **Oppression** — creating emotional heaviness, confusion, and torment
- **Infiltration** — entering through open doors such as sin, trauma, or ungodly agreements

Cyprian, the third-century bishop of Carthage, warned that Satan attacks both individually and corporately — through infiltration, flattery, deception, and division. Ignatius of Antioch observed that meekness and humility before God are among the most powerful weapons against demonic assault. The early church did not merely theorize about these attacks — they documented them and actively contended against them.

What Does the Enemy Want?

Deliverance ministry describes the enemy as seeking legal access to a person’s life through what are called open doors — areas of unresolved sin, trauma, or ungodly agreement. Once access is gained, the goal is to build strongholds: ungodly patterns of thought and behavior entrenched in areas of the heart that have not been fully submitted to, or healed by, Jesus

Christ. The purpose is to establish rule, to hinder and oppress, and to keep a person bound — ultimately neutralizing their effectiveness for the Kingdom of God.

John Chrysostom, the renowned preacher of Antioch, wrote that demons will not cease their assault until a believer's last breath — which means the call to spiritual vigilance is lifelong. Yet the encouraging truth is that the believer does not fight from a position of weakness, but from a position of victory already secured by Jesus Christ.

“He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love.” — Colossians 1:13 NKJV

Key Truth: *The enemy is powerful, but he is a defeated foe. Jesus stripped him of ultimate authority at the cross (Colossians 2:15). Deliverance is not the believer fighting for victory — it is the believer enforcing the victory Jesus already won.*

The logo for Free Living Ministries features a large, stylized letter 'F' in a light blue color. To the right of the 'F', the words 'Free', 'iving', and 'Ministries' are stacked vertically in a light blue, sans-serif font. The 'F' is partially overlaid by a light blue wavy shape that extends across the bottom of the logo.

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CHAPTER TWO

Can a Christian Need Deliverance?

This is the question that stops many believers before they ever begin: Can a Christian really have an unclean spirit? The concern is understandable. If the Holy Spirit dwells in a person, how can a demonic spirit also be present?

The answer requires a careful, biblical distinction.

Possession vs. Oppression

The New Testament Greek word translated demon-possessed is *daimonizomai* — more accurately rendered “demonized”, meaning to be under demonic influence or control to varying degrees. Full possession — in which a demonic spirit completely controls an individual — is not the experience of a true, Spirit-filled believer. The Holy Spirit does not share the throne of a surrendered heart.

Demonic oppression, however — external pressure and even partial internal infestation through open doors — is something believers throughout church history have consistently suffered, documented and addressed. Hermas, the early church writer, noted that a believer who fully fears God cannot be possessed, yet partial inroads through fear, doubt, and unresolved sin could give the enemy an operational foothold.

“nor give place to the devil.” — Ephesians 4:27 NKJV

The Greek word for place: *topos*, meaning location or space. Metaphorically, it also means “opportunity”. That definition is very telling. In this passage, Paul is writing to believers, and he assumes it is possible for a Christian to give the enemy a place of operation through such things as lying, ungodly anger, and stealing. Other avenues include unforgiveness, unresolved sin, and bitterness. Deliverance, in this framework, is the process of closing those doors and evicting whatever unclean spirits have entered.

What the Early Church Believed

The early church did not debate whether Christians could be demonically affected; it simply practiced deliverance as a normal part of Christian life. Origen (c.185 – c.253AD) taught that the grace available through the Word of Christ drove out evil spirits. St. Augustine (354–430AD) documented exorcism for new believers as part of the conversion process. Tertullian (c.155 – c. 220AD) declared that believers carry authority over demons at their touch and by the name of Jesus.

The historical record is consistent: early Christians — new converts and longtime believers alike — regularly engaged in deliverance as a means of spiritual cleansing and freedom.

What This Means

For a believer who is born again and Spirit-filled, the implication is one of authority rather than shame. Scripture presents such a believer as having both the right and the authority to evict any

demonic presence that has gained access through open doors. Freedom is understood not as something to be earned through anxiety, but as a covenant right in Christ.

The chapters that follow describe the specific areas — the open doors — through which demonic spirits most commonly gain access, and the biblical means by which each one is closed.

Key Insight: *Recognizing an open door is not a cause for shame but a cause for hope. What can be identified can be closed, and what has entered through an open door can be removed.*



CHAPTER THREE

The Deliverance Process: Eight Steps to Freedom

With the foundations of the previous chapters in place — the reality of the battle and the believer's authority over it — the deliverance process itself can be outlined. What follows are the eight steps of self-deliverance, presented in the order they are walked. Each is summarized only briefly here; the guided course unfolds every step personally, prayerfully, and in far greater depth.

The steps build upon one another. The earlier ones close the open doors through which unclean spirits gained access, so that the final step — commanding them to leave — rests on legal authority already secured. For this reason they are best walked in sequence rather than skipped or rearranged.

Step 1 — Build the Foundation: Salvation and Surrender

Every deliverance begins with a genuine relationship with Jesus Christ and full surrender to Him as both Savior and Lord. Submitting every area of life to Christ transfers a person out of the kingdom of darkness and establishes the authority from which all freedom flows.

Scripture: Romans 10:9 NKJV

Step 2 — Repentance and Renouncing Sin

Persistent, unrepentant sin is the primary open door through which unclean spirits gain access. Genuine repentance turns the heart away from sin, while renunciation verbally revokes every legal right the enemy has been given in a particular area.

Scripture: 1 John 1:9 NKJV

Step 3 — Breaking Generational Iniquities

Some of the most entrenched strongholds run along family lines, inherited rather than chosen. Through identification, confession of ancestral sin, renunciation, and replacement, the cross of Christ breaks these generational bondages and begins a new legacy in the one who breaks the cycle.

Scripture: Exodus 20:5, Galatians 3:13 NKJV

Step 4 — The Power of Forgiveness

Unforgiveness is one of the most common and destructive open doors, handing a believer over to spiritual tormentors and breeding bitterness that defiles. Choosing to release every offender — including oneself — as a deliberate act of the will closes that door and frees the heart to receive God's healing.

Scripture: Matthew 18:34–35 NKJV

Step 5 — Healing Inner Wounds and Trauma

Unhealed trauma leaves wounds the enemy seeks to inhabit and reinforce with lies about God and self. Inviting Jesus into the wounded memory, renouncing the lie, and declaring biblical truth allows His healing presence to restore what the tormentor was exploiting.

Scripture: Psalm 147:3 NKJV

Step 6 — Severing Ungodly Soul Ties

Ungodly bonds formed through sexual sin, abuse, control, or unhealthy attachment become channels for demonic influence. Confessing one's part, forgiving the other person, and verbally severing the tie in Jesus' name breaks that connection and reclaims what was given away.

Scripture: 1 Corinthians 6:16 NKJV

Step 7 — Renewing Your Mind

The mind is a primary theater of spiritual warfare, where strongholds hold embedded lies that become a lens for all of reality. Identifying each lie, renouncing agreement with it, and declaring contradicting Scripture tears down the stronghold as an ongoing, daily practice.

Scripture: Romans 12:2 NKJV

Step 8 — Commanding Unclean Spirits to Leave

With the open doors closed by the previous steps, the believer stands in Christ's authority to evict whatever remains. After prayer for protection, spirits are addressed by name or function, commanded to leave by the blood and name of Jesus, and the vacated space is filled with the Holy Spirit so that nothing is left empty.

Scripture: Philippians 2:10 NKJV

***In the Process:** Each of these eight steps is expanded into its own guided session in the Living Free Ministries Biblical Self-Deliverance Course, which walks participants through the full process prayerfully, thoroughly, and at their own pace.*

CHAPTER FOUR

Staying Free: Maintaining Your Deliverance

Deliverance is a beginning, not an ending. Once a person has been set free, the real work of walking in freedom begins. Jesus spoke about this reality with striking directness:

“When an unclean spirit goes out of a man, he goes through dry places, seeking rest, and finds none. Then he says, ‘I will return to my house from which I came.’ And when he comes, he finds it empty, swept, and put in order. Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last state of that man is worse than the first. So it shall also be with this wicked generation.” — Matthew 12:43-45 NKJV

The key word is unoccupied. The danger lies not merely in being delivered, but in failing to fill the space with the Holy Spirit and the Word of God. Freedom, in this understanding, must be received, cultivated, and defended.

The Pillars of Sustained Freedom

Those who maintain their freedom over time tend to share a common set of practices, often described as the pillars of sustained freedom:

Daily Surrender — each day is begun with a renewed surrender to Jesus Christ as Lord, keeping no area of life off-limits to the Holy Spirit. Daily surrender is understood to prevent entry points from opening or re-opening.

The Word of God — Jesus used Scripture to resist the devil during His wilderness temptation (Matthew 4:1-11). The Word is regarded not as a passive resource but as an active weapon, the “sword” of Hebrews 4:12 — memorized, declared, and allowed to shape how a person sees themselves and the world.

Ongoing Prayer — Chrysostom warned that the enemy does not cease his assault until a believer’s last breath. Consistent, Spirit-led prayer keeps the spiritual senses alert and the defenses active.

Ongoing Praise — Scripture teaches that God inhabits the praises of His people (Psalm 22:3; 106:47), and that praise can break strongholds and bring freedom even in the midst of bondage (Acts 16:25-26). Blessing the Lord continually is regarded as both a defense and a delight.

Authentic Community — no one is designed to walk alone. A community of believers who understand spiritual warfare, practice accountability, and are willing to contend alongside a person in their weakness (Galatians 6:2) is a vital safeguard, since isolation is among the enemy’s most effective strategies.

Beyond these pillars, sustained freedom involves ongoing vigilance — guarding what one consumes (media, relationships, music, and environments that fed old patterns), staying quickly repentant rather than allowing shame to drive a person into hiding, knowing one’s triggers and building strategies around areas of vulnerability, and remaining in living fellowship with the Holy Spirit, so that intimacy with God fills the space the enemy would otherwise seek to reclaim.

Key Truth: *A delivered life is a filled life. Freedom is sustained not by anxious self-watching but by daily intimacy with God — surrender, the Word, prayer, praise, and community keeping the house occupied by the Holy Spirit.*



When You Need Help: Guided Deliverance

This guide presents powerful, biblically-grounded steps, and for many areas of bondage those steps produce genuine, lasting freedom. It is equally important to be honest about another reality: there are levels of bondage that lie beyond the scope of self-deliverance. Recognizing this is not a statement of weakness — it is a statement of wisdom.

Why Some Bondages Require a Team

Jesus sent out His disciples in pairs (Luke 10:1), and the early church practiced deliverance in the context of community. There are several reasons a guided deliverance session with trained ministers may be necessary:

- Deep trauma or dissociation that requires a trauma-informed approach alongside spiritual ministry
- Severe occult involvement, including high-level witchcraft, ritual abuse, or cult membership
- Long-term, deeply entrenched bondage that has not responded to personal ministry
- Situations where a person cannot hold their authority due to crisis or extreme confusion
- Generational strongholds that require intercession beyond an individual's reach
- Manifestations or demonic interference intense enough to compromise personal composure

In each of these cases, trained deliverance ministers provide something self-ministry cannot: the combined authority of multiple believers, the gift of discernment operating outside of a person's own blind spots, and the safety of accountability during a vulnerable process.

The Role of Living Free Ministries

Living Free Ministries exists precisely for moments like these. Ministering in the area of deliverance under the Community Transformation Church fellowship, its team is trained in both the spiritual and pastoral dimensions of this work and is committed to walking with believers toward complete, lasting freedom.

Guided deliverance does not replace the steps described in this guide — it partners with them. Most of those who come for guided deliverance have already done significant personal work, and what they need is someone to come alongside them for the deeper layers.

People are encouraged to reach out if they recognize themselves in any of the following:

- Having worked through this guide and the course sincerely, they still sense significant bondage in specific areas
- They are dealing with frightening manifestations, intrusive thoughts, or experiences that feel beyond their ability to manage
- They have a history of severe occult involvement or ritual abuse

- They feel an inexplicable terror about seeking deliverance — often itself a sign that they would benefit greatly from it

No one has to figure this out alone. Reaching out is an act of courage, not defeat.



YOUR NEXT STEP

Continue with Living Free Ministries

www.livingfreemin.org/get-delivered

You have reached the end of this guide, but you are not at the end of your journey. You have been equipped with biblical truth, historical understanding, and a clear picture of what the deliverance process involves. For some readers, simply understanding these things has already brought a measure of relief and clarity. For others, this is the first glimpse of the scope of what God wants to do.

Either way, understanding is meant to lead somewhere. Living Free Ministries has structured the path to freedom in three clear steps:

Step 1 — Read this guide and understand the deliverance process. (You've completed this step.)

Step 2 — Complete the LFM Biblical Self-Deliverance online course — the guided, Holy-Spirit-led process that walks you personally through the steps described in these pages.

Step 3 — Meet with a trained minister for guided live sessions, completing the process together in the safety of community.

Now that you understand what deliverance is and how it works, the most important thing you can do is begin. Knowledge alone does not set a person free — it is the truth applied, in surrender and prayer and the power of the Holy Spirit, that brings freedom. Do not let this guide be the end of the matter when it was only ever meant to be the beginning.

Take Step 2 today: Visit www.livingfreemin.org/get-delivered and enroll in the *Biblical Self-Deliverance Course*. The course is designed to guide you, prayerfully and at your own pace, through the full process this guide has described — and to equip you to walk in lasting freedom and, in time, to help others find theirs. Wherever you are, take the next step. We would be honored to walk it with you.

How to Reach Us

Website: www.livingfreemin.org/get-delivered

Ministry: Living Free Ministries

Location: Community Transformation Church | Newark, New Jersey

“The Spirit of the Lord is upon Me, Because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, To proclaim liberty to the captives and recovery of sight to the blind, To set at liberty those who are oppressed, to proclaim the acceptable year of the Lord.”

— Luke 4:18-19 NKJV

This is why we exist. This is why you are reading this.

Freedom is not an accident. It is your inheritance.

APPENDIX: Key Scripture References

The Enemy and Spiritual Warfare

- Ephesians 6:10-18 — The Full Armor of God
- James 4:7 — Submit to God; resist the devil and he will flee
- Colossians 2:15 — Christ disarmed the powers of darkness at the cross

Deliverance and Authority

- Luke 10:19 — Authority over all the power of the enemy
- Mark 16:17 — Signs that follow believers include casting out demons
- Acts 10:38 — Jesus went about healing and delivering those oppressed by the devil

Repentance and Freedom

- 1 John 1:9 — Confession brings forgiveness and cleansing
- Acts 3:19 — Repent and turn to God for times of refreshing
- Galatians 5:1 — Stand firm in the freedom Christ has given you

Generational Bondage and Blessing

- Exodus 20:5-6 — Visiting iniquity; showing love to thousands who love Him
- Galatians 3:13-14 — Christ redeemed us from the curse of the law
- Deuteronomy 28 — Blessings for obedience; curses for disobedience

Forgiveness

- Matthew 18:21-35 — The parable of the unforgiving servant
- Matthew 6:14-15 — Forgive others as God has forgiven you
- Ephesians 4:26-27 — Give no foothold to the devil through unresolved anger

Mind Renewal

- Romans 12:2 — Be transformed by the renewing of your mind
- 2 Corinthians 10:3-5 — Take every thought captive
- Philippians 4:8 — Think on what is true, noble, right, pure, and lovely

Freedom and Identity in Christ

- 2 Corinthians 5:17 — You are a new creation
- Romans 8:1 — No condemnation for those in Christ Jesus
- Colossians 1:13 — Delivered from darkness and transferred to the Kingdom of His Son