

**LIVING FREE MINISTRIES**

*presents*

# What Every Christian Should Know About **Deliverance**

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*A Practical Guide to Self-Deliverance for Spirit-Filled Believers*

[www.livingfreemin.org](http://www.livingfreemin.org)

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

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*"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

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Chances are, you downloaded this guide because you either heard about or were referred to our ministry. Maybe you've come to the conclusion something is not quite right with you in the spirit. Maybe you love Jesus, read your Bible, attend church faithfully -- and yet there is an area or even areas of your life that feels trapped behind locked doors. A recurring sin, an irrational fear, a pattern of bondage that prayer and counseling alone seem unable to break. Maybe it's a heaviness that follows you everywhere you go.

You are not imagining it. And you are not alone.

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). He commissioned His disciples to do the same (Luke 10:17-19). The early church fathers documented the practice continuously for centuries after Pentecost. Some of their quotes regarding this topic include:

- "Demons tremble at the mention of Jesus." — Justin Martyr (c100-165AD)
- "Ecclesiastical teaching maintains the existence of demons but lacks sufficient clarity of their nature and existence." — Athenagoras (Athens, c133-c190 AD)
- "The demons inflict upon men's bodies diseases and other bitter misfortunes, and upon the soul sudden and extraordinary outbursts of violence." — Tertullian (Carthage, c155-c220 AD)
- "Demons do not help us towards God, but rather prevent us from reaching Him... they prevent sanctification of believers." — St. Augustine (Algeria, 354-430 AD)

This is not fringe theology -- it is the historic, biblical heartbeat of the Church.

This guide gives you practical, biblically-grounded steps you can begin right now. Please focus and take your time. Be sure to personally read every scripture mentioned and ask God to give you revelation regarding the topics we will be reviewing. It is designed for Spirit-filled believers who are ready to fight for their freedom. At the same time, we want to be honest with you: some types of spiritual bondage are deeply rooted and may require the guidance of trained deliverance ministers. That is why Living Free Ministries exists -- to walk alongside believers who need more than a book.

But let us begin where God always begins: with truth. And the truth is this -- Jesus purchased your complete freedom. It is time to receive it.

*How to use this guide: Read each chapter in order. Pray through each step before moving to the next. Be honest with God and with yourself. If at any point you feel overwhelmed or unsafe, reach out to us at [www.livingfreemin.org](http://www.livingfreemin.org).*

## CHAPTER ONE

# The Battle Is Real: Understanding the Enemy

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Before you can be free, you must understand what you are dealing with. Many Christians live vaguely aware that spiritual warfare exists, but never grasp the specific, personal, and persistent nature of the battle they are in. 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, 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 like 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 theorize about these attacks -- they documented them and actively fought back.

## What Does the Enemy Want From You?

Demonic spirits seek legal access to your life through what deliverance ministry calls open doors -- areas of unresolved sin, trauma, or ungodly agreements. Once accessed, they seek to build strongholds: ungodly patterns of thought and behavior entrenched in areas of your heart not fully submitted to and/or healed by Jesus Christ. Their purpose is to establish rule, hinder or oppress you and keep you bound. Their ultimate goal is to neutralize your effectiveness for the Kingdom of God.

John Chrysostom, the golden-mouthed 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. But here is the great news: you do not fight from a position of weakness. You fight 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 you fighting for victory -- it is you enforcing the victory Jesus already won.*



## CHAPTER TWO

# Can a Christian Need Deliverance?

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This is the question that stops many believers before they ever begin: Can a Christian really have a demon? The concern is understandable. If the Holy Spirit dwells in you, 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 as demonized, meaning to be under demonic influence or control to varying degrees. Full possession -- where 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.

However, demonic oppression -- external and even partial internal infestation through open doors -- is something believers throughout church history have consistently documented and addressed. Hermas, the early church writer, noted that a believer who fully fears God cannot be possessed. But 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 word foothold (Greek: *topos*, meaning place or space) is telling. Paul is writing to believers. He assumes it is possible for a Christian to give the enemy a place of operation in their life through lying, ungodly anger and stealing. Other ways include unforgiveness, unresolved sin, bitterness and other ungodly behaviors. Deliverance is the process of closing those doors and evicting what has entered.

### What the Early Church Believed

The early church did not debate whether Christians could be demonically affected. They simply practiced deliverance as a normal part of Christian life. Origen taught that the grace available through the Word of Christ drove out evil spirits. Augustine documented exorcism for new believers as part of the conversion process. Tertullian declared that believers carry authority over demons at their touch and by the name of Jesus.

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

### What This Means for You

If you are born again and Spirit-filled, you have both the authority and the right to evict any demonic presence that has gained access through open doors. You do not need to

feel shame about this. You need to feel motivated. Freedom is your covenant right in Christ.

The following chapters walk you through the specific areas -- the open doors -- through which demonic spirits most commonly gain access, and the biblical steps to close each one permanently.

*Practical Note: Before proceeding, pray: "Lord Jesus, I acknowledge that You are my Deliverer. I trust You with this process. Open my eyes to any area of my life that has given the enemy access and give me courage to walk in complete freedom. Amen."*



## CHAPTER THREE

# Step 1 -- Build the Foundation: Salvation and Surrender

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Every process of deliverance must begin in the same place: a genuine, personal relationship with Jesus Christ. This is not religious formality -- it is the non-negotiable foundation upon which everything else is built.

Demonic spirits have legal authority over an unredeemed soul. Through Adam's sin, all of humanity was placed under the dominion of darkness. The moment you surrender your life to Jesus Christ -- acknowledging that He died for your sins, rose from the dead, and is Lord -- you are transferred (conveyed) from the kingdom of darkness into the Kingdom of God (Colossians 1:13). Your legal status changes eternally.

*"...if you confess with your mouth the Lord Jesus and believe in your heart that God has raised him from the dead, you will be saved." -- Romans 10:9 NKJV*

### Are You Truly Surrendered?

Many Christians profess Jesus as Savior but are not fully surrendered in every area of their heart. This is why many suffer from fear, pride, lust, apathy, distraction, idolatry, disobedience, rebellion, etc. Please understand this, there is a great difference between receiving Jesus as Savior and yielding to Him as Lord. A Savior rescues you from sin's penalty. A Lord governs your thoughts, decisions, relationships, and will. Full surrender creates full authority -- both for God's protection over you and for your authority over the enemy.

Before proceeding, take an honest inventory. Are there areas of your life still under yours or the enemy's periodic control rather than His? Relationships? Habits? Thought patterns? Any area where you are "still on the throne" is an area where the enemy can also operate.

### The Prayer of Surrender

If you have never fully surrendered your life to Christ, or if you recognize areas where you have taken back control, pray this prayer from your heart:

*"Lord Jesus, I confess that I have sinned and that I need You as both my Savior and my Lord. I believe that You died for my sins and rose again. Today I surrender every area of my life to You -- my past, my present, and my future. I acknowledge You as the absolute Lord of my life. I renounce every other lord, every agreement with darkness, and every way I have lived outside of Your will. I receive Your forgiveness, Your righteousness, and Your authority. Fill me with Your Holy Spirit. I am Yours. For Yours is the kingdom, the power and the glory, Amen."*

This prayer is not magic -- it is a declaration of reality. God gives grace to the humble, surrendered heart. James 4:7 gives us the divine sequence: Submit yourselves, then, to God. Resist the devil, and he will flee from you. Repentance and submission to God always precedes effective resistance to the enemy. This submission must be in the fullness of mind, body and will. We must agree with God's word about ourselves, others and the world. We are his beloved children. We have been given the spirit of adoption and must represent "the family" honorably. We are commanded to forgive and love our neighbors, which is everyone!

With the foundation in place, you are ready to begin identifying and closing the specific open doors that have given darkness access to your life. Take your time with each step. Deliverance is rarely a single moment -- it is often a process of progressive freedom that unfolds as you apply truth in each area.

*"I beseech you therefore brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service."* -- **Romans 12:1 NKJV**

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## Step 2 -- Repentance and Renouncing Sin

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Sin is the primary open door through which demonic spirits gain access to a believer's life. Not every sin immediately invites a demon, but persistent, unrepentant sin -- particularly in specific categories -- creates a spiritual environment where the enemy is legally welcome.

The good news is that this door can be permanently closed through genuine repentance and renunciation.

### What Is Repentance?

Biblical repentance (Greek: *metanoia*) means a complete change of mind and direction - not simply feeling sorry for sin but turning away from it toward God. It is more than an emotional response; it is a decisive act of the will. Repentance acknowledges that sin was wrong, agrees with God's assessment of it, and in contrition (remorse) for having offended God, makes a covenant commitment to walk in a new direction by the power of the Holy Spirit.

The early church connected repentance directly with baptism -- the outward sign of an inward turning -- and with the casting out of evil spirits. Origen taught that renunciation of the devil was a necessary part of coming to Christ. This was understood as a legal transaction that closed the enemy's access and opened the door to God's freedom.

### What Is Renunciation?

Renunciation is a verbal, intentional declaration that breaks agreement with a specific sin, spirit, or pattern. Where repentance deals with the condition of the heart, renunciation addresses the legal claim. You are essentially saying: I revoke every right I have given to the power of darkness in this area. In the name of Jesus, I am done.

Some specific areas that frequently require renunciation include:

- Sexual sin (fornication, adultery, pornography, immorality, perversion)
- Occult involvement (horoscopes, tarot, crystals, witchcraft, freemasonry, ancestor invocation, New Age practices, seances, etc.)
- Substance abuse and addiction (all forms)
- Pride, rebellion, and self-sufficiency (all forms including self-righteousness)
- Rage, violence, and hatred (bitterness, resentment, contentious spirit, etc.)
- Idolatry -- placing anything above God (spouses, children, church, organizations)

Be specific. Vague repentance produces vague results. Name the sin specifically. Acknowledge it to God. Declare your renunciation out loud.

## A Prayer of Repentance and Renunciation

*"Father God, I come before You in the name of Jesus. I confess the sin of [name the specific sin]. I acknowledge that it was wrong and that it opened a door to the enemy in my life. I am truly sorry. I turn away from this sin completely and I renounce it -- I break every legal right it has given to darkness. I close this door permanently in the name of Jesus Christ. I receive Your forgiveness, cleansing, and freedom. Amen."*

*"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." -- 1 John 1:9 NKJV*

After repentance and renunciation, pause and receive God's forgiveness. Many people are more comfortable confessing sin than receiving grace. Both are required for complete freedom.

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## Step 3 -- Breaking Generational Iniquities

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Not everything you struggle with originated with you. Some of the most entrenched strongholds -- addiction, anxiety, rage, sexual sin & abuse, poverty, premature death -- run along family lines because spiritual vulnerabilities can be inherited as surely as physical traits.

The Bible calls this reality visiting the iniquity of the fathers on the children to the third and fourth generation (Exodus 20:5). Deliverance ministry refers to these inherited vulnerabilities as generational iniquities or generational bondages.

### How Generational Bondages Work

When patterns of sin, occult involvement, or covenant-breaking are practiced over generations, they create spiritual agreements that travel down family lines. Demonic spirits assigned to a family may exploit these agreements, reproducing the same patterns in each new generation -- often without the individual understanding why they struggle with something they never consciously chose.

You may recognize this in your own family: multiple generations of alcoholism, rage, sexual sin and/or abuse, financial ruin, premature death, extreme dysfunction and/or chaos. This is not coincidence -- it is often a sign of generational bondage at work.

### Can These Bondages Be Broken?

Absolutely. The prophet Ezekiel declared a new covenant reality: The son will not share the guilt of the father, nor will the father share the guilt of the son (Ezekiel 18:20). The cross of Jesus Christ is the ultimate curse-breaker.

*"Christ has redeemed us from the curse of the law, having become a curse for us..." -- Galatians 3:13 NKJV*

The key to breaking generational bondages is three-fold: identification, confession of ancestral sin, and verbal renunciation.

### How to Break Generational Bondages

**Identify:** Ask the Holy Spirit to reveal recurring patterns in your family history. What patterns of sin, bondage, or destruction have repeated across generations?

**Confess:** Confess your ancestors' sins as your own -- not because you are personally guilty, but because you are part of the family line. Daniel did this in Daniel 9. Nehemiah did this in Nehemiah 1.

**Renounce:** Verbally renounce the specific generational bondage and break its power in the name of Jesus.

**Replace:** Invite the Holy Spirit to establish new, godly patterns in your family line beginning with you.

*"Lord, I confess and repent for the sins of my ancestors -- including [name specific patterns]. I acknowledge that these sins opened doors to generational bondage in my family. In the name of Jesus Christ, I renounce every generational iniquity and break their power over my life and my children's children. I am the beginning of a new legacy. I receive the blessing of the life of godly abundance through Jesus Christ. Amen."*



## Step 4 -- The Power of Forgiveness

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Of all the open doors that give demonic spirits access to a believer's life, unforgiveness is arguably the most common and most destructive. It is also the one that believers most frequently resist closing.

Unforgiveness is not simply an emotional wound. According to Jesus, it is a spiritual transaction that removes the protection of God from your life and hands you directly to spiritual tormentors.

*"And his master was angry and delivered him to the torturers until he should pay all that was due him. So My heavenly Father also will do to you, if each of you, from his heart, does not forgive his brother his trespasses." -- Matthew 18:34-35 NKJV*

### What Unforgiveness Really Does

In the parable of the unforgiving servant, Jesus reveals that failing to forgive places a believer under the authority of tormentors -- a word that carries strong overtones of demonic oppression. Many believers who struggle with constant inner torment, obsessive thought patterns (fear, pride, distraction, apathy, rebellion), physical ailments, and relational chaos discover that a root of unforgiveness is the hidden source.

Unforgiveness also creates bitterness, which the writer of Hebrews warns can defile many (Hebrews 12:15). Bitterness is a spiritual contamination -- it spreads from one person to everyone they are close to.

### What Forgiveness Is Not

Forgiveness is not saying what was done to you was acceptable. It is not pretending it did not happen. It is not the same as reconciliation, which requires the other party's repentance and participation. And it is not a feeling -- it is a decision.

You may not feel like forgiving. That is normal. Forgiveness is an act of the will, made in obedience to God, which releases the offender from your personal judgment and places them in God's hands. The emotional healing follows the decision -- not the other way around.

### Who Do You Need to Forgive?

Take a moment to ask the Holy Spirit to bring to mind anyone who has wounded you, betrayed you, abused you and/or harmed you. This list may include:

- Parents or family members
- Ex-spouses or romantic partners
- Pastors, churches, or Christian communities
- Employers or colleagues

- Perpetrators of abuse
- God Himself -- for what you perceive He allowed
- Yourself

Yes -- many people need to forgive themselves. Unresolved shame and self-condemnation can be just as much an open door as any other offense.

*"Father, I choose to forgive [name] for [specific offense]. I release them from my judgment. I bless them and place them in Your hands. I renounce any spirit of bitterness, resentment, or unforgiveness that entered my life through this wound. I close this door now in Jesus' name. Heal my heart and replace my pain with Your peace. Amen."*



## Step 5 -- Healing Inner Wounds and Trauma

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Demonic spirits do not merely exploit our sinful choices -- they also exploit our wounds. Unhealed trauma creates fractures in a person's inner world that the enemy actively seeks to inhabit and deepen. Understanding this connection is not a concession to psychology over theology -- it is a recognition of how the whole person (spirit, soul, and body) is affected by painful experiences.

Trauma is not limited to dramatic, catastrophic events. Any experience that overwhelmed a person's capacity to process it -- childhood abuse (any form) and/or neglect, emotional abuse, sudden loss, betrayal, major disappointments, life's major setbacks, accidents, chronic fear -- can leave an unhealed wound that becomes an entry point for spiritual oppression.

### How Trauma Opens Spiritual Doors

When a wound goes unhealed, the soul develops protective mechanisms -- walls, dissociation, denial, numbing -- that keep the pain manageable but also keep the Spirit of God from bringing healing to that area. Demonic spirits will often settle into these protected, unhealed places and reinforce the messages of the wound: You are worthless. You are broken. You are unsafe. God doesn't care. You will never be free. This pain will never end. No one can help you. Etc.

The lies feel true because they are attached to real pain. But the pain and the lie are two different things -- and they must be addressed separately.

### Jesus Is the Healer of Wounds

Isaiah 61:1 -- the passage Jesus read in the synagogue at the launch of His ministry -- declares that He came to bind up the brokenhearted. Healing inner wounds is not a side ministry of Jesus. It is central to His mission. He does not just want to cast out what is tormenting you -- He wants to heal what the tormentor was exploiting.

| *"He heals the brokenhearted and binds up their wounds." -- Psalm 147:3 NKJV*

### Steps Toward Inner Healing

**Identify the wound:** Ask the Holy Spirit, 'What is the earliest memory of this pain? When did the offense first occur? And/or when did I first believe this lie about myself?'

**Invite Jesus into the memory:** In prayer, ask Jesus to "stand" with you in that painful moment. Allow His healing presence to reframe the experience.

**Renounce the lie:** Name the specific lie the enemy established through the wound (e.g., I am broken, I am unloved, I am damaged, I am alone). Renounce it out loud.

**Declare the truth:** Replace the lie with a specific, biblical truth about your identity in Christ.

**Evict the spirit:** Command any spirit of fear, abandonment, orphanhood, rejection, shame, or worthlessness that attached to the wound to leave in the name of Jesus.

*Important: Deep trauma often requires the ministry of a trained professional -- both a skilled inner healing counselor and possibly a clinical therapist. Spiritual healing and psychological healing are not in competition. God works through both. If you are dealing with severe trauma or PTSD, please reach out to Living Free Ministries for guided support at [www.livingfreemin.org](http://www.livingfreemin.org).*



## Step 6 -- Severing Ungodly Soul Ties

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God created human beings for connection. The capacity for deep relational bonding -- what the Bible calls being knit together in soul (1 Samuel 18:1) -- is a gift. But this same capacity, when engaged with the wrong people or in the wrong ways, can create spiritual bonds that become channels for demonic influence.

These bonds are called soul ties -- spiritual connections formed between people through significant relational, physical, or emotional experiences. Godly soul ties are God's design: the bond of husband and wife, parent and child, covenant friendships. Ungodly soul ties form through sin, abuse, control, manipulation, or unhealthy attachment.

### How Ungodly Soul Ties Form

The most commonly recognized ungodly soul ties form through sexual union outside of marriage. The Apostle Paul wrote, "Do you not know that he who unites himself with a prostitute is one with her in body? (1 Corinthians 6:16). Sexual sin creates a spiritual bond that allows the partner's spiritual condition -- including any demonic influence -- to flow into your life.

But soul ties are not limited to sexual relationships. They can also form through:

- Emotionally abusive or controlling relationships
- Cult or high-control religious groups
- Occult partnerships and rituals
- Oaths, pledges, or blood covenants
- Codependent relationships where one person becomes another's functional god
- Significant grief where the soul has not released a deceased loved one

Ungodly soul ties can cause you to feel supernaturally drawn back to a person even when you intellectually know it is destructive. They can transmit oppression, confusion, and spiritual contamination from one person to another.

### How to Sever Ungodly Soul Ties

**Identify:** Ask the Holy Spirit to reveal ungodly bonds -- particularly those formed through sexual sin, abuse, manipulation, or occult connection.

**Repent:** Confess any sin on your part that contributed to the formation of the bond.

**Forgive:** Release the other person from your judgment (see Chapter 6).

**Declare severance:** Verbally cut the soul tie in the name of Jesus.

**Reclaim:** Ask God to return any part of your soul given away through the tie and release the other person fully.

*"In the name of Jesus Christ, I sever and renounce every ungodly soul tie between myself and [name]. I break the power of this bond -- spiritually, emotionally, and physically. I reclaim every part of my soul that was bonded through this relationship and I release [name] fully. I close this door now. Holy Spirit, fill every place that was occupied by this ungodly connection. Amen."*



## Step 7 -- Renewing Your Mind

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One of the primary theaters of spiritual warfare is the mind. Demonic spirits do not always manifest dramatically -- more often, they work quietly and persistently through thought patterns, internal narratives, and deeply embedded lies that feel indistinguishable from your own thinking.

Jesus identified Satan as the father of lies (John 8:44). Deception is his primary mode of operation. If the enemy can get you to believe a lie about God, yourself, or reality, he does not need to do anything else -- you will restrict your own freedom.

### What Is a Stronghold?

The Apostle Paul used military language in 2 Corinthians 10:4-5 to describe how the enemy operates in the mind. He called these strongholds: arguments and every pretension that sets itself up against the knowledge of God. A stronghold can hold an embedded lie so deeply in your thinking that it becomes a lens through which all of reality is filtered.

Common strongholds include:

- "I am not worthy of love."
- "I am better than certain types of people."
- "God is angry with me."
- "I cannot be sincere with people because they will not like me or take advantage of me."
- "I can only trust my understanding of things."
- "I will never change."
- "I can only depend on myself to get what I want."
- "People always leave."
- "I must have (people, possessions, power, pleasure, money) to be happy."
- "I have to earn my worth."
- "The world is fundamentally unsafe."

These thoughts are not random -- they are often planted and maintained by demonic spirits assigned to keep you living below the truth of your identity in Christ.

### How to Tear Down Strongholds

*"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." -- Romans 12:2 NKJV*

Mind renewal is not passive. It is an active, daily, warfare practice. The weapons Paul describes are spiritual: the Word of God, prayer, and the declaration of truth. Here is a practical framework:

**Identify the lie:** What thoughts do you return to repeatedly? What do you believe about yourself that contradicts what God says?

**Expose the source:** Ask: When did I first believe this? What experience reinforced it? Often the lie is tied to a wound (see Chapter 7).

**Renounce the agreement:** Say out loud: 'I renounce the lie that [specific lie]. I break my agreement with this deception in the name of Jesus.'

**Declare the truth:** Find a specific scripture that contradicts the lie and declare it as your confession. Write it down. Repeat it daily.

**Command the spirit to go:** Spirits of deception and confusion must leave when they are exposed, and their legal right is revoked.

This is not a one-time exercise. Renewing the mind is a lifestyle -- a daily commitment to taking every thought captive and measuring it against the truth of God's Word.

*"I take captive the thought [name the specific thought] and bring it into obedience to Christ. I renounce the lie of [specific lie] and I declare the truth: [specific scripture]. Spirit of deception, your assignment in my mind is over. I evict you now in Jesus' name. Holy Spirit, transform my mind with the truth of God's Word. Amen!"*

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## CHAPTER TEN

# Step 8 -- Commanding Unclean Spirits to Leave

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You have laid the groundwork. You have submitted to God, repented of sin, broken generational bondages, forgiven those who wounded you, begun healing from trauma, severed ungodly soul ties, and started renewing your mind. Now it is time for the final act of the self-deliverance process: commanding unclean spirits to leave.

This step is dependent upon you being genuinely engaged in completing the previous steps. Commanding spirits to leave without closing the open doors they entered through is like mopping the floor while the faucet is still running. The groundwork is what gives you legal authority to evict them.

### Your Authority in Christ

Jesus said to His disciples -- and to us: Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you (Luke 10:19). This is not poetic language. It is a legal declaration about the rights of every believer who stands under the Lordship of Jesus Christ.

Tertullian, writing in the second century, documented that believers carried authority over demons through the naming of Christ: "We command them to go, and they depart." Justin Martyr confirmed that demons were subject to believers who acted in Jesus' name. This is the historic, biblical practice of the Church.

*"that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth." -- Philippians 2:10 NKJV*

### How to Command Spirits to Leave

You do not plead with demons. You do not beg God to make them leave. You exercise your authority in Christ and issue a command. Here is how. Before you begin, pray:

*PRAYER OF PROTECTION: "Lord, thank you, that you have brought me this far and that you have given me authority over all unclean spirits. I choose to exercise that authority now and ask that you fill me with the Holy Spirit to command every unclean spirit that I will name, call out and address, to leave me in the name of Jesus. Father, I repent for allowing the spirits that are present to influence me by not receiving the fullness of Jesus's redeeming power over me. I renounce any spirit that is against You and your will for me. Please assign angels to me now, that will bind them and prevent them from harming me. Father, protect me and my household throughout this process. Thank You, Lord. In Jesus' name, Amen."*

**Address the spirit directly:** Name it if you know it (they can be referred to based upon the way they seek to influence) -- spirit of fear, spirit of lust, spirit of pride, spirit of rejection, spirit of abandonment, spirit of ungodly anger, spirit of orphanhood, spirit of apathy, spirit of selfishness, spirit of distraction, spirit of fatigue, lying spirit, spirit of jealousy, spirit of strong delusion, spirit of self-righteousness, spirit of disobedience, spirit of rebellion, spirit of doctrinal error, spirit of mental confusion, spirit of chaos, spirit of sickness and infirmity, etc. If you do not know the specific name, address it by its function: 'You unclean spirit that has afflicted me in the area of...(Ungodly Judgement, Heaviness of Heart, Affection, Patience, Compassion, Temptation, Addiction, etc..)' or "You unclean spirit that has hindered me in the area of (Forgiveness, Praise, Worship, Prayer, Fasting, Reading the Word of God, Fellowship with the Church, etc...)'

**Cite your legal authority:** Remind it -- and yourself -- on what basis you are speaking: 'By the shed blood of Jesus Christ and by the authority of His name...'

**Issue the command:** Clearly and firmly say: 'I renounce you and I command you to go -- NOW -- in the name of Jesus Christ of Nazareth.'

**Receive the filling:** After commanding the spirit to go, immediately ask the Holy Spirit to fill that place: 'Holy Spirit, fill every area that was influenced by that spirit.'

After you have addressed every spirit you can think of (or the Lord has revealed to you), pray the following prayer:

*SELF-DELIVERANCE PRAYER: "In the name of Jesus Christ of Nazareth, by His blood and by His authority given to me as a believer, I command every unclean spirit that has been operating in my life through [specific open doors] and has not gone, to leave me now. I am covered by the blood of Jesus. I am submitted to God. I resist you, enemy, and you must flee. Spirit of [name it], go -- NOW -- in the name of Jesus! I am free. Holy Spirit, fill every place that has been vacated. I receive Your peace, Your presence, and Your power. Thank You, Lord. Amen."*

Please bear in mind, you may experience physical reactions during this process -- yawning, coughing, vomiting, deep sighing, weeping, or a sense of weight lifting off of you. These can be signs that something is leaving. Do not be alarmed. Stay focused on Jesus, not on manifestations.

If you feel overwhelmed, stop and call on the name of Jesus. You can always pause and return. If you encounter significant resistance or feel unsafe, stop and seek the guidance of a trained deliverance minister. This is exactly why Living Free Ministries exists -- reach out at [www.livingfreemin.org](http://www.livingfreemin.org).

## Staying Free: Maintaining Your Deliverance

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Deliverance is a beginning, not an ending. Once you have been set free, the real work of walking in freedom begins. Jesus warned about this reality with profound 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*

The key word is unoccupied. The danger is not merely in being delivered -- it is in not filling the space with the Holy Spirit and the Word of God. Freedom must be received, cultivated, and defended.

### The Pillars of Sustained Freedom

**Daily Surrender:** Every morning, begin your day with a renewed act of surrender to Jesus Christ as Lord. Keep no area of your life off-limits to the Holy Spirit. Daily surrender prevents 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 not a passive resource -- it is an active weapon "sword" (Hebrews 4:12). Memorize scripture. Declare it. Let it shape how you see yourself and the world.

**Ongoing Prayer:** Chrysostom warned that the enemy does not cease his assault until a believer's last breath. Neither should your prayer life. Consistent, Spirit-led prayer keeps your spiritual senses alert and your defenses active.

**Ongoing Praise:** God's word tells us that he inhabits and there is triumph in the praises of Israel (his people) Psalms 22:3 & 106:47 KJV. Praise invokes the power of the Holy Spirit to move in our life to break strongholds and free us to walk in freedom even in the midst of bondage. (Acts 16:25-26). Finally, bless the Lord at all times and let praise of Him be continually in our mouths! Let everything that has breath, praise the Lord.

**Authentic Community:** You were not designed to walk alone. Find a community of believers who understand and train in spiritual warfare, practice accountability, and will fight with you when you are weakened in fighting for yourself (Galatians 6:2). Isolation is one of the enemy's most powerful strategies.

Beyond these pillars, be vigilant about:

- Guard what you consume -- media, relationships, music and environments that fed old patterns must be replaced

- Stay quickly repentant -- when you sin, do not allow shame to drive you into hiding; confess quickly and receive grace
- Know your triggers -- build specific strategies around areas where you are most vulnerable to re-entry
- Remain in fellowship with the Holy Spirit -- deliverance without ongoing intimacy with God leaves a vacuum that the enemy will seek to fill.

*DAILY DECLARATION: "I am submitted to God. I am covered by the blood of Jesus. I am filled with the Holy Spirit. The enemy has no place in me and no power over me. I walk in the freedom that Jesus purchased. I will not surrender this ground. Greater is He who is in me than he who is in the world (1 John 4:4)."*

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', 'Living', and 'Ministries' are stacked vertically in a light blue, sans-serif font. The 'F' is partially overlaid by a light blue wavy shape that resembles a stylized 'L' or a wave.

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## When You Need Help: Guided Deliverance

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This guide has given you powerful, biblically-grounded steps for self-deliverance -- and for many areas of bondage, these steps will produce genuine, lasting freedom. But we want to be honest with you: there are levels of bondage that are beyond the scope of self-deliverance.

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). The early church practiced deliverance in the context of community. There are several reasons why 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, Satanic ritual abuse, or cult membership
- Long-term, deeply entrenched bondage that has not responded to self-ministry
- Situations where the individual cannot hold their authority due to crisis or extreme confusion
- Generational strongholds that require intercession beyond the individual's reach
- Manifestations or demonic interference so intense that personal composure is compromised

In all of these cases, trained deliverance ministers provide something self-ministry cannot: the combined authority of multiple believers, the gift of discernment operating outside of the individual'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. We minister in the area of deliverance operating under the Community Transformation Church fellowship. We are committed to walking with believers through the process of complete, lasting freedom. Our team is trained in both the spiritual and pastoral dimensions of deliverance ministry.

We do not replace the steps in this guide. We partner with you in the process. Most of those who come to us for guided deliverance have already done significant personal work -- and what they need is someone to come alongside them for the deeper layers.

If you recognize yourself in any of the following, we encourage you to contact us:

- You have worked through this guide sincerely and still feel significant bondage in specific areas
- You are dealing with frightening manifestations, intrusive thoughts, or experiences that feel beyond your ability to manage
- You have a history of severe occult involvement or ritual abuse
- You feel inexplicable terror about seeking deliverance -- this is often a sign that you will benefit greatly from it

*You do not have to figure this out alone. We are here. Reaching out is an act of courage, not defeat.*



## YOUR NEXT STEP

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### Contact Living Free Ministries

[www.livingfreemin.org](http://www.livingfreemin.org)

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 practical steps. Some of you have experienced breakthrough just by working through these pages. Others of you are just beginning to see the scope of what God wants to do in you.

Wherever you are -- take the next step. Freedom is not a destination you arrive at and stop. It is a life you live, daily, in the power of the Holy Spirit.

Living Free Ministries would be honored to walk with you. Whether you need prayer, pastoral counsel, a guided deliverance session, or simply a community that understands what you are walking through -- we are here. If you are led to, contact us just to share your experience and/or testimony. We would love to hear from you. Blessings!

#### How to Reach Us

Website: [www.livingfreemin.org](http://www.livingfreemin.org)

Ministry: Living Free Ministries

Location: Community Transformation Church | 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.*

**Go and live free.**

## APPENDIX: Key Scripture References

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### The Enemy and Spiritual Warfare

- Ephesians 6:10-18 -- The Full Armor of God
- 1 Peter 5:8-9 -- Be sober-minded; resist the devil
- 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
- Revelation 12:11 -- Overcome by the blood of the Lamb and the word of testimony

### 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
- Luke 4:18 -- Jesus came to proclaim liberty to the captives
- Acts 10:38 -- Jesus went about healing and delivering those oppressed by the devil
- Matthew 12:28 -- The Kingdom of God has come upon you

### 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
- John 8:36 -- If the Son sets you free, you are free indeed

### 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
- Ezekiel 18:20 -- The son will not share the guilt of the father
- 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
- Colossians 3:13 -- Forgive as the Lord has forgiven you

## **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
- Isaiah 26:3 -- Perfect peace for those whose mind is stayed on God

## **Freedom and Identity in Christ**

- 2 Corinthians 5:17 -- You are a new creation
- Romans 8:1 -- No condemnation for those in Christ Jesus
- 1 John 4:4 -- Greater is He in you than he who is in the world
- Colossians 1:13 -- Delivered from darkness and transferred to the Kingdom of His Son

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