

What Every Christian Should Know About DELIVERANCE

A Condensed Guide to Understanding the Deliverance Process

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“Therefore, if the Son makes you free, you shall be free indeed.” — John 8:36 NKJV

INTRODUCTION

Freedom Is Your Inheritance

Many believers love Jesus, read the Bible, and attend church faithfully, yet sense that an area of life stays trapped behind locked doors — a recurring sin, an irrational fear, a pattern of bondage that prayer and counseling alone have not broken. These experiences are common, and they are not imagined.

Deliverance — the biblical process of being freed from demonic oppression — has been practiced by the Church since its beginning. Jesus cast out demons as a central part of His ministry (Luke 4:18; Matthew 8:16) and commissioned His disciples to do the same (Luke 10:17–19). Early church fathers such as Justin Martyr, Tertullian, and Augustine documented and contended against demonic affliction for centuries. This is not fringe theology — it is the historic, biblical heartbeat of the Church.

This guide is the **first step** of the Living Free Ministries journey. Its aim is understanding — what deliverance is, how the enemy gains access, and how freedom is recovered. It is also honest about one reality: some bondage is deeply rooted and is best addressed with trained deliverance ministers. The actual self-deliverance process is walked, step by step, in the guided course that follows.

CHAPTER ONE

The Battle Is Real: Understanding the Enemy

The conflict is specific, personal, and persistent. Paul did not speak in abstract terms:

“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

Satan is 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 spirits whose mission is to oppose God and harm humanity — described as deceiver (John 8:44), accuser (Revelation 12:10), thief (John 10:10), and roaring lion (1 Peter 5:8). Scholars across church history have noted consistent patterns of demonic attack against believers:

- **Deception** — planting lies about God, self, and 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

The enemy seeks legal access through these open doors, then builds strongholds — entrenched patterns of thought and behavior contradictory to God and His word — to keep a person bound and neutralize them for the Kingdom. Yet the believer fights from a position of victory already secured: “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.*

CHAPTER TWO

Can a Christian Need Deliverance?

If the Holy Spirit dwells in a person, how can a demonic spirit also be present? The answer requires a careful distinction. The Greek word translated “demon-possessed,” *daimonizomai*, is better rendered “demonized” — to be under demonic influence to varying degrees. Full possession, in which a spirit completely controls a person, is not the experience of a true, Spirit-filled believer; the Holy Spirit does not share the throne of a surrendered heart.

Demonic oppression — external pressure and partial internal footholds through open doors — is something believers have suffered and addressed throughout church history. Paul, writing to believers, warns: “nor give place to the devil” (Ephesians 4:27 NKJV). The word for “place,” *topos*, also means “opportunity.” Lying, ungodly anger, stealing, unforgiveness, unresolved sin, and bitterness can all give the enemy a place of operation. Deliverance is the process of closing those doors and evicting whatever has entered that is not of God. The early church did not debate this — Origen, St. Augustine, and Tertullian treated deliverance as a normal part of Christian life.

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

These are the eight steps of self-deliverance, in the order they are walked. The earlier steps close the open doors through which spirits gained access, so the final step — commanding them to leave — rests on authority already secured. For this reason they are best walked in sequence rather than skipped or rearranged. Each is summarized briefly here and expanded into its own guided session in the LFM Biblical Self-Deliverance Course.

#	Step	What It Does	Scripture
1	Build the Foundation: Salvation & Surrender	Every deliverance begins with a genuine relationship with Jesus and full surrender to Him as Savior and Lord. This transfers a person out of the kingdom of	Romans 10:9

#	Step	What It Does	Scripture
		darkness and establishes the authority from which all freedom flows.	
2	Repentance & Renouncing Sin	Persistent, unrepentant sin is the primary open door. Repentance turns the heart away from sin; renunciation verbally revokes every legal right the enemy has been given.	<i>1 John 1:9</i>
3	Breaking Generational Iniquities	Some strongholds run along family lines, inherited rather than chosen. Identification, confession of ancestral sin, renunciation, and replacement let the cross break these cycles.	<i>Exodus 20:5; Galatians 3:13</i>
4	The Power of Forgiveness	Unforgiveness hands a believer over to tormentors and breeds defiling bitterness. Releasing every offender — including oneself — as an act of the will closes that door.	<i>Matthew 18:34–35</i>
5	Healing Inner Wounds & Trauma	Unhealed trauma leaves wounds the enemy inhabits with lies. Inviting Jesus into the memory, renouncing the lie, and declaring truth lets His healing presence restore.	<i>Psalms 147:3</i>
6	Severing Ungodly Soul Ties	Ungodly bonds from sexual sin, abuse, or control become channels for influence. Confessing one's part, forgiving, and verbally severing the tie in Jesus' name breaks the connection.	<i>1 Corinthians 6:16</i>
7	Renewing Your Mind	The mind is a primary theater of warfare. Identifying each lie, renouncing agreement, and declaring contradicting Scripture tears down strongholds as a daily practice.	<i>Romans 12:2</i>
8	Commanding Unclean Spirits to Leave	With the doors closed, the believer evicts what remains — addressing spirits by name or function, commanding them to leave by the blood and name of Jesus, then filling the space with the Holy Spirit.	<i>Philippians 2:10</i>

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

CHAPTER FOUR

Staying Free: Maintaining Your Deliverance

Deliverance is a beginning, not an ending. Jesus warned that an unclean spirit, finding its former house “empty, swept, and put in order,” returns with seven more wicked than itself, so the last state is worse than the first (Matthew 12:43–45). The key word is unoccupied: the danger lies not in being delivered but in failing to fill the space with the Holy Spirit and the Word. Freedom must be received, cultivated, and defended through five pillars:

- **Daily Surrender** — begin each day with renewed surrender to Christ as Lord, keeping no area off-limits, so entry points stay closed.
- **The Word of God** — the active “sword” (Hebrews 4:12) Jesus used to resist the devil (Matthew 4:1–11); memorized, declared, and shaping how you see reality.
- **Ongoing Prayer** — the enemy does not cease until a believer’s last breath; Spirit-led prayer keeps the spiritual senses alert.
- **Ongoing Praise** — God inhabits the praises of His people (Psalm 22:3) and praise breaks strongholds even in bondage (Acts 16:25–26).

- **Authentic Community** — believers who understand warfare and practice accountability (Galatians 6:2); isolation is among the enemy's most effective strategies.

Sustained freedom also means ongoing vigilance — guarding what you consume, staying quickly repentant rather than hiding in shame, knowing your triggers, and remaining in living fellowship with the Holy Spirit.

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.*

CHAPTER FIVE

When You Need Help: Guided Deliverance

For many areas of bondage these steps produce genuine, lasting freedom. It is equally important to be honest: some levels of bondage lie beyond the scope of self-deliverance. Recognizing this is wisdom, not weakness. Jesus sent His disciples out in pairs (Luke 10:1), and a guided session with trained ministers may be necessary when there is:

- Deep trauma or dissociation requiring a trauma-informed approach alongside spiritual ministry
- Severe occult involvement — 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 requiring intercession beyond an individual's reach, or manifestations intense enough to compromise composure

Trained ministers provide what self-ministry cannot: the combined authority of multiple believers, discernment outside one's own blind spots, and the safety of accountability. Guided deliverance does not replace these steps — it partners with them. Reach out if, after working through this guide sincerely, you still sense significant bondage; face frightening manifestations or intrusive thoughts beyond your ability to manage; have a history of severe occult involvement; or feel an inexplicable terror about seeking deliverance — often itself a sign you would benefit greatly from it.

Remember: *No one has to figure this out alone. Reaching out is an act of courage, not defeat. Self-deliverance is never a substitute for needed medical, psychological, or pastoral care.*

YOUR NEXT STEP

Continue with Living Free Ministries

Understanding is meant to lead somewhere. The path to freedom has three clear steps:

1. **Read this guide and understand the deliverance process.** (You've completed this step.)
2. **Complete the LFM Biblical Self-Deliverance online course** — the guided, Holy-Spirit-led process that walks you through each step.
3. **Meet with a trained minister for guided live sessions**, completing the process together in the safety of community.

Knowledge alone does not set a person free — it is truth applied, in surrender, prayer, and the power of the Holy Spirit. Take the next step today by clicking here → [Get Delivered Today](#).

“The Spirit of the Lord is upon Me... He has sent Me to heal the brokenhearted, to proclaim liberty to the captives... to set at liberty those who are oppressed.” — Luke 4:18–19 NKJV

Freedom is not an accident. It is your inheritance.

APPENDIX

Key Scripture References

The Enemy & 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 & 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 healed and delivered those oppressed by the devil

Repentance & 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

Generational Bondage & Blessing

- Exodus 20:5–6 — Visiting iniquity; 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 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, lovely

Freedom & 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 into the Kingdom of His Son