

Spiritual Warfare: Freedom from Demonic Influence
Part 13 Steps to Self-Deliverance
Chosen Explosion Ministries
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I. Introduction:

- Casting out demons is a part of spiritual warfare.
- It is prayer.
- Different deliverance ministers will teach it a little different but all the element will be there.
- This is a general guideline, but it works.

II. Basic Steps of self-deliverance: The first 3 steps are preparation work then deliverance begins with step 4.

1. Fasting and prayer to build your faith and prepare your heart for deliverance.

Mat 17:18-21 MKJV And Jesus rebuked the demon, and he departed out of him. And the child was cured from that very hour. (19) Then the disciples came to Jesus apart, and said, Why could we not cast him out? (20) And Jesus said to them, Because of your unbelief. For truly I say to you, If you have faith like a grain of mustard seed, you shall say to this mountain, Move from here to there. And it shall move. And nothing shall be impossible to you. (21) However, this kind does not go out except by prayer and fasting.

2. Assessment to know what demons you are possibly dealing with to make a “hit list”.

1. Think about what issues or bondages that you dealing with. Disease, lust, anger, rebellion, addiction, depression, mental illness, rejection, perversion, etc...
2. Pray seeking God for discernment about what needs to be cast out and how they gained entry.
3. Deliverance Ministry Questionnaire can be helpful to bring to mind the things that may have allowed them in to start with and also to identify area where you need inner healing and spiritual growth.
4. List of bondages caused by demons and a list of demon groupings on our website
5. Write out your hit list. This will be your guide but the Lord may show you more during actually deliverance.

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3. Make 3 other lists that will help you in taking away demonic rights in preparation for self-deliverance. Search your heart, ask God to bring things to mind that you need to put on your lists.

- 1. Sins that you may need forgiveness for.**
- 2. People that you may need to release forgiveness to.**
- 3. People or organizations that you need to break soul ties with.**

- Soul tie is an emotional connection to someone or a group of people as a result of a relationship or sexual relations.
- All relationships form soul ties, **some are healthy some are not.**
- Negative soul tie brings harm in some way to our life. It either holds us in a bad relationship unable to move on, or it keeps the door open to either sinful or self-defeating patterns between you and someone else.
- The negative soul tie may be with someone that we want to be in relationship with but some negative parts need to be broken so a healthy relationship can occur. So we break the unholy soul tie in the realm of the spirit breaking demonic activity then we ask God to help us have a healthy relationship with this person.
- Sometimes the whole relationship is not good and you want away from that person or group but you have trouble breaking free emotionally. This is demons trying to keep that relationship active because they can control and hinder you in this relationship.
- The Lord told me that addictions are very similar. We can have soul ties with things like pornography, alcohol or drugs.. We can break the tie between our souls and that addiction, cutting off demonic activity. Making it much easier to be free. Those demons still will have to be cast out.
- In the **sample prayers** list on our website there is a sample prayer for breaking soul ties. This exercise will prepare you to be pray this prayer, not forgetting any that may need to be broken.

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4. Create an anointed atmosphere with prayer, praise and worship

- Invite the Holy Spirit to come, invite the angels of God to come and assist.
- Declare that God's kingdom has come and demons are cast out by the finger of God.
- Cover yourself, your home and your family in the blood of Jesus. Declare safety upon you all.

5. Breaking Curses: Take all demonic rights away through prayer:

A curse is words spoken or actions performed that gives legal right for demonic activity. Curses releases, incites or calls upon demonic activity.

- Refer to the prayers for self-deliverance on our website. Link in description box.
1. **Pray prayers of repentance of all sin**
 2. **Pray prayers of releasing forgiveness of others sins against you**
 3. **Pray Prayers of breaking generational curses**
 - Demons do follow or have assignments against families. For example, incest, alcoholism, heart disease.
 - We have to say, “no you don’t” and remind them that they have no hold on you. Point to the blood.
 4. **Pray prayers of breaking word curses**
 - Words curses spoken over you
 - Words curses that you have spoken over yourself
 - Witchcraft curses
 5. **Renunciations**
 - Declaration that you want no fellowship with darkness and you want all evil spirits gone.
 6. **Prayers that break any negative soul ties**

6. Bind the strong man.

Or else how can one enter into a strong man's house and spoil his goods, unless first he binds the strong one, and then he will plunder his house. (Mat 12:29 MKJV)

Mat 18:18 MKJV Truly I say to you, Whatever you shall bind on earth shall occur, having been bound in Heaven; and whatever you shall loose on earth shall occur, having been loosed in Heaven.

- Binding is different from casting out. Binding is like a temporary hand cuff.
- The strong man is the strongest indwelling demon. He is the doorkeeper and the organizer of the teamwork of hindering your forward movement in God.
- It is easier to kick out weaker demons first, thus weakening the strong man’s hold. Usually he is the last to go.
- You may not even know what His name is, if God doesn’t reveal it call him he strongman. He knows who he is.
- “ I now bind the strongman, I stake you down in the name of Jesus, You will not hinder this exorcism in any way.”

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7. **Cast them out with words:** All spiritual warfare is done with words, with different types of prayers that include taking authority and commanding they go. Use your “hit list”. Call them by name and command that they go to the pit. Be open to anything the Lord says to you during the ministry.
 - You can tell them to never come back but really there is no need to because the truth is that if you give them a legal right, they can and will.
8. **Prayer and Discernment:** Go back and forth between commanding they go, and asking God to help you discern.
 - Push and pull. I push out darkness and pull in light. I do it intermediately. Casting out then calling on God’s kingdom. Love, righteousness, the Blood of Jesus, the oil of the Holy Spirit, Judgment, the word of God, angelic assistance etc.
9. **Close by thanking God for deliverance, command any lingering spirits go straight to the pit. Invite the Holy Spirit to have His way in your life and home.**