

# Chains Off!

Are you tired of fighting the same battles over and over? Do hidden strongholds, addictions, tormenting thoughts, or generational chains keep you from the freedom Jesus promised? *Chains Off* takes you through the full deliverance journey — from the crucial preparation you need before deliverance, to what really happens during the moment of breakthrough, and most importantly, how to tear down strongholds and stay free afterward.

Whether you're seeking deliverance for yourself, ministering to others, or simply longing for total victory in Christ, this practical handbook will equip you to break every chain and walk in the abundant life God designed for you. The Son sets free — and whom He sets free is free indeed.

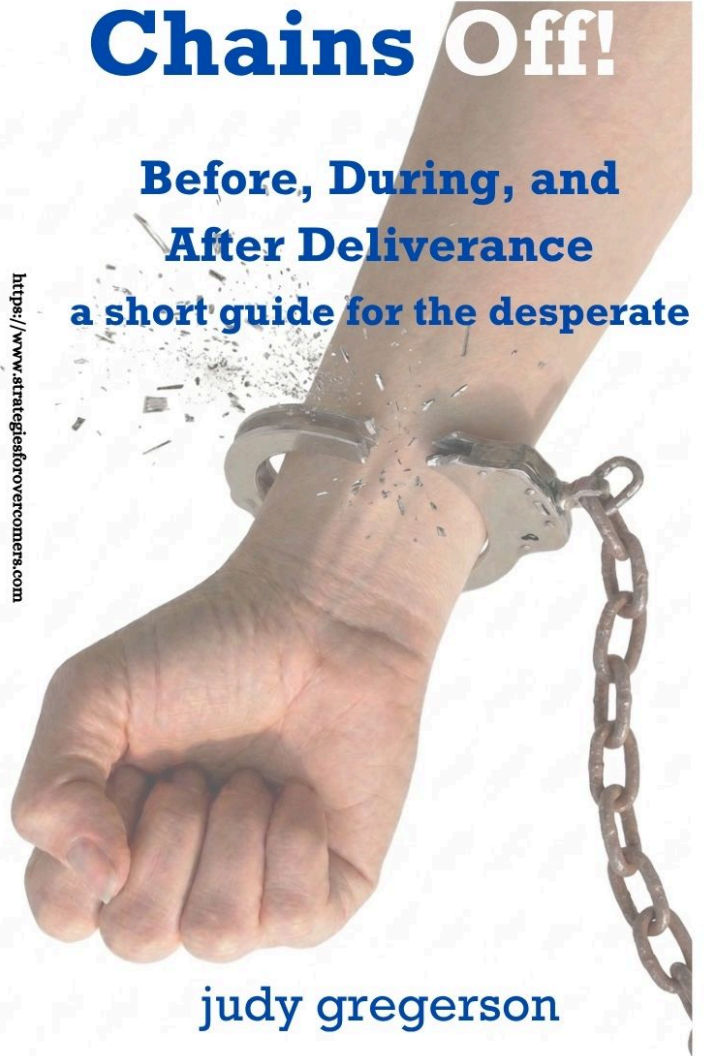
It's time to take the chains off... for good.

Judy Gregerson is known for tackling difficult topics such as pain, suffering, and abuse with honesty and depth. A frequent guest on podcasts that explore these challenging subjects, she brings insight and empathy to every conversation. This is her fifth book. She lives in the Pacific Northwest with her husband and two beloved cats.

# Chains Off!

Before, During, and  
After Deliverance  
a short guide for the desperate

<https://www.strategiesforovercomers.com>



judy gregerson

## Dedication

**This book is for the many desperate people  
who have stepped into the ring  
to find deliverance and walked away free.**

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## Introduction

You were never meant to live in chains.

Maybe you picked up this book because you feel stuck—oppressed by thoughts, emotions, or habits that never seem to break no matter how hard you pray, fast, or try. Or perhaps you love someone who is struggling and you desperately want to help. You've heard about deliverance ministry but feel uncertain, cautious, or even afraid.

You're not alone.

For years, countless sincere believers have quietly suffered under demonic influence while wondering why victory in Christ feels so distant. The good news is that Jesus came to “set the captives free” (Luke 4:18), and He still does today. Deliverance is not a sideshow or a last resort—it is a normal part of the abundant life He promised.

But freedom rarely happens by accident. It requires preparation, wise guidance in the moment, and intentional follow-through afterward.

That is why this book exists.

*Before, During, and After Deliverance* is a clear, biblical, and practical roadmap for anyone seeking personal freedom or called to help others find it. Whether you are preparing for your own deliverance session, about to minister to someone else, or walking alongside a new believer who just experienced breakthrough, you will find honest answers, scriptural foundations, and time-tested wisdom inside these pages.

Before Deliverance we will walk through the essential heart work that closes legal doors to the enemy: genuine repentance, radical forgiveness, renouncing occult ties, soul ties, all sin, and generational strongholds, and building faith through prayer and the Word. You will learn how to identify open doors and prepare your spirit, soul, and body so that the ministry time is fruitful rather than frustrating.

During Deliverance you will discover what to expect—both the quiet releases and the more dramatic manifestations—so that fear and confusion do not derail the process. You will be equipped with practical understanding of spiritual authority, discernment, and how to cooperate with the Holy Spirit as demons are confronted and expelled in Jesus' name.

After Deliverance is where many people stumble, so we devote significant time to staying free. You will learn how to fill the “empty house” with the presence of the Holy Spirit, renew your mind, close doors permanently, and walk in lasting victory. We address the spiritual warfare that often follows breakthrough, the importance of inner healing, discipleship, and building healthy spiritual habits that protect your freedom for a lifetime. This is not another sensational book filled with dramatic stories and little substance. Nor is it a dry theological treatise. My goal is to give you practical, Scripture-saturated tools you can use immediately while always pointing you back to Jesus—the true Deliverer.

I have walked this road personally, ministered to many people around the world, and learned from seasoned deliverance ministers who operate with humility, integrity, and biblical soundness. Everything presented here has been

tested in real life and grounded in the authority of God's Word.

If you are tired of cycling through temporary relief only to fall back into the same struggles, this book is for you. If you long to see the church walk in the full freedom Christ purchased on the cross, this book is for you. Deliverance is not the end of the journey—it is a powerful new beginning.

My prayer is that as you read these pages, the Holy Spirit will give you fresh hope, clear direction, and bold faith to step into everything Jesus has for you.

Freedom is closer than you think. It is available for the desperate and it's the desperate who get free.

Now let's begin.

## Chapter 1: Understanding the Need for Deliverance

Deliverance is not a side issue in the Christian life—it is central to the mission of Jesus Christ. When the Son of God stepped into human history, He declared His purpose with these words: “The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed” (Luke 4:18). That liberty includes freedom from every form of bondage, including demonic oppression. Before we can walk effectively in deliverance ministry or receive deliverance ourselves, we must first understand why it is needed. This chapter lays that foundation by examining the biblical precedent, identifying common signs of demonic influence, and learning to distinguish between problems of the flesh, the soul, and the spirit.

### Biblical Examples of Deliverance

The Bible does not treat deliverance as an optional add-on to the gospel. From Genesis to Revelation, God reveals Himself as a Deliverer. In the Old Testament, we see dramatic national and personal deliverances that point forward to the greater deliverance Christ would bring. Exodus stands as the premier example. Israel was in cruel bondage to Pharaoh, a situation the New Testament later connects to spiritual slavery (see Galatians 4:3–7). God did not merely negotiate their release—He shattered their chains through signs, wonders, and the blood of the Passover lamb. The Red Sea crossing became a picture of baptism into freedom, while the destruction of Pharaoh’s army illustrated the total defeat of the enemy’s power.

We also see individual deliverances. David repeatedly cried out for deliverance from Saul, from his own sins, and from unseen spiritual forces (Psalm 34:4, 18; 144:1–2). The prophets spoke of a coming Messiah who would “proclaim liberty to the captives” (Isaiah 61:1). These Old Testament accounts establish a pattern: God hears the cries of His people, confronts the powers that hold them captive, and brings them out with a mighty hand.

The ministry of Jesus explodes with deliverance. Mark’s Gospel, which many scholars believe was written to a Roman audience familiar with demonic realities, records more exorcisms than any other. In the very first chapter, Jesus casts an unclean spirit out of a man in the synagogue (Mark 1:23–27). The demons recognized Him immediately: “*What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God*” (v. 24). Jesus commanded the spirit to be silent and to come out, and the man was instantly freed.

This pattern repeats throughout the Gospels: the Gerasene demoniac (Mark 5), the Syrophenician woman’s daughter (Mark 7), the boy with seizures (Mark 9), and many others. Jesus never referred anyone to counseling first or suggested their problems were merely psychological. He addressed the spiritual root directly and set people free. The apostles continued this ministry after the resurrection. In Acts 8, Philip preaches in Samaria and “*unclean spirits came out of many who were possessed, crying with a loud voice*” (v. 7). Paul cast out a spirit of divination from a slave girl in Philippi (Acts 16:16–18), and extraordinary miracles occurred through him in Ephesus so that “*evil spirits came out of them*” (Acts 19:12).

The early church understood deliverance as a normal expression of the authority Jesus had given them: *“In my name they will cast out demons”* (Mark 16:17). These examples are not relics of a distant past. They reveal the unchanging nature of spiritual warfare and the compassionate heart of God, who still desires to set captives free today.

### Common Signs of Demonic Influence or Strongholds

Not every problem is demonic, but many are. Scripture warns us not to be ignorant of Satan’s devices (2 Corinthians 2:11). Here are some of the most common manifestations that indicate possible demonic influence or strongholds:

**Addictions.** Whether to alcohol, drugs, pornography, food, or any other substance or behavior, addictions often have a spiritual component that mere willpower cannot break. The Bible describes strongholds as *“arguments and every lofty opinion raised against the knowledge of God”* (2 Corinthians 10:5). An addict may sincerely want to stop yet finds himself compelled by an internal force that feels stronger than his own will. This is frequently a sign of a demonic stronghold.

**Tormenting Thoughts.** Persistent thoughts of suicide, self-harm, fear, anxiety, or blasphemous accusations against God often point to demonic oppression. The *“fiery darts of the wicked one”* (Ephesians 6:16) are real. Many believers describe voices, intrusive images, or racing thoughts that they know are not their own. Jesus rebuked tormenting spirits and brought peace. The same authority is available now.

**Generational Patterns.** Exodus 20:5 speaks of iniquity being visited “*to the third and the fourth generation of those who hate me.*” While this is not a curse that automatically binds every descendant, certain patterns—rage, divorce, sexual perversion, poverty, or sickness—can run in family lines because of inherited spiritual strongholds. When a person repents and breaks these patterns through the blood of Jesus, freedom often follows.

**Unexplained Sickness.** Not all illness is demonic, but some is. Jesus healed many who were “oppressed by the devil” (Acts 10:38). Conditions that defy medical explanation, worsen during prayer or worship, or are accompanied by other spiritual symptoms may have a demonic root. The woman bent over for eighteen years was bound by a “*spirit of infirmity*” (Luke 13:11). Jesus loosed her with a word.

Other common signs include **compulsive behaviors, uncontrollable anger or hatred, chronic nightmares, aversion to the Bible or prayer, and a sense of being “blocked” spiritually despite genuine desire to grow.** These are not definitive proof in every case, but they should prompt serious prayer and discernment.

### Distinguishing Between Flesh, Soul, and Spirit Issues

One of the greatest mistakes in deliverance ministry is misdiagnosis. Not everything requires an exorcism, and not every sin is caused by a demon. The Bible presents man as a tripartite being—spirit, soul, and body (1 Thessalonians 5:23). Understanding these realms helps us minister more accurately.

**The Flesh (Carnal Nature).** This refers to the sinful nature we inherited from Adam (Romans 7:18; Galatians 5:17).

Fleshly issues respond to repentance, discipline, and walking in the Spirit. A person struggling with lust or greed may simply need to crucify the flesh daily (Galatians 5:24) rather than seek deliverance. The key indicator is that the struggle feels like an internal battle between two natures rather than an external force.

**The Soul (Mind, Will, Emotions).** The soul includes our thoughts, emotions, and personality. **Trauma, bad teaching, or habitual sin** can create soul wounds or strongholds in the mind. These often require renewing the mind with God's Word (Romans 12:2), inner healing prayer, and counseling. A person with deep rejection issues may need both soul care and, at times, deliverance if demons have attached themselves to those wounds.

**The Spirit.** This is the innermost part where we connect with God. Demons cannot inhabit the spirit of a Christian, but demonic influence can affect the spirit (through oppression and the likes) and the areas of the soul that have been opened through sin, trauma, or the occult. When a demon is present, the person often experiences a sense of something "other" controlling them. Physical manifestations during deliverance (coughing, vomiting, crying out, or convulsions, as seen in the Gospels) frequently occur when spirits exit. The spirit realm responds to the name of Jesus and the power of the Holy Spirit.

Wise discernment involves asking several questions: Does the problem yield to repentance and obedience? Is there a history of occult involvement, curses, or trauma that may

have opened a door? Does the issue intensify during spiritual activity? Does the person feel powerless in a way that goes beyond normal temptation?

Prayer, fasting, and the gifts of the Spirit (especially discernment) are essential tools for making this distinction.

### Why This Matters

Understanding the need for deliverance keeps us from two dangerous extremes: attributing everything to demons or attributing nothing to them. Jesus modeled perfect balance. He cast out demons when they were present and addressed sin and unbelief when those were the root issues. As the church recovers this missing dimension of the gospel, we will see more people walk in the full freedom Christ purchased on the cross.

If you are reading this and recognize yourself or someone you love in these descriptions, take heart. The same Jesus who delivered the tormented souls two thousand years ago is alive and active today. The next chapters will equip you with practical steps to receive and minister deliverance. For now, begin to pray this simple prayer of agreement:

“Lord Jesus, open my eyes to see the truth. If there are areas of bondage in my life or the lives of those I love, reveal them. I declare that You are the Deliverer, and I am willing to be set free. Amen.”

The journey toward freedom begins with understanding the need. That understanding is now in your hands.

## Chapter 2: The Heart Preparation

Before any demon is cast out or stronghold torn down, the heart must be made ready. Deliverance is not a magical formula or a quick prayer—it is a cooperative work between God and man. Jesus warned that when an unclean spirit leaves a person, it can return with greater force if the “house” is left empty and unprepared (Matthew 12:43–45).

Heart preparation fills that house with the presence of the Holy Spirit and removes every legal right the enemy may claim. This chapter explores the essential steps of preparation that create an environment where true, lasting freedom can take root.

### **Repentance: What It Looks Like and Why It’s Non-Negotiable**

Repentance is the doorway to deliverance. The word *metanoia* in Greek means a complete change of mind that results in a change of direction. It is far more than feeling sorry for sin or admitting mistakes. True repentance involves:

- Acknowledging sin as God sees it, without excuses or minimization.
- Turning away from it with deliberate intention.
- Embracing obedience to God’s Word as the new direction.

John the Baptist preached, “*Bear fruit in keeping with repentance*” (Matthew 3:8). This fruit is visible change. A person repenting of bitterness will begin to speak blessing

instead of cursing. One repenting of pornography will delete accounts, install accountability software, and pursue purity.

Repentance is non-negotiable because unconfessed sin gives the enemy legal ground. Proverbs 28:13 declares, *“Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.”*

In deliverance, demons often cling to hidden sin. When a person fully repents, the legal right is removed, and the spirit loses its anchor. Without repentance, ministry becomes a temporary Band-Aid rather than a permanent breakthrough.

Practical steps include listing specific sins on paper, confessing them aloud to God, and asking the Holy Spirit to reveal anything forgotten. Many find freedom simply by walking through this honest inventory before any command to leave is given.

### **Forgiveness: Of Others, Self, and God**

Unforgiveness is one of the most common obstacles to deliverance. Jesus linked forgiveness directly to answered prayer and spiritual authority: *“Whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses”* (Mark 11:25). Forgiving others releases the debt we feel they owe us. Bitterness, resentment, and rage often open doors to tormenting spirits (see Matthew 18:34–35). Many people in deliverance sessions experience immediate relief once they verbally forgive those who abused, abandoned, or betrayed them.

Forgiving yourself is equally vital. Self-hatred and guilt can become strongholds. Romans 8:1 reminds us there is “*no condemnation for those who are in Christ Jesus.*” Accepting God’s forgiveness and releasing self-punishment removes the enemy’s foothold.

Forgiving God may sound strange, but many harbor unspoken anger toward Him for allowing trauma, loss, or unanswered prayers. This is not accusing God of wrongdoing but releasing the pain and disappointment so trust can be restored. Honest prayer—“Lord, I felt abandoned when... I choose to trust You again”—often breaks deep emotional bondages.

Forgiveness is an act of the will, not an emotion. It can begin with a simple declaration and grow into genuine release as healing follows.

### **Renouncing Occult Involvement, Idolatry, and Ungodly Soul Ties**

The occult is any attempt to gain power, knowledge, or protection through means other than God. This includes witchcraft, astrology, tarot, Ouija boards, New Age practices, Freemasonry, and even seemingly harmless things like horoscopes. Deuteronomy 18:10–12 lists these as abominations that open doors to demonic influence.

Renunciation is a verbal breaking of every agreement made with darkness. A simple but powerful prayer is: “In the name of Jesus, I renounce any involvement in [specific practice]. I break every covenant and sever every tie with the kingdom of darkness. I declare that Jesus Christ is my Lord.”

Idolatry includes anything that takes God's rightful place—money, success, relationships, or even ministry. Renouncing these idols realigns the heart. Ungodly soul ties are emotional or spiritual bonds formed through sexual sin, unhealthy relationships, or traumatic connections. These ties can transfer demonic influence from one person to another. Breaking them involves confessing the sin, forgiving the other person, and praying, "I break every ungodly soul tie with [name] in Jesus' name and command every transferred spirit to leave."

### **Generational Sins and Curses**

Exodus 20:5 and 34:7 speak of iniquity passing to the third and fourth generations. While believers are not automatically cursed, patterns of sin—addiction, divorce, depression, abuse, or premature death—can create inherited strongholds when previous generations opened doors through rebellion or occult sin.

Nehemiah 9:2 shows the people confessing "the iniquities of their fathers." In deliverance, we can pray, "Lord, I repent for the sins of my ancestors that opened doors to [specific pattern]. I plead the blood of Jesus over my family line and break every generational curse in Jesus' name."

Testimonies abound of people set free from lifelong bondages once generational roots were addressed. This step brings tremendous freedom not only to the individual but often to their children and grandchildren.

### **Vows and Agreements: Breaking Bondages**

Vows made in desperation, anger, or ritual can bind the soul. Examples include "I'll never trust anyone again," "I wish I

had never been born,” or blood oaths in occult ceremonies. Even childhood declarations carry weight in the spirit realm.

Jesus taught that our words matter: *“By your words you will be justified, and by your words you will be condemned”* (Matthew 12:37). Renounce every negative vow aloud: “I break every self-imposed vow and curse I have spoken over my life. I cancel every agreement with death and hell in Jesus’ name.”

### **Closing All Legal Doors: Confession of Sin and Breaking Covenants**

Legal doors are any rights the enemy claims through sin, covenants, or trauma. Common doors include:

- Unconfessed sin
- Occult participation
- Unforgiveness
- Trauma and soul wounds
- Curses spoken over oneself or received from others
- Objects dedicated to demons (idols, jewelry, books, etc.)

The remedy is twofold: confession and renunciation. 1 John 1:9 promises, *“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”* After confession, command every spirit that entered through that door to leave.

Physically destroying or removing occult objects is often necessary (see Acts 19:19).

### **Faith: The Final Key**

All the preparation above must be mixed with faith. Hebrews 11:6 states that without faith it is impossible to please God. Faith believes that Jesus is the Deliverer, that His blood is more powerful than any demon, and that freedom is God's will.

Faith is released through the spoken word. Mark 11:23 tells us to speak to mountains. In deliverance, we declare God's promises over our lives and command spirits to leave with authority. Even if emotions or symptoms linger, faith stands on the finished work of the cross.

### **Moving Forward in Freedom**

Heart preparation is not a one-time checklist but a lifestyle of humility before God. As you walk through these steps, expect resistance from the enemy—yet greater resistance from the power of God. Many people experience partial or full deliverance simply by completing this preparation with sincerity.

Take time now. Grab a notebook, get alone with God, and walk through each section prayerfully. If you are ministering to someone else, lead them gently through these same steps.

### **A Prayer of Preparation**

“Heavenly Father, I come before You with an open heart. I repent of every sin, known and unknown. I forgive everyone who has hurt me, including myself, and I release any offense toward You. I renounce all occult involvement, idolatry, ungodly soul ties, generational iniquity, and every negative vow. I close every legal door to the enemy. By faith, I receive the freedom Jesus purchased for me on the cross. Holy Spirit,

fill every place that is now empty. In Jesus' mighty name,  
Amen."

With a prepared heart, you are now positioned for powerful deliverance. The next chapters will guide you in the actual ministry of setting captives free.

## Chapter 3: What Actually Happens During Deliverance

Deliverance is not a mysterious ritual or a dramatic show. It is a powerful encounter with the living God where the authority of Jesus Christ collides with the works of darkness. Once the heart has been prepared as outlined in Chapter 2, the actual ministry session becomes a time of targeted warfare and deep restoration. This chapter explains what typically occurs during deliverance so you can move with confidence, wisdom, and expectation.

### **Opening Preparations**

Begin every session with worship and prayer. Invite the Holy Spirit to take control and ask Him to reveal anything that still needs attention. Ensure the environment is peaceful and secure. The person receiving ministry should be seated comfortably, surrounded by trusted believers who are in agreement.

Pray a covering prayer: “Father, we thank You for the blood of Jesus. We ask Your Holy Spirit to lead this time. We bind every interfering spirit and ask for angelic protection over this place. In Jesus’ name.” Be sure to put Christ’s spiritual armor on anyone in the room!

This sets the atmosphere of faith and authority from the very beginning.

### **Renunciations and Confession of Sin**

Review and speak aloud the renunciations prepared earlier. The person should verbally renounce every known sin, occult involvement, generational iniquity, ungodly soul ties, and negative vows. Speak them out loud with conviction. This removes legal rights. Follow immediately with confession: “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).*

Specific, honest confession breaks the power of hidden shame. Many times, the enemy’s grip loosens the moment these steps are completed.

### **Discerning the Need for Healing and Staying Honest**

Before commanding spirits to leave, pause and ask the Holy Spirit if inner healing is needed first. Deep wounds, rejection, or trauma often serve as anchors for demons. A short time of gentle prayer addressing the wound (“Lord, heal this pain of abandonment...”) can prepare the heart for complete freedom.

**Stay honest throughout. The person receiving deliverance must openly share what they are feeling, hearing, or sensing. Pride or embarrassment can hinder the process. Encourage transparency: “This is a safe place. Nothing shocks God.”**

### **Physical Manifestations**

When demons leave, physical reactions are common because the body is the temple where the spirit has been residing. Biblical examples include the boy who *“fell on the ground and rolled about, foaming at the mouth”* (Mark 9:20) and the demoniac who cried out and convulsed (Mark 1:26). Common manifestations include:

- Coughing, yawning, or deep breathing
- Shaking, trembling, or jerking
- Vomiting or dry heaving

- Screaming, growling, or unusual sounds
- Crying or laughter
- Sudden heat or cold sensations

These are not the goal, but they are normal. Do not fear them. Stay calm, continue commanding in Jesus' name, and reassure the person that the Holy Spirit is in control. Also command any spirit present not to hurt the person being delivered. Sometimes they will try to do that.

### **Demonic Resistance and How to Handle It**

Demons rarely leave quietly if they have been entrenched for years. They may argue, threaten, name other spirits, or cause the person to feel intense fear, pain, or fatigue. Some will try to negotiate or claim they “belong” there. Handle resistance with calm authority. Do not engage in long conversations with demons. Jesus usually gave brief commands. Say firmly, “I command every spirit of [name] to be silent and come out now in Jesus' name.” Cancel all their assignments, tear them out at the roots, destroy their branches and fruit. Repeat as needed. Bind hindering spirits and call on the blood of Jesus.

Persistence and faith overcome resistance. Sessions may last from thirty minutes to several hours—do not rush.

### **Casting Out Spirits by Name**

Discernment is key. Ask the Holy Spirit to reveal the names or functions of spirits (e.g., fear, rejection, lust, infirmity, anger). The person may sense or speak the name, or it may come through a word of knowledge.

Command with authority: “Spirit of fear, I bind you in Jesus’ name and command you to leave now. You have no right to stay. Go to the pit and never return.” Use the person’s voice when possible—their own authority strengthens the deliverance. Cast them out one by one if many are present. Do not assume every problem is a separate spirit, but address obvious ones specifically.

### **Inner Healing That Often Occurs Simultaneously**

Deliverance and inner healing frequently happen together. As spirits leave, painful memories may surface. Pause and pray for healing: “Holy Spirit, fill this wound with Your love. Heal the broken heart.” Many people experience sudden emotional release, forgiveness flowing more easily, or memories losing their sting.

### **Not Everything Is Demonic**

Stay balanced. Some issues are fleshly or soulish and need discipleship rather than deliverance. If a behavior does not respond to commands, shift to teaching, counseling, or renewed commitment to obedience. Wisdom knows when to stop commanding and start building.

### **Stay in Authority, Use Discernment and Sensitivity**

Walk in love but do not allow chaos. Use discernment gifts (1 Corinthians 12:10) and sensitivity to the Holy Spirit. Some people need quiet ministry; others need stronger commands. Adjust to the individual. Never embarrass or push beyond what the person can handle.

### **Pray for the Filling of the Holy Spirit**

After spirits leave, the house must be filled. Pray boldly: “Holy Spirit, fill every empty place. Take Your rightful throne in this life. Baptize them afresh with Your fire and power.” This is the most important step. A person filled with the Spirit is far less likely to be re-oppressed.

### **What Freedom Should Feel Like**

After genuine deliverance, most people report:

- Feeling noticeably lighter, as if a heavy weight has lifted
- Greater peace and clarity of mind
- Strongholds broken—old thoughts lose their power
- Renewed desire for prayer, worship, and the Word
- Behavioral changes: easier to resist old habits
- Improved sleep, relationships, and physical well-being

Shifts may be immediate or unfold over days and weeks. Continue standing in faith. Thank God daily for the freedom received.

### **A Prayer for During Deliverance**

“Lord Jesus, You are the Deliverer. We stand on Your finished work on the cross. We command every unclean spirit to leave now. Holy Spirit, come and fill us completely. We declare freedom, healing, and restoration in the mighty name of Jesus. Amen.”

Deliverance is a glorious moment of freedom, but it is also the beginning of a new walk with God. The enemy may test the victory, but a prepared heart and continued obedience

will maintain it. The following chapters will guide you in maintaining and walking in lasting freedom.

## Chapter 4: Renewing the Mind – The Key to Lasting Freedom

Deliverance opens the door to freedom, but renewing the mind keeps it open. Many people experience powerful breakthroughs during ministry only to slip backward weeks later because they neglected this vital step.

Jesus warned that an empty house can be reoccupied by worse spirits (Matthew 12:43–45). The safeguard is transformation through the renewal of the mind. This chapter shows you how to make that renewal practical and sustainable so your freedom becomes permanent.

### **Romans 12:1-2 in Practice**

The foundation for lasting freedom is found in Romans 12:1-2: *“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”*

In practice, this means daily surrender. Present your thoughts, habits, and desires to God as a living sacrifice. Stop conforming to old patterns—worldly thinking, media influences, or old identity labels. Instead, allow the Holy Spirit to reshape how you think. Renewal is not a one-time event but a lifelong process. Every time you choose God’s truth over a familiar lie, your mind is being renewed. This is where strongholds are torn down and new godly strongholds are built.

Make it practical: Begin each morning by presenting yourself to God. Say aloud, “Lord, today I present my mind, will, and

emotions to You as a living sacrifice. Transform me by renewing my mind.”

### Daily Scripture Meditation and Declaration

The mind is renewed primarily through God’s Word. Joshua 1:8 commands us to meditate on Scripture day and night. Meditation is not emptying the mind but filling it with truth until it reshapes our thinking.

Create a daily rhythm:

- Choose key verses that target your former strongholds (e.g., freedom from fear: 2 Timothy 1:7; from rejection: Ephesians 1:6; from addiction: Galatians 5:1).
- Read them slowly, out loud.
- Personalize and declare them: “I am not controlled by fear. God has given me a spirit of power, love, and a sound mind.”
- Write them on cards, set phone reminders, or record them to listen to while driving or working.

Consistency matters more than duration. Fifteen focused minutes each day will produce greater transformation than sporadic hours. Over time, these declarations become your new default thinking. What you meditate on is what you become.

### **Replacing Lies with Truth**

Strongholds are built on lies the enemy planted through trauma, sin, or deception. Common lies include “I am worthless,” “I will never change,” “God doesn’t care,” or

“This addiction defines me.” Freedom requires identifying and replacing these lies.

**Practical exercise:**

1. Ask the Holy Spirit to reveal the core lies you have believed.
2. Write each lie on one side of a page.
3. Find the opposite truth in Scripture and write it on the other side.
4. Speak the truth aloud until it sinks deeper than the lie.

**For example:**

Lie: “I am unlovable because of my past.”

Truth: *“I am accepted in the Beloved”* (Ephesians 1:6).

*“Nothing can separate me from the love of God”* (Romans 8:38-39).

Do this regularly. Lies lose power when they are confronted daily with God’s Word. Many people keep a “Truth Journal” and review it when old thoughts return.

**Keep Doors Closed – Stay in Fellowship**

An open door is any area where the enemy is given access again. The best way to keep doors closed is intentional relationship—with God and with His people.

- Fellowship with God: Maintain daily prayer, worship, and Bible reading. Obey quickly when the Holy Spirit convicts. Sin opens doors; immediate repentance closes them.
- Fellowship with Christians: Isolation is dangerous. Proverbs 18:1 warns that *“whoever isolates himself seeks*

*his own desire and breaks out against all sound judgment.”* Join a small group, find an accountability partner, or stay connected to a Bible-believing church. Share your victories and struggles. Other believers provide encouragement, prayer cover, and correction when needed.

Do not return to old environments or relationships that fed your bondage unless God clearly directs and you are spiritually strong enough to be salt and light rather than be influenced.

### **The Armor of God**

Ephesians 6:10-18 is not optional—it is daily survival gear for the renewed mind. Put on the full armor every morning through prayer and declaration:

- Belt of Truth: Live and speak truth; reject lies.
- Breastplate of Righteousness: Walk in right standing with God through obedience.
- Shoes of the Gospel of Peace: Stay ready to share your testimony and walk in peace.
- Shield of Faith: Extinguish every fiery dart of doubt or fear by trusting God’s promises.
- Helmet of Salvation: Protect your mind with the assurance of salvation and your new identity in Christ.
- Sword of the Spirit: Speak God’s Word as a weapon against the enemy.
- Praying always: Maintain constant communication with the Commander.

This armor is put on by faith, not by ritual. Declare it daily and live it out.

### **Initial Adjustment Period: Mental Warfare, Testing, and Surface Issues**

After deliverance, expect an adjustment season. The enemy will test your freedom, and old patterns may try to return.

Common experiences include:

- **Mental warfare:** Intrusive thoughts or voices that challenge your deliverance. Answer them with Scripture out loud.
- **Return of symptoms:** Temporary pressure or old feelings. This is often a test—stand firm and do not panic.
- **Soul wounds surfacing:** As demons leave, deeper emotional pain may rise. Use this as an opportunity for further inner healing.
- **Fatigue or warfare:** Spiritual battles can be tiring. Rest in God, fast if led, and ask others to pray with you.

Do not interpret these as failure. They are normal. Jesus was tempted after fasting, and Paul faced opposition after breakthroughs. Stand on what God has done. Thank Him for freedom even when you do not yet feel perfect. Victory is maintained by faith, not feelings.

### **Keep a victory journal.**

Record what God has done and review it when warfare intensifies. Reach out for help quickly if the battle feels overwhelming—do not fight alone.

## **A Prayer for Renewing the Mind**

“Heavenly Father, thank You for the freedom You have given me. Today I present my mind as a living sacrifice. Renew it by Your Word. I choose to meditate on Your truth and reject every lie of the enemy. I put on the full armor of God and determine to walk in fellowship with You and Your people. When testing comes, help me stand firm. Fill me daily with Your Holy Spirit and lead me into ever-increasing freedom. In the mighty name of Jesus, Amen.”

Renewing the mind is the bridge between deliverance and discipleship. As you practice these principles, you will not only maintain your freedom—you will grow into the mature, fruitful believer God created you to be. The next chapter will address additional keys for walking in sustained victory. Keep pressing forward. Your best days are ahead.

## Chapter 5: Practical Strategies to Tear Down

### **Strongholds**

Freedom from demonic influence is a glorious beginning, but it is not the end. Strongholds—deeply rooted patterns of thinking, believing, and behaving—must be systematically torn down if you are to walk in lasting victory. The Apostle Paul gives us this promise in 2 Corinthians 10:3–5: *“For though we live as human beings, we do not wage war according to human standards, for the weapons of our warfare are not human weapons, but are made powerful by God for tearing down strongholds. We tear down arguments and every arrogant obstacle that is raised up against the knowledge of God, and we take every thought captive to make it obey Christ.”*

This chapter equips you with practical, daily strategies to demolish those strongholds and build a new foundation in Christ.

### **Understanding Our Identity and Authority in Christ**

Everything begins with identity. Who you believe you are determines how you fight. Before deliverance you may have seen yourself as defeated, addicted, rejected, or unworthy. Now you must renew your identity according to Scripture. You are:

- A new creation (2 Corinthians 5:17)
- Seated with Christ in heavenly places (Ephesians 2:6)
- More than a conqueror (Romans 8:37)
- Equipped with authority over all the power of the enemy (Luke 10:19)

Declare your identity daily: “I am a child of God. I have been delivered from the domain of darkness and transferred into the kingdom of the Son He loves (Colossians 1:13). The same power that raised Jesus from the dead lives in me.”

Authority flows from identity. **You do not fight for victory—you fight from victory.** When old thoughts or temptations arise, stand in your position in Christ and command them to leave. Knowing who you are in Him removes the victim mentality and replaces it with the confidence of an overcomer.

### **Breaking Habitual Sin Patterns and Strongholds in Thoughts and Dreams**

Habitual sin and recurring thoughts are strongholds that must be dismantled one choice at a time. The process involves three actions: recognize, repent, and replace.

- **Recognize:** Notice the pattern. When does the temptation come? What triggers it? Keep a journal for a week to identify lies and entry points.
- **Repent:** Immediately confess and turn away. Do not negotiate with sin. *“If we confess our sins, he is faithful and just to forgive us”* (1 John 1:9).
- **Replace:** Actively choose the opposite behavior. Replace porn with worship and accountability software. Replace anxiety with thanksgiving and Scripture meditation. Replace rage with blessing and prayer.

Strongholds in thoughts and dreams require extra attention. For intrusive thoughts, take them captive immediately (2 Corinthians 10:5) by speaking truth aloud. For recurring nightmares, pray before sleep: “Lord, I plead the blood of

Jesus over my mind and dreams. Let only what comes from You enter my sleep.” Many believers have seen nightmares cease completely after consistent prayer and renunciation.

Break the cycle by starving the old pattern and feeding the new one. Consistency over time rewires the mind and spirit.

### **Guarding the Gates (Eyes, Ears, and Mouth)**

The enemy gains re-entry through the gates of our senses. Guard them diligently.

- **Eyes:** What you look at shapes your heart. Job made a covenant with his eyes (Job 31:1). Set boundaries on media, social media, and entertainment. Use filters and accountability. Replace ungodly images with worship, nature, and Scripture.
- **Ears:** Music, conversations, and podcasts influence the soul. Fill your ears with worship, teaching, and Scripture. Avoid gossip, cursing, and content that glorifies sin.
- **Mouth:** Your words create or destroy. *“Death and life are in the power of the tongue”* (Proverbs 18:21). Speak life, truth, and blessing. Stop negative confessions and complaining. Declare God’s promises instead.

Practical guardrails include: curfews on technology, accountability partners for media use, and daily Scripture intake that exceeds worldly input.

### **Building New Godly Habits and Disciplines**

Freedom is sustained by new habits. What you do daily determines who you become. Establish a simple but powerful daily routine:

- Morning: Prayer, Scripture reading, identity declarations, and putting on the armor of God.
- Throughout the day: Short “arrow prayers,” gratitude, and Scripture meditation.
- Evening: Reflection, repentance if needed, and prayer over sleep.

Add spiritual disciplines: regular fasting (even one meal a week), extended worship times, Scripture memorization, and service to others. Start small and build.

Celebrate small victories—they compound into massive transformation.

### Accountability and Community

**No one wins alone.** God designed us for relationship. Find one or two mature believers who will walk with you. Meet regularly to:

- Share struggles without shame
- Pray for one another
- Celebrate progress
- Speak truth when you slip

Join a small group or discipleship program where deliverance and growth are normal topics. Proverbs 27:17 says, “*Iron sharpens iron.*” Community provides encouragement on hard days and correction when pride rises. Isolation is the enemy’s favorite trap—stay connected.

### Weapons of Warfare

God has given us powerful weapons. Use them aggressively:

- **Prayer:** Consistent, fervent, and specific. Pray in the Spirit (Jude 1:20) and agree with others.
- **Fasting:** Breaks heavy chains and sharpens spiritual sensitivity (Isaiah 58). Fast from food, media, or other comforts as the Lord leads.
- **Worship:** Praise confuses the enemy and invites God's presence (2 Chronicles 20). Worship until the atmosphere shifts.
- **Armor of God:** Put it on daily through declaration and obedient living (Ephesians 6:10–18).

Combine these weapons. A day of fasting with worship and Scripture is incredibly powerful for dismantling remaining strongholds.

### **Forward in Victory**

Tearing down strongholds is not complicated—it is consistent, daily obedience empowered by the Holy Spirit. Some days will feel easy; others will require fierce warfare. On difficult days, remember: *“Greater is He who is in you than he who is in the world”* (1 John 4:4). Keep your eyes on Jesus, not on your progress. *He who began this good work in you will complete it* (Philippians 1:6).

### **A Prayer for Tearing Down Strongholds**

“Lord Jesus, thank You for my deliverance. I stand in my identity as a child of God with authority over the enemy. I choose to renew my mind daily with Your truth. Help me guard the gates of my eyes, ears, and mouth. Build new godly habits in me. Surround me with godly community. I take up every weapon of warfare—prayer, fasting, worship,

and Your full armor. I declare every stronghold torn down in Jesus' name. I will walk in freedom and help others do the same. Amen." Continue implementing these strategies and watch your life bear lasting fruit. The final chapter will focus on helping others receive the same freedom you now enjoy. Your testimony is powerful—use it for God's glory.

## Chapter 6: Maintaining Your Deliverance

### **Long-Term**

Congratulations—you have been set free! But freedom must be guarded and cultivated. Deliverance is not a one-time event; it is the beginning of a new lifestyle of victory. Many believers experience initial breakthrough only to face challenges weeks or months later because they did not understand how to maintain what God gave them. This chapter will teach you how to stand firm, resist the enemy's attempts to regain ground, and walk in ever-increasing freedom for the rest of your life.

### **Recognizing and Resisting the Enemy's Return**

(Matthew 12:43-45) Jesus gave a clear warning in Matthew 12:43-45: *“When the unclean spirit has gone out of a person, it passes through waterless places seeking rest, but finds none. Then it says, ‘I will return to my house from which I came.’ And when it comes, it finds the house empty, swept, and put in order. Then it goes and brings with it seven other spirits more evil than itself, and they enter and dwell there, and the last state of that person is worse than the first.”*

The key word is empty. A delivered person is like a house that has been swept clean. If left vacant, the enemy will try to return—often with greater force. Recognition is the first defense. Common signs the enemy is testing your deliverance:

- Sudden return of old thoughts, temptations, or dreams
- Increased spiritual dryness or distraction during prayer
- Unexpected pressure in relationships or circumstances

- Physical symptoms that resemble what was previously delivered

Do not panic when these occur. They are usually tests, not proof of failure. Resist immediately. James 4:7 gives the strategy: *“Submit yourselves therefore to God. Resist the devil, and he will flee from you.”*

Practical resistance steps:

1. Speak out loud: “I resist you in the name of Jesus. You have no right to return. I belong to Christ.”
2. Quote Scripture that directly contradicts the attack.
3. Repent quickly of any new sin or open door.
4. Thank God for the freedom already given—this shifts your focus from the enemy to the Deliverer.

Consistency in resistance trains you to become a seasoned warrior. The enemy respects persistent authority.

### **Filling the House with the Holy Spirit**

The best defense against return is occupation. Jesus did not say the house should be swept and decorated—He implied it must be filled. The Holy Spirit is the One who fills and guards the house. Make the filling of the Spirit a daily priority:

- Invite Him every morning: “Holy Spirit, fill me afresh today. Take every part of me—spirit, soul, and body.”
- Worship daily. Worship creates an atmosphere the enemy cannot tolerate.

- Pray in the Spirit (in tongues if you have this gift, or simply heartfelt prayer). Jude 20 says it builds you up on your most holy faith.
- Stay in the Word. Let Scripture dwell in you richly (Colossians 3:16).
- Obey promptly. Every act of obedience gives the Holy Spirit more room to dwell.

A Spirit-filled life leaves no vacancy for darkness. Many people who maintain long-term freedom testify that their greatest protection is a passionate, ongoing relationship with the Holy Spirit. He convicts quickly, comforts deeply, and empowers continually.

### **Dealing with Backlash or New Attacks**

Backlash is common after deliverance. The enemy does not give up territory without a fight. You may face:

- Increased opposition at work, in family, or in finances
- Old friends or environments pulling you backward
- Mental or emotional attacks that feel like the old stronghold has returned
- Spiritual warfare that feels more intense for a season

Do not interpret backlash as defeat. It is often confirmation that you have truly shaken the enemy's kingdom. Paul faced severe opposition after breakthroughs (see Acts 14 and 2 Corinthians 11), yet he pressed on.

Keys to overcoming backlash:

- Stay humble and teachable. Pride gives the enemy a foothold.
- Increase your weapons: more prayer, fasting, and worship during intense seasons.
- Stand on the blood of Jesus. Declare daily, “The blood of Jesus is against every retaliating spirit.”
- Keep a victory journal. Record what God has already done. Review it when attacks come.
- Rest in God’s sovereignty. Sometimes He allows testing to strengthen your faith and prove your freedom is real.

Remember: *“No weapon that is fashioned against you shall succeed”* (Isaiah 54:17). Backlash eventually breaks when you refuse to surrender ground.

### **When to Seek Additional Help**

Most maintenance of deliverance happens in your personal walk with God, but there are times when you need outside support. Seek additional help when:

- Old symptoms return strongly and persist despite resistance and prayer
- New areas of bondage surface that feel overwhelming
- You feel stuck in renewing your mind or building new habits
- You sense the need for deeper inner healing or revelation of hidden roots
- You are under heavy attack and feel battle-weary

Do not be ashamed to ask. The church is a body, and we need one another. Reach out to your pastor, deliverance team, or mature believers who understand this ministry. A fresh session of prayer, renunciation, or inner healing can provide the breakthrough needed to move forward.

Also seek help if you have medical or psychological concerns. Deliverance and professional counsel can work together beautifully when both honor the whole counsel of God.

### **A Prayer for Maintaining Long-Term Freedom**

“Lord Jesus, thank You for delivering me. I choose to keep my house filled with Your Holy Spirit. I submit to You daily and resist every attempt of the enemy to return. When backlash or testing comes, help me stand firm in Your authority and truth. Give me wisdom to know when I need additional help, and surround me with godly believers. I declare that I will walk in freedom all the days of my life and bring glory to Your name. Fill me continually with Your presence and power. In Jesus’ mighty name, Amen.”

Maintaining deliverance is a joyful journey, not a heavy burden. As you practice these principles—recognizing attacks, staying filled with the Spirit, handling backlash, and reaching out when needed—you will move from surviving to thriving. Your life will become a testimony of God’s keeping power.

You have now been equipped with the full process: understanding the need, preparing the heart, experiencing deliverance, renewing the mind, tearing down strongholds, and maintaining freedom. The harvest is ready. Go and help

others find the same freedom you now walk in. The Deliverer is with you always.

## Chapter 7: Restoration and Next-Level Living

You have been delivered. Strongholds have been torn down. Your mind is being renewed, and you are learning to maintain your freedom. Now it is time for the beautiful next phase: full restoration and next-level living. God does not stop at setting you free—He restores what was stolen and propels you into the abundant life Jesus promised (John 10:10). This chapter explores the healing that follows deliverance, the discovery of your God-given purpose, and how you can become a deliverer for others.

### **Healing of Emotions, Relationships, and Physical Body**

Deliverance often brings immediate relief, but complete restoration unfolds over time. The enemy leaves wounds that need the touch of the Great Physician.

**Emotional Healing.** Many people discover that deep hurts, rejection, shame, or grief surface after the demons leave. This is not a setback—it is an invitation for deeper healing. Psalm 147:3 promises, *“He heals the brokenhearted and binds up their wounds.”* Allow the Holy Spirit to minister to these areas through:

- Soaking in God’s presence with worship and gentle prayer.
- Speaking forgiveness repeatedly (even when emotions lag behind).
- Replacing traumatic memories with the truth of God’s Word.
- Christian counseling or inner-healing prayer when needed.

Many testify that emotions stabilize, joy returns, and peace becomes their new normal as they cooperate with this process.

**Relational Healing.** Bondage often damages marriages, families, and friendships. Restoration here requires humility and obedience. Colossians 3:13 instructs us to “*bear with each other and forgive one another.*” Take practical steps: apologize where needed, set healthy boundaries, and invest time in rebuilding trust. As you walk in freedom, you become less reactive and more loving. Many families experience miraculous reconciliation after one person’s deliverance.

**Physical Healing.** Some sicknesses and infirmities are directly linked to demonic oppression. After deliverance, many receive healing as the spirit of infirmity leaves. Others experience gradual improvement as stress lifts and faith rises. James 5:14-15 encourages calling for the elders to pray and anoint with oil. Continue to stand on God’s promises for healing (Isaiah 53:5; 1 Peter 2:24) while cooperating with wise medical care. Celebrate every improvement as a sign of God’s restoring power.

**Restoration is progressive.** Be patient with yourself and with God’s timing. Thank Him daily for the healing already underway.

### **Stepping into Your God-Given Purpose and Calling**

Freedom is not the destination—it is the launching pad. Once you are no longer fighting for survival, you can focus on thriving and fulfilling God’s unique assignment for your life.

Ephesians 2:10 declares, “*For we are his workmanship, created in Christ Jesus for good works, which God prepared*

*beforehand, that we should walk in them.*” Your past bondage does not disqualify you; it often becomes part of your testimony and platform.

### **Practical ways to discover and step into your calling:**

- Ask the Holy Spirit daily: “What do You want me to do today?” and “What is my next step in Your purpose?”
- Identify your gifts, passions, and burdens. What stirs your heart? Where do you see fruit when you serve?
- Start small. Take one obedient step—volunteer, share your testimony, enroll in a discipleship program, or begin a ministry project.
- Study biblical characters who rose from brokenness: Joseph, David, Paul, and the woman at the well all turned their pain into purpose.

As you pursue God’s calling, expect new levels of joy, provision, and influence. The enemy will try to distract you with old patterns or new fears, but standing firm in your identity will keep you on course. Your restored life is meant to bless others and advance the Kingdom.

### **Becoming a Deliverer for Others (Training and Mentoring)**

The ultimate fruit of your deliverance is that you become a vessel God uses to set others free. Jesus said, “*Freely you have received; freely give*” (Matthew 10:8). The same power that delivered you now flows through you. You do not need to be perfect to help others—you need to be willing, humble, and growing. Start where you are:

- Share your testimony boldly. Revelation 12:11 says we overcome by the blood of the Lamb and the word of our testimony.
- Pray for others. Begin with simple prayers for freedom when someone shares a struggle.
- Study and practice the principles in this book. Review the preparation steps, deliverance process, and maintenance keys.
- Find training. Seek out mature deliverance ministers or teams for mentorship. Attend workshops, read additional resources, and observe sessions when appropriate.
- Mentor new believers. Walk with them through heart preparation and help them renew their minds.

#### Important safeguards:

- Stay accountable and under spiritual covering.
- Continue your own growth. Ongoing personal deliverance and renewal keep you effective.
- Rely on the Holy Spirit. He is the true Deliverer; you are simply a vessel.

Churches and ministries that embrace deliverance and restoration are seeing tremendous harvest. You can be part of this move of God. Your story carries power. Someone is waiting to hear how Jesus set you free.

#### A Prayer for Restoration and Next-Level Living

“Heavenly Father, thank You for my complete deliverance and restoration. Heal every part of me—emotions,

relationships, and body. Reveal my God-given purpose and give me courage to step into it fully. Equip me to become a deliverer for others. Fill me with Your Holy Spirit, wisdom, and compassion. Use my life as a testimony of Your power and love. I declare that I will not only walk in freedom but lead many others into it. All for Your glory. In the mighty name of Jesus, Amen.”

### **Final Words**

You have journeyed through understanding the need for deliverance, preparing your heart, experiencing freedom, renewing your mind, tearing down strongholds, maintaining victory, and now stepping into restoration and purpose. This is not the end of your story—it is the beginning of a powerful, fruitful life in Christ.

Keep pressing forward. Stay rooted in God’s Word, filled with His Spirit, and connected to His people. The Deliverer who began this work in you is faithful to complete it. Go forth in boldness, love, and authority. The world needs what you now carry.

You are free indeed.

## Conclusion: Living in Total Freedom

You have now walked through the complete journey of deliverance—from recognizing the need, preparing your heart, experiencing the moment of freedom, renewing your mind, tearing down strongholds, maintaining your victory, and stepping into full restoration and purpose. What began as a desperate need for freedom has become a lifestyle of liberty in Christ.

Total freedom is not the absence of all trouble or temptation. It is the presence of the Holy Spirit ruling in every area of your life. It is waking up each day knowing you are no longer controlled by the past, by demons, by fear, or by old patterns. It is walking in the peace that surpasses understanding, the joy of the Lord as your strength, and the authority that makes the enemy tremble.

Jesus declared, *“So if the Son sets you free, you will be free indeed”* (John 8:36). This is your new reality. The chains are broken. The old man is dead. You are a new creation. The blood of Jesus has done its perfect work, and the Holy Spirit is now your constant Companion, Teacher, and Keeper.

Live this freedom boldly. Share it generously. Refuse to return to slavery. When challenges come—and they will—remind yourself of the truths you have learned in these pages. Stand on the Word. Stay filled with the Spirit. Stay connected to the Body of Christ. And keep your eyes fixed on Jesus, the Author and Finisher of your faith.

The same power that delivered you is available to deliver others. Your life has become a living epistle, read by those around you. Walk worthy of the calling you have received.

You are free. Now go and live like it.

### A Final Charge

Rise up and take your place in God's army of the free. Do not hide your testimony. Do not minimize what God has done. The world is full of captives—many sitting in churches, bound by invisible chains. You now carry the solution. Be compassionate, bold, and full of the Holy Spirit. Disciple others in the way you have been discipled. Heal the sick, cast out demons, and proclaim the Kingdom of God is at hand. The harvest is ripe. The Deliverer is with you. Go forth and set the captives free.

### Prayer of Blessing

Heavenly Father,

I bless every reader who has walked through these pages. Thank You for delivering them from every power of darkness. Seal the freedom they have received. Fill them afresh with Your Holy Spirit. Heal every remaining wound, restore every broken relationship, and launch them into their divine purpose.

Raise them up as bold deliverers, mighty in prayer and full of compassion. Protect them from the enemy's retaliation. Surround them with godly community. Let their lives shine as beacons of hope in a dark world.

May they walk in total freedom all the days of their lives and lead many others into the same glorious liberty. Let the joy of the Lord be their strength, the peace of God their guard, and the love of Christ their motivation. In the mighty, matchless name of Jesus Christ—the Deliverer, the Healer, and the King

of kings—we pray.  
Amen and Amen

## Appendix A: Powerful Prayers and Declarations

Use these prayers as templates. Speak them aloud with faith and conviction.

### **1. Prayer Before Deliverance (Heart Preparation)**

“Lord Jesus, I come before You with an open heart. I repent of all sin—known and unknown. I forgive everyone who has hurt me, including myself, and I release any offense toward You. I renounce all occult involvement, idolatry, ungodly soul ties, generational curses, and every negative vow I have made. I close every legal door to the enemy. I plead the blood of Jesus over my life. Holy Spirit, lead me into freedom. I surrender completely to You. In Jesus’ name, Amen.”

### **2. Prayer During Deliverance**

“In the name of Jesus Christ of Nazareth, I command every unclean spirit to be silent and come out now! You have no right to stay. I bind every hindering spirit. Holy Spirit, reveal anything that remains. I command spirits of [fear, rejection, lust, infirmity, etc.] to leave right now and go to the pit. I plead the blood of Jesus. Come out in Jesus’ name!”

### **3. Prayer After Deliverance (Filling and Sealing)**

“Holy Spirit, I ask You to fill every place that has been emptied. Take Your rightful place on the throne of my life. Fill me with Your power, peace, and presence. I put on the full armor of God. I declare that I am a new creation in Christ. No weapon formed against me shall prosper. I belong to Jesus—spirit, soul, and body. Thank You for my complete freedom. I will walk in it daily. In Jesus’ mighty name, Amen.”

## **Daily Freedom Declaration**

“I am free indeed! I am a child of God. I have authority over all the power of the enemy. I renew my mind with God’s Word. I guard the gates of my eyes, ears, and mouth. The Holy Spirit fills me. I walk in love, power, and a sound mind. Greater is He who is in me than he who is in the world. I am more than a conqueror through Christ Jesus. Amen!”

## Appendix B:

### Testimonies

#### **--A Client who experienced Spiritual Healing/Deliverance:**

*For a long time now, I have felt like past traumas have been negatively affecting me throughout my life. I reached out to Judy because I had heard great reviews about the work she does. I booked a session, and when it began, I was having a very hard time concentrating; my mind was chaotic as always. Ever spinning out in a chaotic mind would describe my life for as long as I can remember. After trying for a while, Judy stopped the session and mentioned to me that she was feeling this might be a spiritual affliction and that we should change course. We stopped and closed our eyes, and Judy began to pray over me, and she requested that God work **to remove afflictions and spirits or entities** that may be connected to me through past traumas. Immediately as she began to pray, I felt the pressure in my body and began to sweat profusely. As she continued to pray more loudly and more confidently, crying out to God to help me, I began to sob emotionally--it came from a very, very deep place which I thought I had never been before. As we got deeper and deeper into it, I began to dry heave and sob uncontrollably. After about 15 minutes of this, the pace slowed down, and I began to calm down until she finished the prayer. And for the first time in I don't know how long, there was a stillness in my mind. I've never felt anything so cathartic, and I'm so grateful to Judy for bringing me before the Lord, and allowing Him to uncover something that was ailing me that I was completely unaware of. Judy is the real deal. God obviously smiles upon her and can use her as a vessel to help people who are hurting. I can't describe it with words. **The strength of this experience is something you***

**cannot understand by reading about it. This does it no justice.**

**--A Client whose life was changed by Intercession and Deliverance:** *Coming from a generational background of faith, I thought I knew who the Lord was, who I was in him, and what could be overcome with the power of the Holy Spirit. However, after an extremely traumatic season of life, one like I had never experienced, or imagined possible, I began to question what I knew about Him, about myself, and about life in general. The struggles I was experiencing became so overwhelming, I had lost all hope of ever living a life that was not in grief, anger, sickness, doubt, and complete despair. I could not see God in any of it, and it overtook almost every aspect of my life. I was given one of Judy's books, "What I Learned From the Pit", and I clearly saw I was not alone. With the encouragement of my daughter, I reached out to Judy. I knew about Deliverance, but did not fully understand it, and quite frankly was a bit apprehensive. But everything was crumbling around me and I was at the place of "I will try anything at this point". What I learned from the heartfelt meetings with Judy, is the reality of praying with authority. Judy listened intently, advised wisely, and most importantly prayed mightily. **Even as I was meeting with Judy, I was not entirely confident that this would be any different than my weak cries for help. Oh how I was wrong.** Although I can not exactly put into words what occurred in the days and weeks following, I can say that everything felt lighter. The heaviness that weighed me down, and was pulling me deeper and deeper into despair was lifted. Was the pain still present? Sure. Did the situations that sunk me disappear? No, not completely.*

*Had I been physically healed? Not entirely. However, what did happen was all of those things became bearable. But most importantly, I was able to feel the presence of the Holy Spirit in me again, and I knew I could come to Him, the author and finisher of my faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God". Hebrews 12:2. If you are finding yourself in overwhelming grief, anger, doubt, and shame, know that this is NOT where God wants you to be. You have the authority to demand those things leave. If you, like me are not in the place to do this on your own like I was, know that I wholeheartedly believe, that through the mighty name of Jesus, Judy can pray for you in a way that may break the chains you may not have realized were binding you. I pray that if you find yourself overwhelmed with feelings of utter despair and darkness, there is hope. There is power in the authority God has given you to pray that those things of the enemy release their grip. Allow the Lord to use Judy to show you. It very well may be what catapults your faith to places you may never have been. Even in what you thought were your strongest seasons of faith.*

**--A Client emails about the changes she has seen in her son who was seeing monsters, had panic attacks, and insomnia:** *The changes we did see and thank the Lord for: his insomnia is now gone (today is day two) and the sloth like spirit is gone (thank you Lord!) and he said no more night time anxiety and panic attacks. (This parent later reported that all the monsters were gone now, and there were about six of them.)*

**--A Client suffering from spiritual abuse**

*Through the power of Jesus Christ, through one of His true servants, **I was set free.** My life hasn't been the same. In a matter of weeks, my deliverance has dropped the scales from my eyes in order for me to see, not only was I in a church with false and harmful doctrine, as well as leadership. But also just how much the yoke of oppression had influenced so many parts of my life. **My mind now is truly quiet, I no longer have torment and can view people, places, and things more clearly.** I could say more, but I will say true deliverance, you will feel set free, unbound, not heavy! (Please examine the fruits of the Holy Spirit in the individual with whom you are thinking of going through deliverance with. Additionally, ask the Lord about who He wants to walk you through your deliverance. I have been on the receiving end of both; true and false, so I am fully aware of feeling free in Jesus' name and the heaviness I don't believe one would have after deliverance.)*

## About the Author

Judy Gregerson is a passionate follower of Jesus Christ with a heart for seeing captives set free. After experiencing personal deliverance and years of studying Scripture on the topic, she has ministered freedom to hundreds of believers. She meets with people on Zoom, doing deliverance, and teaching on healing, deliverance, and the victorious Christian life. This book was written out of a deep burden to equip ordinary believers to walk in total freedom and help others do the same.

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## Recommended Resources

- They Shall Expel Demons by Derek Prince
- Deliverance and Spiritual Warfare Manual by John Eckhardt
- Local church deliverance teams

Thank you for reading.

May the Lord bless you and use you mightily for His glory.  
You are free. Now go set others free. To God be all the glory.