

AFTER DELIVERANCE

Standing Firm in What God Has Done

Deliverance is not the end of the battle — it's the turning point. You have been set free. But freedom is something you now walk out, day by day. Expect skirmishes ahead. They will not be random; they will tend to circle back around the same weakness the enemy used against you before — if it was depression, the skirmish will whisper depression. If it was self-hatred, it will whisper self-hatred. If it was suicidal thoughts, it will whisper those. This does not mean deliverance didn't work. It means the enemy is fighting for ground he has already lost. You now have authority he does not want you to use.

WHEN A SKIRMISH COMES

1. Recognize It

The moment the thought or feeling rises up, name it for what it is: "This is not my mind. This is not who I am in Christ." Don't argue with it or try to reason it away — recognize it and move straight to speaking.

2. Speak Out Loud, In Jesus' Name

Out loud, not just in your head. Something like:

"In the name of Jesus Christ, I command you to leave. You have no authority here. I belong to Christ, and I refuse you."

3. Read Scripture Out Loud

Right after you speak, read Scripture — out loud, even if it's just you in the room. Your voice matters. Faith comes by hearing (Romans 10:17), including hearing your own voice declare truth.

4. Declare Who You Are In Christ

Find and speak scriptures that answer your specific struggle directly, along with scriptures on your identity and authority in Christ. Write your own list below and keep it somewhere you can reach quickly — your phone, your nightstand, your car.

My scriptures for this fight:

A few to start with (NKJV):

- 2 Timothy 1:7 — "For God has not given us a spirit of fear, but of power and of love and of a sound mind."
- Romans 8:1-2 — "There is therefore now no condemnation to those who are in Christ Jesus..."
- 2 Corinthians 10:4-5 — "For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds..."
- James 4:7 — "Submit to God. Resist the devil and he will flee from you."
- Psalm 139:14 — "I will praise You, for I am fearfully and wonderfully made..."

- Philippians 4:8 — “Whatever things are true... noble... just... pure... lovely... of good report... meditate on these things.”

RENEWING YOUR MIND

“And do not be conformed to this world, but be transformed by the renewing of your mind...” (Romans 12:2). Deliverance breaks the power of the stronghold. Renewing your mind is what keeps new ground from growing back in its place. This is not a one-time prayer — it's a daily practice.

A. Replace, Don't Just Resist

Every time you push a lie out, put a truth in its place on purpose. An empty space invites the old thought back in. Reject the thought out loud and replace it with the truth.

B. Repeat It Daily, Not Just In Crisis

Speak your scriptures over yourself every day, whether you feel under attack or not. This is training, not just first aid. Take note of what areas of your life these thoughts center around and work daily on strengthening your knowledge of the truth.

C. Watch What You Feed Your Mind

Be honest about what you watch, read, listen to, and scroll through. What you feed daily is what grows strongest.

D. Write It Down

Keep a short journal of the lies you catch and the truth you replace them with. Over time you'll see the pattern

To Learn More -- there are many free resources on my website at
www.strategiesforovercomers.com:

Thirty Days to a Renewed Mind -- an easy 30 day manual

Free Indeed -- a book on everything before, during, and after deliverance

Battlefield of the Mind - a long look at renewing the mind

Identifying Emotional Strongholds Through Triggers -- a helpful but short study