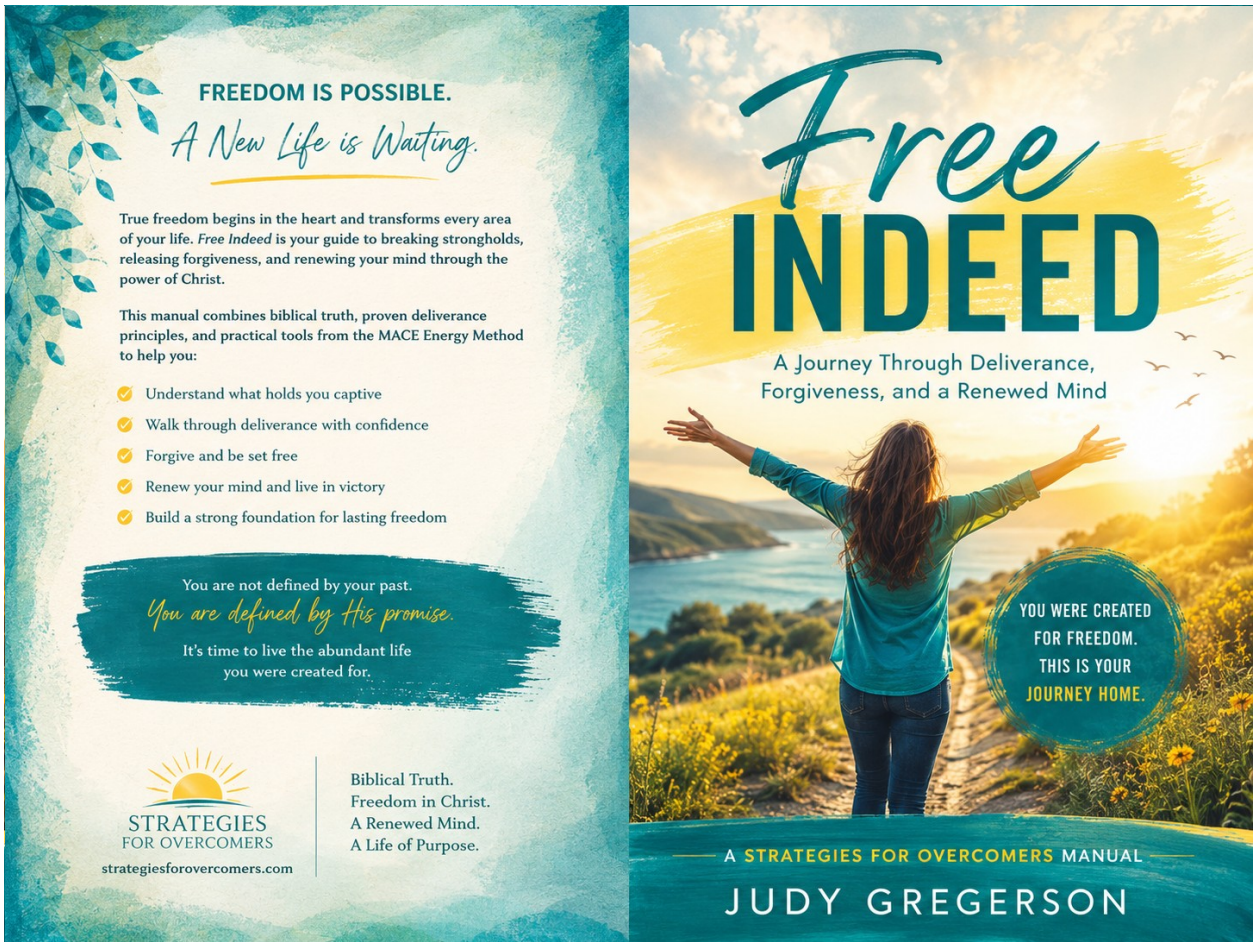

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JUDY GREGERSON

FREE INDEED

A Journey Through Deliverance, Forgiveness, and a Renewed Mind

A Strategies for Overcomers Manual

By Judy Gregerson

Strategies for Overcomers
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This book is for the many desperate people who have stepped into the ring to find freedom and landed a knockout.

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A Letter to the Reader

Before we get into the chapters, I want to say something to you straight, one person to another — not a teacher talking down to a student.

If you picked this book up, you're tired. Tired of praying about the same thing for years and watching nothing move. Tired of feeling like everyone else got the memo and you're still stuck. Tired of pretending you're further along than you are.

I wrote this because I've sat across from hundreds of people in that exact spot — on the other side of a screen, in a Zoom room, watching real freedom break loose after years of suffering. I've been that person too. Everything in this book, I either walked through myself or watched happen, over and over, in people I've had the privilege of praying with.

This isn't theory. It isn't academic distance dressed up in Scripture verses. It's what I actually do and what I actually believe, said as plainly as I know how. My prayer is that by the last page, something in you is different — not because these words are powerful, but because the Jesus they point to is. It's all Jesus. It always was.

You are not too far gone. You are not too complicated a case. You are not the one exception to everything in this book. Whatever you're carrying, there's a way through it, and you're holding it right now.

Let's begin.

How to Use This Book

Walk through this book. Don't just read it.

Each chapter builds on the last — identity and authority come first, because you need to know who you are and what you carry before you close a door or break a chain. Then the actual work: deliverance, healing. Then the practices meant to last the rest of your life — obedience, forgiveness, tearing down strongholds, renewing your mind.

Get a journal. Each chapter ends with a Journal Prompt, and you should actually use it. Writing down what you notice, what you're forgiving, what lie you're replacing, does something thinking alone just doesn't do. A lot of the prayers in this book leave a blank space for you to fill in names, offenses, specifics. Don't skip past those blanks with a general prayer. Specific prayer reaches specific bondage.

Move at your own pace, not somebody else's timeline. Closing the Doors and Breaking the Chains especially might take real time to walk through honestly, and there's no prize for finishing fast. The goal isn't to finish the book. It's to actually walk free.

And if, reading Chapter 1, you sense some of what you're facing is bigger than you can carry alone, take that seriously. Reach out to a mature believer, a pastor, an experienced deliverance minister. This book will equip you either way — to walk out what you can walk out alone, and to know when you need someone next to you.

Appendix A gathers every Scripture in this book by theme. Appendix B lists all forty-eight direct commands of Christ from the Gospels. Appendix C gathers

every prayer in one place, so you're not hunting back through a chapter for the one you need. Use these long after you've finished the chapters themselves.

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Introduction

"**The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised.**" *(Luke 4:18)*

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. Maybe you love someone who's struggling and you desperately want to help them. Or maybe you've walked with the Lord a long time and you know there's still more freedom available to you than you're currently walking in.

This book isn't a memoir, and it isn't a practitioner's manual either. It's a teaching — direct, biblical, practical — meant to walk you from where you are now into the freedom Jesus already purchased for you on the cross.

We'll start with who you are and what you carry in Christ, because you can't fight a battle you don't know you're equipped for. From there we'll walk through closing the doors the enemy uses, breaking the chains that have already formed, and healing the places — soul and body — that bondage leaves behind. Then we'll turn to the work that never really finishes this side of heaven: obedience, forgiveness, tearing down strongholds, renewing the mind, day after day, for the rest of your life.

Spiritual warfare isn't a chapter in this book. It's the air every chapter breathes. You're in a battle whether you acknowledge it or not, and the sooner you understand that, the sooner you can start winning it.

That's still His mission. And if you're willing to walk through these pages honestly, it can be yours too.

Let's begin.

CHAPTER 1

Do You Need Help? On Working With an Experienced Minister

> Two are better than one, because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. *(Ecclesiastes 4:9-10)*

Before we go any further, I want to tell you something plainly, because I love you enough to say it now instead of letting you find out the hard way.

Some of this you can walk through on your own, with God, in your own quiet time — renewing your mind, choosing to forgive, declaring who you are in Christ, watching what you let into your eyes and ears. These are things every one of us should be doing every day for the rest of our lives, and nobody else can do that part for you.

But real deliverance — going up against something that's dug in for years, or tied to deep trauma, generational stuff, occult involvement — that's a different animal. Some of you can walk through even that alone, quietly, in your own prayer closet, with nothing but honest repentance and a Bible in your hands. I'm not going to tell you that's impossible, because I've watched it happen. Scripture never says you need a minister standing between you and Jesus.

But a lot of you can't do this alone, and there's no shame in that, not one bit. Pretending you don't need help is usually exactly what keeps people stuck the longest.

Here's why. A demon that's held ground for twenty years doesn't want to leave, and it'll pull out every trick it has to stay put — confusion, exhaustion, distraction, that voice telling you "this isn't really that big a deal," or just plain fear. If you're fighting this alone, you're often the one least able to see clearly what's happening, because you're stuck right in the middle of it. An experienced minister brings you something you can't hand yourself — another set of eyes, discernment that isn't clouded because they're not the one under attack, the ability to recognize what's going on without panicking, and simply another believer standing with you in agreement. That matters more than most people realize.

There's no rule in the Bible saying deliverance has to go through a third party, but there's a pattern all through Scripture of ministry happening together, not alone. Jesus sent the disciples out two by two, not one by one. The early church prayed for each other, confessed to each other, laid hands on each other. "Confess your faults one to another, and pray one for another, that ye may be healed" — that's not a verse for people too weak to manage on their own. That's just how God built this to work. Together.

So how do you know which one you are? Ask yourself a few honest questions. Have you really tried to close a door or break a pattern — really tried, with real faith — and nothing budged? Does it involve deep trauma, dissociation, or a sense that "something else" is going on that you can't quite name and don't feel able to face alone? Is there a history of occult involvement, ritual abuse, or generational patterns so deep that one prayer session was never going to touch it? Can you not even stay focused in prayer around this one thing — a strange fog rolling in, sudden tiredness, distraction every single

time you try to deal with it? Friend, that's all telling you the same thing. Reaching out isn't failure. It's wisdom.

If you sense you need help, look for a minister or ministry team grounded in the Word, who leads with humility instead of putting on a show, who doesn't need drama to prove God's at work, and who actually takes the time to walk you through heart preparation first — closing doors, forgiveness, repentance — before they ever try to command anything to leave. Steer clear of anyone who skips that part, who seems more excited about a dramatic session than about your long-term freedom, or who doesn't keep pointing you back to Jesus as the real Deliverer instead of making themselves out to be the one with the power.

And if you're the one ministering to someone else as you read this, let this chapter check your own heart too. Not every session has to run through you. Know your limits. Send people on when a situation needs more than you alone can give, and don't let pride keep you from bringing in another mature believer when a case is hard.

Wherever you land — able to walk most of this out yourself, or needing somebody to walk it with you — the goal stays the same: your full, lasting freedom in Christ. Use what you can use on your own. Get help for what you can't. Both of those are faith. Neither one is failure.

JOURNAL PROMPT

- *Have I tried to address this stronghold on my own? What happened?*
- *Do I sense fog, distraction, or resistance whenever I try to pray about this specific area?*
- *Who is a mature, trustworthy believer I could ask to stand with me in prayer?*

- *What has kept me from reaching out for help before now?*

CHAPTER 2

You Are Not Meant to Live in Bondage

"**He hath sent me to heal the brokenhearted, to preach deliverance to the captives... to set at liberty them that are bruised.**" *(Luke 4:18)*

Deliverance isn't a side issue in the Christian life. It's central to why Jesus came. When He stood up in the synagogue and read from Isaiah, He wasn't describing some spiritual concept — He was describing His mission, in the first person, as the actual reason He'd come at all. Setting captives free wasn't an afterthought tacked onto the gospel. It was the gospel, in action, from the very first sermon He ever preached.

If you're reading this and you feel stuck — oppressed by thoughts, emotions, or habits that never seem to break no matter how hard you pray, fast, or try — you are not alone, and you are not beyond help. For years, plenty of sincere believers have quietly suffered under demonic influence while wondering why victory in Christ feels so far away. Maybe you've sat in church your whole life, done everything you know to do, and still feel that same invisible weight pressing down every single day. Here's the good news: Jesus still sets captives free today, exactly the way He did two thousand years ago. Nothing about His mission has expired.

Scripture never treats deliverance as optional, or as some strange, fringe topic reserved for a few unusual ministries. From Genesis to Revelation, God reveals Himself again and again as a Deliverer. Exodus is the premier example. Israel was in cruel bondage to Pharaoh — a bondage the New Testament later ties directly to spiritual slavery. God didn't just negotiate

their release. He shattered their chains with signs, wonders, and the blood of the Passover lamb. The Red Sea crossing became a living picture of baptism into freedom, and the destruction of Pharaoh's army showed the total, final defeat of the enemy's power over God's people.

You see the same pattern all through the Old Testament, in individual lives. David kept crying out for deliverance — from Saul, from his own sin, from unseen spiritual forces he could feel pressing against him even when he couldn't name them. The prophets kept talking about a coming Messiah who would "proclaim liberty to the captives." It's a pattern that never changes: God hears the cries of His people, confronts whatever's holding them captive, and brings them out with a mighty hand.

Then Jesus came, and deliverance exploded into ordinary, visible, everyday ministry. In the very first chapter of Mark's Gospel, Jesus casts an unclean spirit out of a man right in the synagogue. The demon recognized Him instantly: "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." Jesus commanded the spirit to be silent and come out, and the man was instantly free. That same pattern shows up over and over through the Gospels — the Gerasene demoniac chained among the tombs, the Syrophoenician woman's daughter, the boy with seizures whose father cried out, "If you can do anything, have compassion on us and help us." Jesus never referred anyone to counseling first, and He never suggested their torment was merely psychological or emotional. He went straight for the spiritual root. And He set people free. Every time.

The apostles carried this forward after the resurrection, and it never became some rare or exceptional gift. In Acts 8, Philip preaches in Samaria and

unclean spirits come out of many who were possessed, crying with a loud voice. Paul cast a spirit of divination out of a slave girl in Philippi, and extraordinary miracles happened through him in Ephesus — so much so that evil spirits came out of people who were oppressed. The early church understood deliverance as a normal part of the authority Jesus had given them. Not a specialty reserved for a spiritual elite. The inheritance of every believer willing to walk in it.

So how do you know if what you're facing is demonic, rather than simply the flesh, or ordinary suffering, or a medical condition that needs a doctor? Not everything is demonic. But Scripture warns us not to be ignorant of the enemy's devices, and there are patterns worth paying real attention to.

Addictions — to alcohol, drugs, pornography, food, or any other substance or behavior — often have a spiritual component that willpower alone just can't break. Someone can sincerely want to stop and still find themselves compelled by something that feels stronger than their own will. That compulsion is often a sign of a demonic stronghold, not just weak character.

Tormenting thoughts — persistent thoughts of suicide, self-harm, fear, anxiety, or blasphemous accusations against God — often point to demonic oppression too. Plenty of believers describe voices, intrusive images, or racing thoughts that they know, somewhere underneath, aren't entirely their own. Jesus rebuked tormenting spirits and brought peace everywhere He went. That same authority is available now.

Generational patterns — rage, divorce, sexual perversion, poverty, sickness that seem to run in family lines no matter how hard each generation tries to break free — can be evidence of inherited spiritual strongholds. That doesn't mean every descendant is automatically bound. It means when a person

repents and breaks these patterns through the blood of Jesus, freedom often follows in a way that surprises everyone watching.

Unexplained sickness. Not all illness is demonic, but some is. Jesus healed many who were, in Scripture's own words, "oppressed by the devil." Conditions that defy medical explanation, that get worse specifically during prayer or worship, or that come bundled with other spiritual symptoms might have a demonic root worth investigating in prayer.

Other common signs: compulsive behaviors, uncontrollable anger or hatred, chronic nightmares, a strange aversion to the Bible or to prayer, a persistent sense of being spiritually blocked despite a genuine desire to grow closer to God. None of these are proof on their own. But together, especially when several show up at once, they should prompt serious prayer and honest discernment instead of just being explained away.

It helps enormously to understand that you're not one thing. You're spirit, soul, and body — three distinct dimensions woven into one person. Some struggles are simply the flesh, the sinful nature every believer wrestles with. Fleshly issues respond to repentance, discipline, and walking in the Spirit; someone struggling with lust or greed may just need to crucify the flesh daily rather than seek deliverance, and the key indicator is that the struggle feels like an internal battle between two natures, not an outside force pressing in. Some are soul wounds — places where trauma, bad teaching, or habitual sin have carved a stronghold into the mind, will, or emotions. These often need both the renewing of the mind and inner healing prayer, and sometimes deliverance too, if a demon has attached itself to an old wound. And some are the direct work of a spirit that's found a legal foothold in the spirit realm itself — a place demons can't inhabit in a Christian, but one they can still

oppress and press against through the doors sin, trauma, or the occult have left open.

Wise discernment asks a few honest questions. Does the problem yield to simple repentance and obedience, or does it just keep persisting no matter what? Is there a history of occult involvement, curses, or trauma that may have opened a door? Does the issue get worse specifically during spiritual activity like prayer or worship? Does the person feel powerless in a way that goes beyond normal temptation? Prayer, fasting, and the gift of discernment are essential tools for sorting this out well.

Understanding the need for deliverance keeps you from two dangerous extremes: blaming everything on demons, or blaming nothing on them. Jesus modeled perfect balance. He cast out demons when they were present, and He addressed sin and unbelief directly when those were the actual root issue. As the church recovers this missing dimension of the gospel, more and more people are walking in the full freedom Christ already purchased on the cross.

If you recognize yourself, or someone you love, in any of this, take heart. The same Jesus who delivered the tormented two thousand years ago is alive and active today, and He hasn't changed His mind about setting captives free. Before you turn the page, start praying 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, and the chapters ahead will equip you with practical, biblical steps to walk fully into everything Jesus has for you.

One woman who came for ministry described years of chaotic, racing thoughts she could never quiet, going back as far as she could remember. During prayer, it became clear this wasn't simply an anxious personality — something spiritual was attached to old trauma. As we kept praying, she began to sweat, then sob from what she described as a very deep place she didn't even know existed in her. After about fifteen minutes, everything slowed down, and for the first time in longer than she could remember, there was stillness in her mind. She told me afterward that words couldn't fully capture what had happened. Only that something had genuinely lifted, and it wasn't something she could explain through ordinary means.

Another person came after an extremely traumatic season that had shaken everything they thought they knew about God, themselves, and life itself. They'd reached a place of complete despair, unable to see God in any of it. What they found, through consistent prayer and honest ministry, was the reality of praying with real authority — not a formula, but genuine spiritual authority exercised in Jesus' name. The pain didn't disappear instantly and the circumstances didn't all resolve overnight, but everything became bearable in a way it hadn't been before, and the presence of the Holy Spirit became tangible again in a life that had felt spiritually empty.

Stories like these aren't rare exceptions. They're what happens, again and again, when someone stops trying to manage bondage and instead brings it honestly before the Deliverer. Whatever you're carrying as you start this book, take heart: the same Jesus who met these people in their darkest moments is fully able and fully willing to meet you in yours.

JOURNAL PROMPT

- *What pattern in my life has felt bigger than ordinary willpower could explain?*
- *Which of the signs described in this chapter do I recognize in myself or someone I love?*
- *Am I more prone to blaming everything on the enemy, or nothing on the enemy? Why?*
- *What is one area where I am ready to ask the Holy Spirit for discernment?*

CHAPTER 3

Your Identity in Christ

"**Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.**"
(2 Corinthians 5:17)

Before you can close a door, break a chain, or tear down a stronghold, you need to know who you actually are. Not who your past says you are. Not who your diagnosis, your family, your failures, or the enemy's accusations say you are. Who God says you are.

This matters more than it sounds like it does. Everything you do flows out of who you believe you are. Someone who believes they're defeated fights from a posture of defeat, even when they're trying hard to win. Someone who knows they're already seated with Christ in the heavenly places fights from victory, not for it. Identity comes before authority, and authority comes before action. Get that order backwards, and every other chapter in this book will feel like exhausting striving instead of the natural overflow of who you already are.

Here's how this unfolded in my own life. For a very long time I believed I was broken and beyond repair, and I believed I was a bad person. What I didn't understand, and what took me years to wrap my head around, is that God didn't see me that way at all. Song of Songs 4:7 says, "You are altogether beautiful, my darling; there is no flaw in you." When I first read that, I was sure God couldn't possibly be talking about me. But He was. That's how He saw me — beautiful, His darling, without flaw.

How was that even possible? It took me a long time to come to grips with the idea that He was talking about the "new man" in Romans 6:6. "Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin." If the old man was crucified and dead, then the new man had to be alive. So why had I never figured out that this new man was the person God said I was, instead of the person who'd been so damaged by life?

It became clear to me that I needed to change how I thought about myself, who I believed I was. As I studied this more, I learned I was the apple of God's eye, according to Deuteronomy 32:10: "He found him in a desert land, and in the waste howling wilderness; he led him about, he instructed him, he kept him as the apple of his eye." And Scripture backs that up all over the place. 1 John 3:1: "Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God." Romans 8:16-17: "The Spirit itself beareth witness with our spirit, that we are the children of God: And if children, then heirs; heirs of God, and joint-heirs with Christ." Isaiah 62:5: "As the bridegroom rejoiceth over the bride, so shall thy God rejoice over thee." John 15:15: "Henceforth I call you not servants... but I have called you friends." 1 Peter 2:9: "But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light."

What a discovery that was. I was no longer that broken person who'd come out of a really dysfunctional past. I was a child of God, beloved by Him, the apple of His eye, part of His family, His friend, a royal priesthood and so much more. I was someone of real value and importance in God's eyes.

Scripture isn't vague about who you are once you belong to Jesus. It speaks in three categories, and it's worth walking through all three slowly, because most of us have only ever absorbed a fraction of what's actually true.

You are accepted. You are God's child, not a distant acquaintance or a probationary member of the family — His actual child, adopted permanently. As a disciple, you're called a friend of Jesus Christ, not just a servant following orders from a distance. You've been justified, which means the legal record against you has been settled, not postponed. You're united with the Lord, one with Him in spirit, bought at a price, and you belong to God rather than to your past, your habits, or anyone who's ever tried to claim ownership over you. You're a member of Christ's own body, chosen and adopted before you ever chose Him, redeemed and forgiven of every sin — not most of them, all of them — and complete in Christ. You're not waiting to become whole. You already are, in Him, even while your soul and body are still catching up to that truth. And you have direct access to the throne of grace. No appointment required, no intermediary needed but Jesus Himself.

You are secure. Romans 8 says plainly there's no condemnation for those who are in Christ Jesus. Whatever accusing voice you hear in your own head — whatever it says about your past, your failures, the things you can't take back — that verdict doesn't apply to you anymore. You're assured that God works all things together for your good, and you're free from any condemnation brought against you; nothing in all creation can separate you from His love, not even the thing you're most ashamed of. You've been established, anointed, and sealed by God Himself. You're hidden with Christ in God, confident that the One who started the good work in you will finish it. You're a citizen of heaven before you're anything else this world tries to label

you. You haven't been given a spirit of fear, but of power and love and a sound mind — so if fear's been running your life, that is not who you were made to be. It's a lie that has to be confronted with truth, not indulged as if it's just your personality. And you're born of God in such a way that the evil one can't touch the core of who you are.

You are significant. You're a branch of the true vine, a channel of His life rather than dead weight He's dragging along. You've been chosen and appointed to bear fruit — that wasn't an accident or an afterthought. You're God's own temple, a minister of reconciliation on His behalf, seated with Christ in the heavenly places, which means you fight from a posture of already being positioned above the enemy's reach, not from struggling upward toward victory. You're God's workmanship, crafted with intention, and you can approach Him with freedom and confidence instead of fear. And you can do all things through Christ who strengthens you — not some things, not just the easy things, but all the things He's actually called you to.

Here's the practical part. Identity has to be declared, not just believed in theory and left there. Every morning, before the day's noise starts telling you who you are, say it out loud: "In Christ I am accepted, secure, and significant. I am a child of God. I am forgiven. I am free from condemnation. I am seated with Christ. I am not who my past says I am — I am who God says I am."

This isn't positive thinking, and it isn't self-help dressed up in Bible verses. It's lining up your mouth and your mind with what's already, legally, spiritually true about you, whether you feel it yet or not. The feelings will eventually catch up — they almost always do — but they don't have to go first.

Naming a stronghold or a struggle later in this book isn't the same as naming yourself by it. You are not "an addict." You are not "broken." You are not "the

abuse that happened to you," and you are not the diagnosis, the divorce, or the worst thing you've ever done. You're a new creation who's, for now, dealing with the aftereffects of an old life. And those effects are being dismantled, chapter by chapter, as you keep reading and keep declaring what's true.

Before you move into the fight ahead — closing doors, breaking chains, tearing down strongholds — settle this first, and settle it deeply enough that it becomes the ground you stand on rather than a verse you underlined once. You don't fight to become somebody. You fight from already being somebody. Know who you are before you go to war.

It's worth pausing on why so many believers, even sincere, longtime Christians, still live like none of this is true of them. Old identities die hard. If you spent years being told, directly or indirectly, that you were a disappointment, a burden, unlovable, or just not enough, that message doesn't erase itself the moment you say a prayer of salvation. It has to be dismantled deliberately, the same way a stronghold does, because that's exactly what it is. A false identity is one of the most common strongholds there is, and it's often the one holding every other stronghold in place.

That's why declaration has to be more than a single morning ritual. When an old accusation rises up — "you always mess this up," "you'll never really change," "no one actually wants you around" — don't argue with it in your own strength. Answer it immediately with what God has already said. "I am accepted in the Beloved." "I am a new creation; old things have passed away." "There is no condemnation for me, because I am in Christ Jesus." Speak it the moment the lie rises. Not hours later, once the damage is already done to your day.

Consider keeping a simple identity list somewhere you'll actually see it — the mirror, the dashboard, the inside of your Bible cover — and reading it out loud daily until it's as natural to you as your own name. This isn't vanity. It's warfare, fought at the level of belief, which is exactly where Scripture says the real battle is won or lost.

JOURNAL PROMPT

- *Which of the accepted / secure / significant statements is hardest for me to believe is true of me?*
- *What old identity or label am I still carrying that God has already replaced?*
- *What would change in my daily life if I truly believed I was seated with Christ?*
- *Where do I need to declare truth out loud today instead of just thinking it?*

CHAPTER 4

Your Authority in Christ

"**Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.**" *(Luke 10:19)*

Identity tells you who you are. Authority tells you what you carry. And most believers go through their whole lives never fully grasping that Jesus didn't just save them — He deputized them, handed them real authority, and sent them out to use it.

Before He ascended, Jesus made a stunning claim: "All authority has been given to Me in heaven and on earth." Then, in the very next breath, He sent His disciples out carrying that same authority, to make disciples of every nation. That wasn't a one-time commissioning for twelve men two thousand years ago. It's the ongoing posture and inheritance of everyone who belongs to Him, right now. Including you.

Ephesians tells us the same power that raised Christ from the dead and seated Him far above every principality, power, might, and dominion — every name that can be named, not only in this age but in the age to come — is the power at work in those who believe. And we've been raised up and seated with Him in the heavenly places. That's not poetic language. That's a statement about where your authority sits relative to the enemy's, and it's far higher than most believers ever act like it is.

Luke 10:19 puts it about as plainly as Scripture ever does: "Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you." Notice the scope. Over all

the power of the enemy. Not a portion of it. Not the manageable parts. All of it. Mark 16 records Jesus telling His disciples plainly what would follow those who believe: "In my name they will cast out demons; they will speak with new tongues... they will lay hands on the sick, and they will recover." Not might. Will. This is normal Christianity, not some advanced level reserved for a spiritual elite few.

First John reminds us why this authority holds up under pressure: "Greater is he that is in you, than he that is in the world." And 2 Corinthians 10 tells us the weapons of our warfare aren't carnal, but mighty through God to the pulling down of strongholds — casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ. This authority isn't abstract. It reaches directly into the thought life, the strongholds, the patterns this book keeps coming back to.

But what does that authority actually look like in day-to-day living? For me, it started with choosing to believe I had authority in Christ and that I could use it. I started slow. First I'd use that authority to pray for people who were sick. Sometimes they were healed. Sometimes I'd use it to pray for people who were oppressed, and I'd command all darkness to leave them. And it worked. The more I practiced using my authority, the more dramatic the results got — the kind of results the apostles got in the New Testament.

At first it stunned me. People told me I had some "special mission" from God, or that I was somehow anointed to do this work. But that's not what Scripture said. It was for everyone. Christ sent out every apostle to do this work, and He told them so, in John 14: "Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he

do; because I go unto my Father." "And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son." "If ye shall ask any thing in my name, I will do it."

Authority, though, is never separated from obedience in Scripture. A soldier under authority has authority — the moment he steps outside his orders, his authority evaporates, and everyone around him can tell. It's the same spiritually. You can't walk in the authority Christ gave you while living in willful, unrepented disobedience to Him. Authority and obedience are two sides of the same coin, which is part of why this book keeps coming back to obedience as an ongoing, lifelong practice rather than a box you check once and move past.

James gives us the practical formula, in the right order: "Submit yourselves therefore to God. Resist the devil, and he will flee from you." Submission comes first. Resistance follows. Skip the first step, and the second one has no real power behind it. It's just empty words spoken by someone who isn't actually standing on solid ground.

What does this authority actually cover in day-to-day life, not just in some dramatic deliverance session? You have authority to resist temptation the moment it shows up, to command fear to leave when it rises uninvited, to stand against generational patterns that have run in your family line for decades, to pray for healing over your own body and the bodies of the people you love, and to help set others free the same way Christ has already set you free. Isaiah 54:17 promises that no weapon formed against you shall prosper — that's not wishful thinking, that's a legal declaration you're entitled to stand on.

This is also why declaration matters so much throughout this book, not just as encouragement but as an actual exercise of authority. Proverbs 18:21 says death and life are in the power of the tongue. You're not just thinking your way into freedom. You're speaking, in Jesus' name, with the authority He gave you, and heaven backs the words spoken in that name. Revelation 12:11 says the saints overcame the accuser by the blood of the Lamb and the word of their testimony. Your spoken word, joined to His finished work, is a real weapon. Not a figure of speech.

This authority also carries a call to obedience that goes beyond just avoiding sin — Jesus gave direct commands throughout the Gospels covering nearly every area of life: repent, forgive, love your enemies, watch and pray, seek first the kingdom, take up your cross, abide in Him. Walking in authority means walking in obedience to these ordinary, unglamorous commands just as much as it means commanding a spirit to leave in some dramatic moment. The quiet obedience and the bold authority aren't two different things. They're the same submitted life, showing up in different circumstances.

You are more than a conqueror. Not almost. Not eventually, if you try hard enough. Already, through Him who loved you — Romans 8:37 says it plainly. Carry that into every chapter that follows. Not as a slogan, but as the actual authority you've been given and are now learning to walk in fully.

It helps to picture authority the way Scripture itself pictures it — not as raw power you generate, but as delegated authority you carry, the way a police officer carries the authority of the government behind their badge. The officer's own strength isn't what stops traffic. The authority behind them is. In the same way, your own willpower isn't what makes a demon flee. The name of Jesus, and the authority He's already given you to use that name, is what

does the work. This matters enormously, because it takes the pressure off you to somehow generate enough spiritual force on your own, and puts the weight where it belongs — on the finished work of the cross and the authority Christ has already extended to you.

This is also why fear has no rightful place in someone walking in their authority. Fear says the enemy is bigger than you. Authority says otherwise, every single time, without exception. "They shall by no means hurt you" isn't a promise of an easy fight. It's a promise about who ultimately wins it. Walk into every closed door, every deliverance session, every stronghold you're tearing down, remembering exactly which side of that promise you're standing on.

JOURNAL PROMPT

- *Where in my life have I been fighting for victory instead of from it?*
- *What area of disobedience might be limiting the authority I try to walk in?*
- *What is one situation today where I can practice submitting to God and resisting the enemy?*
- *What have I been afraid to confront that Scripture says I already have authority over?*

CHAPTER 5

Closing the Doors

"When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest, and findeth none. Then he saith, I will return into my house from whence I came out."
(Matthew 12:43-44)

Before any chain is broken, the doors that let it in have to be shut. This isn't cleanup work you do after deliverance. It's preparation you do before it. You can't clear a house and leave the doors standing open. The enemy just walks back in, and Jesus warned that when he does, he often brings company.

Closing the doors starts with one posture: repentance. Not a vague feeling of regret, but a real turning — acknowledging sin as God sees it, without excuses, and deliberately walking the opposite direction. This is the soil everything else in this chapter grows out of. Every specific door named below gets closed the same way: name it honestly, repent of it, renounce it out loud, and turn from it for good.

Here are the doors, one by one.

Unforgiveness. Bitterness and resentment are among the most common open doors there are. Jesus tied forgiveness directly to our own standing with the Father — forgive, so that you may be forgiven. This door gets its own full chapter later in this book, because forgiveness isn't only a door you close once. But it is, first, a door. If there's someone you haven't forgiven, name them specifically before you go any further.

Disobedience. Ongoing, unrepented disobedience to what God has clearly told you to do — or stop doing — keeps a door propped open no matter how much you pray for freedom elsewhere. Obedience comes back later in this book too, as ongoing, lifelong work, but it starts here, as a door that has to be shut. "For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry" (1 Samuel 15:23). Scripture puts persistent disobedience in surprisingly serious company, worth sitting with rather than rushing past.

False religions, Freemasonry, and New Age practices. Any system that offers power, protection, or hidden knowledge outside of Jesus Christ is an open door, however respectable or ordinary it may have seemed at the time. This includes formal involvement in organizations built on other spiritual foundations, and it includes New Age practices that have quietly become mainstream — energy work, crystal healing, and similar practices that claim to access power apart from God. "Thou shalt have no other gods before me" (Exodus 20:3) applies here just as directly as it does to more obvious idolatry.

Witchcraft, astrology, and tarot. Deuteronomy lists these plainly among practices God calls detestable, because they all reach for guidance or power through a source other than Him. "There shall not be found among you any one that... useth divination, or an observer of times, or an enchanter, or a witch... for all that do these things are an abomination unto the Lord" (Deuteronomy 18:10-12). Horoscopes, tarot cards, witchcraft in any form — however casually you may have approached them — need to be named and renounced specifically, not lumped into a vague general prayer.

Soul ties. Emotional or spiritual bonds formed through sexual sin, unhealthy relationships, or traumatic connections can transfer influence from one person to another. "What? know ye not that he which is joined to an harlot is

one body?" (1 Corinthians 6:16) illustrates the principle even beyond its immediate context — intimate, prolonged connection creates a real spiritual tie, for better or worse. These need to be renounced and broken by name: "I break every ungodly soul tie with _____ in Jesus' name."

Generational curses, patterns, and sins. Iniquity can pass down a family line — addiction, divorce, rage, sickness, poverty — not as some unbreakable curse, but as an inherited stronghold that has to be recognized and renounced. Exodus talks about iniquity being visited to the third and fourth generation of those who hate God — not an automatic sentence on every descendant, but a real pattern that repeats when it goes unaddressed. Nehemiah confessed "the iniquities of our fathers." You can pray something similar: "Lord, I repent for the sins of my ancestors that opened doors to _____. I plead the blood of Jesus over my family line and break every generational curse in Jesus' name." I've seen so many testimonies of people set free from lifelong bondages once these generational roots were finally addressed by name, and this step often brings freedom not just to the individual, but to their children and grandchildren after them.

Vows and negative agreements. Vows made in desperation, anger, or ritual can bind the soul in ways we rarely recognize at the time. Things like "I'll never trust anyone again," "I wish I had never been born," or formal oaths made in occult ceremonies. Even childhood declarations carry real weight in the spirit realm. "By your words you will be justified, and by your words you will be condemned." Renounce every negative vow out loud: "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." That includes all the negative self-talk we chew on too.

Objects tied to any of the above. Sometimes closing a door isn't only spiritual, it's physical — items dedicated to other spiritual practices, occult books, jewelry with occult significance, or objects connected to false religions may need to be physically removed and destroyed, the way the new believers in Ephesus publicly burned their occult books once they came to faith, described in Acts 19:19 as books worth "fifty thousand pieces of silver" that they counted as worthless compared to their new freedom. If something in your home keeps drawing your attention back to a door you've already renounced, it might be worth asking the Holy Spirit whether it needs to go.

Legal doors, in summary, are any rights the enemy claims through sin, covenants, or unresolved trauma — unconfessed sin, occult participation, unforgiveness, soul wounds, curses spoken over you or by you, and objects dedicated to other spiritual powers. The remedy is always the same two-part process: confession and renunciation. "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 specific door to leave.

A practical prayer to close these doors:

> *"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 false religion, Freemasonry, New Age involvement, witchcraft, astrology, and tarot. I break every ungodly soul tie. I renounce every generational curse and pattern in my family line. I close every legal door to the enemy in Jesus' name. Holy Spirit, fill every place I have just emptied. Amen."*

With the doors closed, you're ready for what comes next.

A note on discernment as you walk through this chapter: not every door listed here is going to apply to you. You might read through this list and recognize three doors right away, or you might recognize none at all and simply need to work through repentance and forgiveness. Ask the Holy Spirit specifically, rather than assuming every category applies equally. "Search me, O God, and know my heart: try me, and know my thoughts: and see if there be any wicked way in me, and lead me in the way everlasting" (Psalm 139:23-24) is a good prayer to pray slowly before you start naming doors, so that what you close is what actually needs closing, named accurately instead of guessed at.

One client came to ministry carrying spiritual abuse from a previous church environment — false doctrine and controlling leadership that had shaped years of her spiritual life without her fully realizing it. Within weeks of walking through genuine deliverance, the scales came off, in her own words, and she could finally see clearly, not only the harmful environment she'd been in, but how much that yoke of oppression had touched other areas of her life too. Her mind grew quiet. The torment lifted. She described true deliverance simply: you will feel set free, unbound, not heavy. That's what closing these doors, one at a time, honestly and specifically, is meant to produce. Not more religious activity. A genuinely lighter, freer life.

JOURNAL PROMPT

- *Which door named in this chapter is God bringing to mind right now?*
- *Is there a vow, soul tie, or generational pattern I have never directly renounced?*

- *What object, relationship, or practice might I need to remove rather than just pray about?*
- *Am I ready to pray the closing prayer honestly, naming specifics rather than staying vague?*

CHAPTER 6

Breaking the Chains

"**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)*

Deliverance isn't a mysterious ritual or a dramatic show. It's a real encounter with the living God, where the authority of Jesus Christ collides with the works of darkness. With the doors already closed, this chapter walks you through what actually happens — what to expect, and how to move through it without fear or confusion.

Every session should start with worship and prayer, inviting the Holy Spirit to lead and asking Him to reveal anything that still needs attention. "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."

From there, speak the renunciations out loud again — every known sin, occult involvement, generational pattern, soul tie, and vow, named specifically and out loud, followed right away by honest confession. A lot of people feel the enemy's grip loosen the moment this is done with real conviction rather than as a formality.

Before commanding anything to leave, pause and ask the Holy Spirit whether inner healing needs to come first. Deep wounds — rejection, abandonment, trauma — often serve as the very anchor a demon is holding onto. A short, gentle prayer addressing the wound directly can prepare the way for complete freedom.

When spirits are called out and leave, one by one, physical reactions are common, because the body's been the residence of something that's now being evicted. Coughing, shaking, crying, sudden heat or cold, even vomiting. These aren't the goal, but they're normal, and Scripture records similar manifestations in the Gospels. Stay calm. Keep going in Jesus' name. Reassure the person that the Holy Spirit is in control.

How do we know what to call out? You can find lists of master spirits and sub spirits recognized by respected deliverance ministers like Derek Prince online or in an AI search. Spirits are "named" according to their assignment, so someone who's been plagued by fear may have a spirit of fear. Someone with an addiction may have a spirit of addiction. Most people who come for deliverance have a spirit of rejection, and many have a spirit of rebellion too, since it seems like one causes the other. So as the person going through deliverance checks off what's affected them, the deliverance minister calls those spirits out in the name of Jesus and commands them to leave.

Resistance is normal too, especially with anything entrenched for years. Demons may argue, threaten, name other spirits, or try to negotiate, claiming they "belong" there. Handle resistance with calm authority rather than fear. Don't get into long conversations with them. Jesus gave brief, direct commands, and so should you: "I command every spirit of _____ to be silent and come out now, in Jesus' name. You have no right to stay. Cancel every assignment, come out at the root, and go, never to return." Bind the fruit of hindering spirits and call on the blood of Jesus as needed. Persistence and faith overcome resistance. Some sessions take thirty minutes. Some take much longer. Don't rush, and don't panic if it takes time.

And if one refuses to leave? Pray and ask God to reveal what legal right that demon has to harass that person, and once it's revealed, the person can either repent, if it's sin, or renounce whatever that thing was. Once that's done, demons will leave.

Discernment matters here too. Ask the Holy Spirit to reveal the names or functions of the spirits present — fear, rejection, lust, infirmity, anger — whether through a sense you get, a word the person receives, or simple observation of the pattern. Command with authority, addressing what's actually there rather than some vague general spirit: "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." Where possible, let the person receiving ministry use their own voice. Their own authority, spoken out loud, strengthens the deliverance.

Deliverance and inner healing frequently happen together, not as two separate appointments. As spirits leave, painful memories often surface. Pause and pray for healing right there: "Holy Spirit, fill this wound with Your love. Heal the broken heart." A lot of people experience sudden emotional release in that same moment — forgiveness flowing more easily than it ever has before, or a memory losing its sting for good.

Not everything is demonic, and wisdom knows the difference. If something doesn't respond to command, it might need discipleship, ongoing inner healing, or simply time, not more forceful prayer. Walk in love the whole way through, use the discernment gifts available to you, and adjust to the person in front of you. Some people need quiet, gentle ministry. Others need much stronger, more direct commands. Never embarrass anyone or push beyond what they can handle in the moment.

You don't need to scream at demons or make a scene. It's not necessary for the person receiving deliverance to fall on the floor and thrash around. I've rarely seen that happen. More likely, the person will yawn or burp as the spirits leave. Or their eyes or nose might run. Sometimes they get a stomach ache or feel nauseous. In some cases they'll feel something moving up their throat. But I've seldom seen people flying around the room, levitating, or doing anything like that. Don't expect it. That's not to say it never happens, but it's extremely rare.

After spirits leave, the house has to be filled, not just swept clean. This is the step people skip, and it's the most important one. Pray boldly: "Holy Spirit, fill every empty place. Take Your rightful throne in this life." A person filled with the Spirit is far less likely to get reoccupied.

Genuine freedom tends to feel like this afterward: noticeably lighter, like a weight has lifted; clearer thinking; renewed desire for prayer and worship; old thoughts that used to feel overwhelming losing their grip. Sometimes this shift is immediate. Sometimes it unfolds over the days and weeks that follow. Either way, keep standing in faith and thanking God for what He's done.

Deliverance is a glorious beginning. It's not, by itself, the whole journey. The chapters ahead will show you how to keep what you've just received.

After genuine deliverance, most people report feeling noticeably lighter, like a heavy weight has physically lifted off them. Greater peace and clarity of mind. Old thoughts that used to feel overwhelming losing their grip. A renewed desire for prayer, worship, and Scripture. Behavioral changes that make it easier to resist old habits. And even improvements in sleep, relationships, and physical well-being that weren't directly prayed for but seem to follow naturally once the underlying oppression lifts. These shifts

might be immediate, or they might unfold gradually over days and weeks. Either way, keep standing in faith and thanking God daily for what He's done, even before every symptom has fully resolved.

One family described a young son who'd been seeing frightening figures at night, along with panic attacks and severe insomnia that no ordinary bedtime routine could touch. After deliverance prayer specifically addressing what he was experiencing, the insomnia stopped completely, the anxiety attacks ended, and, in the parent's own words, the monsters were simply gone. That kind of specific, tangible, testable change is exactly what genuine deliverance produces. It's not vague spiritual comfort. It's real freedom that shows up in ordinary daily life.

A prayer for during deliverance, to keep close as you minister to yourself or someone else:

> "*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.*"

JOURNAL PROMPT

- *What fears do I have about what deliverance ministry might look or feel like?*
- *Have I ever experienced or witnessed a manifestation like the ones described here? How did I respond?*
- *Is there a spirit or pattern I can now name more specifically than before?*
- *What would it look like for me to invite the Holy Spirit to fill the place this chain is leaving empty?*

CHAPTER 7

Healing the Soul

"**He healeth the broken in heart, and bindeth up their wounds.**" *(Psalm 147:3)*

It's worth saying plainly right at the start: soul healing is some of the most tender ministry in this whole book. Deliverance can feel dramatic and decisive. Renewing the mind is a practical daily discipline. Soul healing sits in between, slower and quieter, often more vulnerable than either, because it asks a person to revisit exactly the place they've spent years trying not to think about. Handle it, and handle yourself, with the same gentleness Scripture describes God using toward the wounded.

Deliverance breaks the chain. It doesn't automatically heal the wound the chain was wrapped around. That's the work of this chapter, and it's often the slower, quieter work that determines whether freedom actually lasts.

The soul is your mind, will, and emotions. It's the part of you that remembers, that flinches, that still reacts to an old wound even after the spiritual chain attached to it is gone. God doesn't leave this part of you broken. Scripture describes restoration of the soul as one of His primary, ongoing works, not a rare miracle but something He does again and again for those who come to Him honestly.

"**He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.**" *(Psalm 23:3)*

God doesn't turn away from a wounded soul, and He's not put off by what's broken in you. "The Lord is nigh unto them that are of a broken heart." He draws near to exactly the places you might expect Him to pull back from.

Practically, soul healing tends to involve a few honest movements: naming the wound specifically instead of vaguely, not "I've had a hard life" but "this happened, on this day, and it did this to me"; inviting Jesus into the memory itself, asking Him where He was in that moment and what He wants to say about it; and receiving whatever truth He brings to replace the lie the wound taught you to believe about yourself, about others, or about God.

I find, though, that often it's just a matter of asking God to gather the parts of the soul that are broken and bring them into congruence with the rest of the soul, and mend and heal it all to make it one. When we suffer trauma or an upset, we often feel like we've shattered and can't pick up the pieces. And honestly, we do shatter. Some of us dissociate to protect those broken parts. But Jesus is very good at putting the pieces back together and making the soul whole, one, and healing it like it had never been broken. I've experienced it, and I've watched it happen in the lives of so many people. Praying the blood of Jesus from someone's head all the way down to their feet, applying it to every cell of their body all the way to the DNA, is very effective at bringing about healing of the soul.

Ezekiel promises a new heart and a new spirit, not a patched-up old one. Paul describes this as an inward renewal that happens "day by day," even while the outward circumstances of life keep wearing on us. Soul healing is rarely a single dramatic event. It's usually a series of these encounters, each one loosening the wound's grip a little further, so patience with the process matters just as much as faith for the outcome.

Scripture doesn't pretend suffering, grief, and anguish aren't real, and neither should we when we minister to a wounded soul. "The Lord is close to the brokenhearted and saves those who are crushed in spirit." The psalms are full of raw, honest language — "Why, my soul, are you downcast? Why so disturbed within me?" — followed almost always by a turn toward hope: "Put your hope in God, for I will yet praise him, my Savior and my God." That pattern, honest lament followed by a deliberate turn toward hope, is itself a model for soul-healing prayer. You don't rush past the pain to get to the promise. You walk through both.

There's also a longing dimension to the soul worth naming directly, because a lot of wounded souls mistake their ache for something wrong with them, rather than something built into them. "As the deer pants for streams of water, so my soul pants for you, my God." A soul that feels restless, hungry, or unsettled might not be broken so much as simply thirsty for the one thing that was always meant to satisfy it. Sometimes the deepest healing prayer is simply helping a person recognize what they've actually been longing for underneath the wound.

God's specific promises to the soul are worth praying over someone directly, by name: "Come to me, all you who are weary and burdened, and I will give you rest... you will find rest for your souls." The Word of God is described as living and active, sharper than any two-edged sword, able to divide soul and spirit, which means Scripture itself, spoken directly over a wound, does real work that talking alone can't always do. It can discern what's spirit and what's soul, and often there's a darkness that's very blurry and not clearly one or the other. But the Word of God will bring that to light.

Healing the soul isn't weakness, and it isn't optional spiritual work reserved for people with "real" trauma. Every soul carries wounds of some kind. The goal isn't to arrive at a place where nothing ever hurt you. It's to arrive at a place where what hurt you no longer has the final word, and where the God who restores your soul has become more real to you than the wound ever was.

It's worth distinguishing soul healing from both deliverance and renewing the mind, since the three are closely related but not identical. Deliverance addresses a spiritual foothold, something with an actual demonic attachment that needs to be commanded to leave. Renewing the mind, covered later in this book, addresses ongoing thought patterns through a daily discipline of catching, capturing, and replacing lies. Soul healing sits between the two: prayer ministry that goes directly to a specific wound or memory, inviting the presence of Jesus into that exact moment in a person's history, rather than simply working forward from today. A lot of people need all three at different points, and sometimes in the same single session.

A simple, repeatable framework for soul-healing prayer, whether for yourself or someone you're ministering to, might include these movements: First, identify the wound as specifically as possible, not a general season of life, but a particular moment, a particular sentence someone said, a particular loss. Second, ask what the person came to believe about themselves, about others, or about God because of that moment. This belief is usually the actual stronghold, more than the event itself. Third, invite Jesus into the memory directly: "Lord, where were You in this moment? What do You want me to know?" And fourth, receive whatever He brings, an image, a sense of His

presence, a specific truth, and speak it out loud as a replacement for the lie identified in step two.

This process can feel deceptively simple on paper and be genuinely difficult in practice, especially with deep or repeated trauma. Go slowly. There's no reward for rushing a soul toward healing before it's ready to receive it. "A bruised reed shall he not break, and the smoking flax shall he not quench" (Isaiah 42:3). That's how Jesus handles what's already wounded. Ministering the same way, with patience instead of pressure, tends to produce far more lasting fruit than trying to force a breakthrough on a timeline.

It's important to note that the spirit, the mind, and the heart can be broken, just like the soul can, although the heart is part of the soul. The prayer routine is the same. Pray the healing and peace of God over their mind, body, and soul, as well as their heart, and command them to be healed in the name of Jesus. It's really that simple. It doesn't require some special, intense prayer. "Be healed in the name of Jesus" is sufficient. It's not too far from what Jesus said.

JOURNAL PROMPT

- *What specific wound, not just a general season, comes to mind as I read this chapter?*
- *What did I come to believe about myself, others, or God because of that wound?*
- *What might Jesus want to say to me about that moment, if I asked Him directly?*
- *Am I willing to go slowly with this instead of rushing toward a resolution?*

CHAPTER 8

Praying for Physical Healing

"**By his stripes we are healed.**" *(Isaiah 53:5)*

Physical healing was never an afterthought in Jesus' ministry. It was woven through nearly every chapter of the Gospels — the blind, the lame, the woman who touched His garment, the man lowered through the roof. He didn't treat healing as some separate department from deliverance and forgiveness. Often, all three happened in the same encounter.

James gives the church a direct instruction a lot of believers have quietly forgotten is still active: "Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up." That's not a metaphor for spiritual sickness. It's a practical, physical instruction for the physical body.

"**Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.**" *(1 Peter 2:24)*

Healing prayer isn't a formula that guarantees an outcome on our timeline, and it's not something to approach with either presumption or shame if the healing you're praying for doesn't come the moment or the way you expected. It's instead a persistent, faith-filled posture, asking, believing, and continuing to stand on God's promises while also walking wisely with whatever medical care is appropriate.

Some sickness has a spiritual root worth addressing directly in prayer. Jesus described a woman bent double for eighteen years as bound by "a spirit of infirmity," not merely a physical ailment, but something with a spiritual component that responded to His word and released her instantly. Acts 10:38 sums up His whole healing ministry this way: He went about doing good, and healing all that were oppressed of the devil. That doesn't mean every illness is demonic. Most are simply the result of living in a fallen body in a fallen world. But it does mean the question is worth asking honestly in prayer instead of assuming every symptom is purely physical or purely spiritual.

And for some, you might never know what caused the illness or physical affliction, and I'm not convinced you have to know. I've seen people healed of all kinds of things that had no physical or spiritual explanation. I'm not sure God cares what caused it. I do think He cares about healing it.

Isaiah's prophecy, fulfilled at the cross, ties healing directly to the atonement: "Surely he hath borne our griefs, and carried our sorrows... and with his stripes we are healed." Peter later confirms this was already accomplished, past tense: "By whose stripes ye were healed." That settled, finished-work language matters. You're not trying to talk God into something He's reluctant about. You're standing on something He already provided, even while you wait to see its full manifestation in your body.

Practical prayer for physical healing often includes several elements: laying hands on the specific area of need where appropriate, anointing with oil like James instructs, speaking directly to the condition by name rather than only praying vaguely "if it be Your will," and thanking God in advance the way Scripture models throughout the Psalms. Persistence matters. Jesus told at least one healing story that involved a process rather than an instant result,

the blind man at Bethsaida who saw "men as trees, walking" after the first touch and needed a second touch before he saw clearly. Not every healing is instant, and a gradual healing isn't a lesser one.

I find that it's really only necessary to command a person to be healed in the name of Jesus. As He leads, you might find there are other things you need to add to that prayer, or you might want to anoint him with the blood of Jesus and pour it over him, letting it seep into every part of his body, soul, and spirit. God isn't so much interested in eloquent prayers as He is in seeing our love and concern for a hurting person, and our faith in asking Him to heal them.

Keep standing on God's promises for healing while cooperating with wise care for your body. Celebrate every improvement, however small, as evidence of His restoring hand at work, and remember that faith for healing and wisdom about medical care were never meant to compete with each other.

A brief word about the tension a lot of people feel here, because it's real and worth naming directly rather than glossing over. If you pray for healing and it doesn't come the way or the timeline you hoped, that doesn't mean you lacked faith, and it doesn't mean God said no forever. Scripture includes examples of healing that came instantly, healing that came gradually, healing that came through means (Naaman washing in the Jordan seven times, or Isaiah instructing a fig poultice for Hezekiah's boil), and even faithful believers like Paul, who carried an unresolved physical affliction his whole life despite asking God three times for its removal, and were told instead, "My grace is sufficient for thee: for my strength is made perfect in weakness." None of these outcomes reflect a failure of faith. They reflect the reality that God's healing purposes are wider than any single formula, and your job is to

keep asking, keep believing, and keep walking in whatever measure of healing and grace He's giving you today, without either presuming on an outcome or giving up on hope.

If you're praying for someone else's body, a few practical postures matter: pray with compassion rather than performance, avoid promising outcomes Scripture doesn't promise, keep the focus on Jesus rather than on your own gift or technique, and always encourage continued wise medical care alongside prayer instead of setting the two up as opposites.

And then there are the miracles that come in this ministry. I have seen people healed.

JOURNAL PROMPT

- *What physical need have I been hesitant to bring honestly before God?*
- *Have I ever prayed for healing and felt disappointed or ashamed when it didn't come the way I expected?*
- *What would it look like to hold faith for healing and wisdom about medical care together, rather than as opposites?*
- *Who can I ask to stand with me in prayer for my body?*

CHAPTER 9

Ongoing Obedience

"**If ye love me, keep my commandments.**" *(John 14:15)*

You closed the door of disobedience back in Chapter 4. This chapter is about what happens after that door stays shut, because obedience, like forgiveness, isn't a box you check once. It's a posture you keep choosing, every day, for the rest of your life.

Jesus never separated love for Him from obedience to Him. He didn't say obedience proves your worth, or earns your standing. Your identity, as Chapter 2 already established, is settled. But obedience is how that love becomes visible, both to you and to everyone watching your life.

This is also where authority and obedience meet again. A believer walking in ongoing disobedience can't walk in the authority Christ gave them, not because God's punishing them, but because authority under Christ only functions for those who stay under Him. The moment you step outside His instruction, whatever ground you gained in deliverance becomes vulnerable again.

Ongoing obedience is rarely dramatic. It looks like continuing to forgive the same person a second and third time. It looks like turning off the thing you know you shouldn't be watching, even when no one would ever know if you didn't. It looks like keeping your word when it costs you something. It looks like quick, unglamorous repentance the moment the Holy Spirit convicts you of something small, rather than waiting until it becomes something big.

Jesus' commands throughout the Gospels cover far more ground than most believers realize, and they were never meant to be studied once and filed away. Repent. Follow Him. Let your light shine. Be reconciled with those you've wronged. Guard your eyes. Keep your word. Love your enemies and pray for the people who mistreat you. Seek first His kingdom before anything else competing for that place. Judge not. Ask, seek, knock, and keep asking, seeking, and knocking. Choose the narrow way even when the wide one is easier and more crowded. These aren't suggestions for the especially devoted. They're the ordinary, daily texture of a life that stays under authority and therefore stays free.

It's so important that you understand and have a healthy fear of God — not a fear that quivers and hides when God comes near, but a fear that respects and stands in awe of who God is. The fear of God comes with an attitude of the heart that wants nothing less than what God wants for us, and is willing to pay whatever the cost is for that. It's a maturity a lot of believers never get to, because they see Jesus more as a sidekick or a buddy than a holy, awesome God who's to be praised and worshipped. If we don't understand holiness and righteousness, we're not likely to take them seriously. I strongly suggest you look up those three words and meditate on them for a while, and ask God to give you a healthy fear for His holiness, righteousness, and justice.

Practically, build a rhythm of quick obedience into your daily life: when conviction comes, act on it right away instead of negotiating with it. Keep short accounts with God. Don't let a day pass with an unaddressed conviction sitting quietly in the back of your mind, getting more comfortable the longer it's ignored. The gap between conviction and obedience is exactly where the

enemy tries to plant doubt, delay, and eventually a returning stronghold. Close that gap as quickly as you can, every single time.

Obedience also protects the freedom of the people around you, not just your own. Proverbs 18:1 warns that whoever isolates themselves seeks their own desire and breaks out against all sound judgment. Obedience includes staying in fellowship, staying accountable, and staying honest with at least one or two people who have permission to ask you hard questions.

It also helps to understand why obedience, of all the ongoing disciplines in this book, tends to be the one people resist naming plainly. Forgiveness sounds gracious. Renewing the mind sounds therapeutic. Obedience sounds like rules, and rules can feel like exactly the kind of legalism a lot of people came to Christ to escape. But obedience in Scripture was never about earning anything. Your identity, as Chapter 3 established, is already settled before you obey a single command. Obedience is simply love, made visible, moving toward the One who already loves you completely. "If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him" (John 14:23). Obedience doesn't earn His presence. It makes room for it.

A practical daily check can help keep this from becoming abstract: at the end of each day, ask honestly, "Was there a moment today when I sensed the Holy Spirit prompting me toward something, and I either obeyed quickly, delayed, or ignored it?" Don't use this question to shame yourself. Use it the way you'd use any honest inventory, just to notice patterns and bring them back to God the next morning with a fresh decision to obey more quickly.

1 Samuel 15:22 puts the priority plainly: "To obey is better than sacrifice, and to hearken than the fat of rams." No amount of worship, fasting, giving, or

ministry activity substitutes for simple, ordinary obedience in the small things God has already asked of you.

You're not earning freedom through obedience. You already have it. But you're guarding it, and obedience is the guard that never gets to go off duty.

JOURNAL PROMPT

- *Where have I been slow to obey something I already know the Holy Spirit is asking of me?*
- *What does the gap between conviction and obedience usually look like in my life?*
- *Which of the 48 commands of Christ (see Appendix B) is hardest for me to live out consistently?*
- *Who has permission to ask me hard questions about my obedience?*

CHAPTER 10

Ongoing Forgiveness

> Peter asked, "Lord, how oft shall my brother sin against me, and I forgive him?" Jesus answered, "I say not unto thee, Until seven times: but, Until seventy times seven." ***(Matthew 18:21-22)***

Forgiveness closed a door back in Chapter 4. This chapter is about the rest of your life, because forgiveness is one of those words we throw around so easily in church that I think we've lost track of what it actually costs. And what it costs is not a one-time payment.

Let's be honest about what forgiveness actually is. When someone wrongs you, something real gets taken — trust, safety, dignity, sometimes years of your life. Forgiveness is the decision to release the debt they owe you so you can be at peace, whether or not they ever repay it. It's not mainly a feeling. It's a transaction, made before God, and the feelings tend to follow along behind it rather than lead the way.

It also helps to be clear about what forgiveness is not. It's not reconciliation. You can forgive someone completely and still choose, wisely, not to let them back into your life the way they were before. It's not excusing what happened. Calling sin what it is doesn't cancel forgiveness, it's actually part of it. And it's not forgetting. The memory can stay. What forgiveness removes is the memory's grip on you, its power to hijack your body and your emotions every time it resurfaces.

Jesus tied this directly to our own relationship with God: "If ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses."

That's not a suggestion. In the parable of the unforgiving servant, Jesus doesn't present forgiveness as a nice, optional generosity. He ties unforgiveness directly to torment, and that torment plays out as real, daily torment in people's lives right now, not just in eternity.

Here's why this needed its own chapter, separate from Closing the Doors: some wounds only need to be forgiven once. But the deep ones — the ones tied to childhood, to years of betrayal, to ongoing relationships that keep producing new offenses — rarely stay settled forever. A memory can surface a year later and sting just as sharp as the day it happened. That doesn't mean the first time you forgave didn't work. It means you get to choose it again. That's not failure. That's simply how healing tends to go.

If forgiveness were simple, God wouldn't have needed to command it as many times as He did. Unforgiveness usually feels like protection. Holding onto what someone did to you can feel like the only leverage you have left, especially when they never faced any real consequence for it. But what starts out as self-protection turns into a prison you built yourself. The person you won't forgive keeps living in your head, rent-free, long after they've moved on with their own life and probably aren't thinking about you at all. That's the tormentor from Matthew 18:34 showing up in ordinary, daily form, not always a dramatic spiritual event, but the slow erosion of your peace, your sleep, and your joy, because you're carrying a debt you were never actually meant to collect.

A few things tend to keep people stuck here. Some are afraid forgiving means the offense didn't matter, or that it lets the other person off the hook. Some are afraid that if they let their guard down, they'll just get hurt again. Some haven't grieved what happened to them yet, and it's hard to release a debt

you haven't let yourself feel the weight of. Some are trying to forgive someone who's unrepentant, gone, or already dead, and it feels pointless because there's no one left to receive it. But it isn't pointless, because forgiveness is a transaction between you and God and never required the other person's cooperation in the first place. And some are dealing with an offense that keeps happening in an ongoing relationship, which means forgiving the same debt, or a new version of it, again and again.

When you need to forgive again, walk it through concretely rather than treating it as a vague spiritual feeling you're waiting to arrive:

Name it specifically, not "I forgive them for everything," but the actual words, the actual trust that was broken. Tell God honestly what it cost you, without minimizing or exaggerating. Make the choice out loud, whether or not the other person ever knows or apologizes. Let go of the right to get even, hand the debt to God instead of continuing to collect it yourself through resentment or rehearsing the argument in your head. Bless them if you can, even briefly, even through gritted teeth the first few times. And expect to have to choose it again. That's not a sign you failed.

Forgiveness doesn't require reconciliation with someone unsafe or unrepentant. It doesn't require staying exposed to what hurt you, and it doesn't require you to trust that person again right away. Wisdom and forgiveness have never been in conflict. You can release the debt completely and still, for very good reason, keep that person at arm's length.

What it produces is worth what it costs: freedom from a prison you built yourself; restored closeness with God, since unforgiveness is one of the most common things standing between a person and their prayer life; relief that's often physical, not just emotional; the breaking of cycles instead of passing

them down to your children; and a testimony of the gospel that's almost impossible to fake.

Think of one specific offense right now, the one that came to mind while you were reading this, and walk it through:

> *"Father, I bring before You the debt I've been holding against _____. I acknowledge what it cost me: _____. I choose, right now, as an act of my will, to release this debt into Your hands. I will not collect on it through bitterness, silence, or rehearsing it in my mind. I ask You to bless _____, and I ask You to free my own heart from anything this offense has been holding shut. And where I need to choose this again tomorrow, Lord, give me the grace to do it. In Jesus' name, Amen."*

There's one more layer of forgiveness worth naming honestly, because it comes up constantly in ministry even though it's rarely preached on directly: forgiving yourself, and, in a careful sense, releasing anger you might be carrying toward God Himself.

Self-forgiveness isn't about excusing genuine sin. It's about receiving the same forgiveness from God that you'd readily extend to someone else in your position, rather than holding yourself to a standard even Christ doesn't hold you to. "There is therefore now no condemnation to them which are in Christ Jesus" applies to the failures you're hardest on yourself about, not just the ones that are easy to forgive. Self-hatred and ongoing guilt over something already confessed and covered by the blood of Jesus is its own kind of stronghold, and it needs to be named and released the same way any other unforgiveness does.

As for anger toward God, a lot of sincere believers carry unspoken resentment over unanswered prayers, allowed suffering, or loss that never made sense, and feel too ashamed to admit it. This isn't accusing God of wrongdoing, and it doesn't require pretending the pain wasn't real. Honest prayer here often sounds like, "Lord, I felt abandoned when _____. I choose to trust You again," and this kind of honesty, brought directly to Him instead of buried, frequently breaks a bondage that years of forced positivity never could.

JOURNAL PROMPT

- *Is there someone I forgave once but need to choose to forgive again today?*
- *What has unforgiveness cost me — in my body, my sleep, my peace, my relationships?*
- *Do I need to forgive myself for something I've already been forgiven for by God?*
- *Have I ever admitted to God that I felt angry or abandoned by Him? What would that honesty sound like?*

CHAPTER 11

Identifying and Tearing Down Strongholds

"**For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds... bringing into captivity every thought to the obedience of Christ.**" *(2 Corinthians 10:4-5)*

Freedom from demonic influence is a glorious beginning, but it isn't the end. Strongholds — deeply rooted patterns of thinking, believing, and reacting — have to be identified and torn down deliberately, over time. This is lifetime work, not a chapter you finish and move past.

Have you ever snapped at someone and thought, "Where did that come from?" Or gone quiet and withdrawn when someone criticized you, even gently? Those reactions aren't random. They're clues, and if you're willing to pay attention, they lead straight to the places where Jesus wants to bring freedom.

A trigger is any situation, word, or person that produces a reaction in you that feels bigger than the moment warrants, or that you feel powerless to control. Common ones include being corrected, feeling overlooked, someone else succeeding where you've struggled, conflict, or being asked to trust someone. Don't judge yourself for what triggers you. Just notice it, and ask the Holy Spirit, "What just happened in me?"

Next, notice how you respond. Our responses to triggers tend to fall into a few patterns: fight, defensive, angry, controlling; flight, shutting down, withdrawing, avoiding; freeze, going numb, people-pleasing, becoming paralyzed; or overfunction, taking over, fixing, performing to feel safe.

"Above all else, guard your heart, for everything you do flows from it." Your response is a door. What's behind it is the stronghold.

Beneath every trigger and every response is a feeling, often buried so deep you've stopped noticing it. Ask: Do I feel afraid? Of what? Do I feel ashamed, what does this say about me in my own mind? Do I feel alone, unseen, like I have to earn my place, or like I'm not enough? These feelings aren't weaknesses. They're invitations. Jesus came to bind up the brokenhearted, and He's not afraid of what's inside you.

From there, you can often name the stronghold underneath: fear of rejection, triggered by disapproval, responding with people-pleasing or withdrawal. Shame, triggered by failure or exposure, responding with hiding or performance. Control, triggered by uncertainty, responding with overfunctioning or anxiety. Unworthiness, triggered by success or praise, responding with deflection or self-sabotage. Abandonment, triggered by distance or conflict, responding with clinging or pushing away.

Naming a stronghold isn't a diagnosis. It's a starting place. You're not labeling yourself. You're locating where God wants to work.

Once named, bring it to Jesus directly: "Lord, I can see that I have a stronghold of fear around rejection. I've been protecting myself instead of trusting You. I repent of letting this pattern rule me, and I invite You into this place. Heal what's broken here and replace these lies with Your truth." Then ask Him what truth He wants you to know. He's always faithful to answer.

The daily, practical work of tearing a stronghold down follows three steps: recognize the pattern, when does the temptation come, what triggers it; repent immediately, without negotiating; and replace the old response with

the opposite action, worship instead of scrolling, thanksgiving instead of spiraling, blessing instead of rage. Strongholds in thoughts and dreams deserve extra attention. For intrusive thoughts, take them captive immediately by speaking truth out loud rather than letting them run silently in the background. 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." A lot of believers have watched long-standing nightmares stop entirely after consistent prayer and renunciation.

Guard the gates your senses open: what you look at, what you listen to, what you speak. Job made a covenant with his own eyes about what he'd allow himself to look at. That same deliberate boundary-setting is available to you. Fill your ears with worship and truth rather than gossip, cursing, or content that glorifies the very things you're trying to be free from. "Death and life are in the power of the tongue, and those who love it will eat its fruit." Stop the negative confessions and the complaining, and start speaking God's promises instead, out loud, even when you don't fully feel them yet.

Build new, godly habits in their place: morning prayer and declaration, putting on the armor of God, short arrow prayers throughout the day, honest reflection at night. Add spiritual disciplines as you're able: a regular time of fasting, extended worship, Scripture memorization, and service to others. Start small and build from there. Celebrate small victories. They compound over time into a completely different life than the one you started with.

And don't do this alone. Find one or two mature believers who'll walk with you, pray with you, and speak truth when you slip. "Iron sharpens iron." Community gives you encouragement on hard days and correction when pride starts to rise. Isolation is the enemy's favorite trap precisely because it

removes the very voices that would otherwise catch a stronghold rebuilding before it fully takes root again.

Use every weapon available to you, and use them together rather than one at a time: consistent, specific prayer; fasting, which breaks heavy chains and sharpens spiritual sensitivity; worship, which invites God's presence and unsettles the enemy; and the armor of God, put on daily through declaration and obedient living rather than treated as a one-time ritual.

Every stronghold has a history — something happened that made the pattern feel necessary. God sees that history with compassion. He isn't surprised by what's in you, and He isn't put off by it. "Greater is He who is in you than he who is in the world." Keep your eyes on Jesus, not on your progress, and let this become a daily, lifelong rhythm rather than a task you finish.

It helps to think of a stronghold the way you'd think of a well-worn path through a field. Walk the same route enough times and the path becomes visible even when no one's walking it, the grass just stops growing back the normal way. Tearing down a stronghold isn't a single act of pulling up weeds once. It's choosing a different path so consistently, over such a long stretch of time, that the old path eventually grows back over and the new one becomes the natural one instead.

Some strongholds will fall quickly once named and confronted directly in prayer. Others, particularly ones tied to years of trauma, addiction, or generational patterns, will take sustained, patient effort over months or longer. Both are normal. Neither speed nor slowness is evidence of how much faith you have. "Let us not be weary in well doing: for in due season we

shall reap, if we faint not" (Galatians 6:9) applies directly here. The promise is tied to not giving up, not to how quickly the harvest arrives.

A final practical tool: keep a written record specifically of strongholds you've identified and the truth God has given you in place of each lie. Review it regularly, especially in seasons when an old pattern seems to be resurfacing. Seeing, in your own handwriting, the ground you've already gained is often exactly the encouragement you need to keep standing rather than assume the old stronghold's won again.

JOURNAL PROMPT

- *What triggers produce a reaction in me that feels bigger than the moment warrants?*
- *Which response pattern do I recognize most in myself: fight, flight, freeze, or overfunction?*
- *What stronghold might be underneath that pattern, and what truth does God want to replace it with?*
- *What is one new, godly habit I can build in place of the old pattern this week?*

CHAPTER 12

Renewing Your Mind

"**Be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.**" *(Romans 12:2)*

Strongholds get torn down. Renewing the mind is what gets built in their place, and it isn't a one-time event. It's a daily choice, practiced for the rest of your life, that determines whether the ground you've gained actually holds.

You already know the feeling. The same anxious thought loops for the hundredth time. The same self-critical voice whispers you're not enough. You've prayed about it. You've read Scripture. But the thoughts keep coming back. That's exactly why this chapter matters. Real freedom doesn't come from trying harder. It comes from renewing your mind exactly the way Romans 12:2 describes.

God made your mind in an amazing way. Whatever you think about repeatedly gets easier and easier to think — scientists call this neuroplasticity, but the Bible called it the renewing of the mind long before anyone had a name for it. A thought comes in, you give it attention, you feel an emotion, you act on that emotion, and the pathway strengthens. Do that enough times and the thought becomes automatic. That's a stronghold. But the same process that built the difficult path can build a better one.

Here's the simple, repeatable cycle: Awareness. Capture. Replace. Repeat.

Awareness means noticing the thought instead of letting it run in the background. Use the "Stop and Notice" technique: the moment a negative emotion rises, anxiety, anger, shame, pause and ask, "Stop. What am I thinking right now?" Write it down. You can't change a thought you don't even notice.

Capture means refusing to let the thought run free. Ask it four questions: Is this true, does it line up with Scripture? Is it helpful, does it move me closer to God or farther away? Where's it coming from, my past, the enemy, or the Holy Spirit? And what would God actually say about this?

Replace means installing truth where the lie used to sit. Find the exact Scripture that contradicts the lie, speak it out loud, and personalize it with your own name. If the lie is "I'm never going to get better," the truth is, "[Your name], you can do all things through Christ who strengthens you." Faith comes by hearing. Speak it, don't just think it.

Renew means filling your mind on purpose so the lies have less and less room to grow, not emptying your mind, but occupying it deliberately with what's true, noble, right, pure, lovely, and praiseworthy. Build a short morning rhythm: Scripture, a spoken declaration, a few minutes of worship. And a short evening rhythm: review the day, write down one victory, thank God for it.

Before any of these steps can take root, though, there's something worth pausing on. A lot of us try to renew our minds through pure willpower, reading the verses, repeating the declarations, setting the alarms, and still feel worn out and defeated a week later. Renewing the mind isn't another self-help project you accomplish through sheer effort. It's a grace-filled partnership with the Holy Spirit. "Without Me you can do nothing," Jesus said,

plainly, and that includes changing the way you think day after day. So before you go any further into the steps, pause and surrender: "Lord, I admit I have tried to control my thoughts on my own. Today I surrender my mind completely to You. I give You every worry, every lie I've believed, and every stronghold in my thinking. Teach me to think the way You think."

Grace matters more here than most of us realize. Grace isn't permission to stay stuck in the same patterns. It's the power to actually get free. When you slip, and you will, because everyone does, grace says, "Get back up. My mercy is new every morning." Striving says, "You failed again." Grace says, "You are still Mine, and I am still working in you." The enemy loves to use shame to keep people from even starting this process. Don't listen to that voice. God isn't disappointed in you. He's glad you're finally ready to let Him do the deep work only He can do.

Repeat is what turns thirty days into a lifetime. This cycle doesn't end. It becomes who you are. Every week, ask yourself which thought pattern showed up most, what felt hardest, and what victory, even a small one, you can thank God for. Reward consistency with something life-giving, time outdoors, time with a friend, whatever genuinely restores you. You've earned it, and celebrating the small wins is part of what makes the practice sustainable for the long haul instead of something you abandon after a few weeks.

This isn't a project you finish. It's a lifestyle you keep choosing, the same way obedience and forgiveness are choices you keep making. But over time, you'll catch thoughts faster, replace them more quickly, and live with a peace you once thought was out of reach.

One client came to this practice worn out from years of anxiety, having read Scripture faithfully the whole time and still feeling like her mind was a constant war zone. Starting with nothing more than the simple Awareness-Capture-Replace cycle, within two weeks she was catching most anxious thoughts before they took over her day, and by the end of thirty days she said she finally felt like she had a tool instead of just hoping things would eventually get better on their own. Another client said he never had time to "renew his mind" until he started with just a ten-minute morning block, Scripture, a declaration, a few minutes of worship. Thirty days later, he said he used to wake up anxious, and now he wakes up with a song and a Scripture already in his heart.

A word about setbacks, because they'll happen and they don't mean the process has failed. Some days the old thought will simply win, faster than you can catch it. This doesn't undo the previous thirty days of practice. "For a just man falleth seven times, and riseth up again" (Proverbs 24:16). Righteousness in Scripture was never defined by never falling, but by getting back up every time. The goal isn't a perfect record. The goal is a mind that increasingly, over months and years, defaults to truth instead of the old pattern.

Consider also what you're building your renewed mind on, not just what you're removing from it. Philippians 4:8's list, whatever is true, noble, right, pure, lovely, and praiseworthy, isn't simply a filter for what to avoid. It's a positive target for what to actively fill your mind with: worship music instead of just less negative music, encouraging teaching instead of just less doom-scrolling, real friendships instead of just less isolation. Renewal isn't a subtraction project. It's a replacement project, and the replacement matters just as much as the removal.

JOURNAL PROMPT

- *What thought has been running through my mind most this week?*
- *Which step — Awareness, Capture, Replace, Renew — feels easiest for me? Which feels hardest?*
- *What is one lie I've believed for a long time, and what exact Scripture contradicts it?*
- *What am I currently feeding my mind that isn't helping my renewal?*

CHAPTER 13

Walking It Out — Staying Free

"**Submit yourselves therefore to God. Resist the devil, and he will flee from you.**" *(James 4:7)*

You've been set free. Doors are closed. Chains are broken. You're learning to walk in your identity and authority, to obey quickly, to forgive again when it's needed, to tear down strongholds, and to renew your mind daily. Now comes the part that determines whether all of it holds: staying free.

Freedom has to be guarded and cultivated. Jesus warned that when an unclean spirit leaves and finds the house swept and empty, but not filled, it returns, often bringing worse company. The key word is empty. A delivered life left vacant invites return.

Watch for the signs the enemy is testing your freedom: the sudden return of old thoughts or temptations, spiritual dryness, unexpected pressure in relationships, or physical symptoms that resemble what was already dealt with. Don't panic when these show up. They're usually tests, not proof of failure. Resist immediately: "I resist you in the name of Jesus. You have no right to return. I belong to Christ." Speak Scripture that directly contradicts the attack. Repent quickly of any new sin. Thank God for the freedom already given. This shifts your focus back to the Deliverer.

The best defense against return is occupation, not just cleanliness. Invite the Holy Spirit to fill you fresh every morning. Worship daily. It creates an atmosphere the enemy can't tolerate. Stay in the Word. Obey promptly. A Spirit-filled life leaves no vacancy for darkness.

Expect backlash. The enemy doesn't give up territory without a fight, and increased opposition after real breakthrough is often confirmation you've actually shaken something, not evidence you've failed. Stay humble. Increase your weapons, more prayer, more worship, more fasting, during intense seasons. Stand on the blood of Jesus. Keep a victory journal and review it when attacks come. "No weapon that is formed against thee shall prosper."

There's no shame in seeking additional help. If old symptoms return strongly and persist despite resistance and prayer, if new bondage surfaces that feels overwhelming, or if you're simply battle-weary, reach out. The church is a body, and none of us were meant to fight alone. Reach out to your pastor, a deliverance team, or mature believers who understand this ministry. A fresh session of prayer, renunciation, or inner healing can provide exactly the breakthrough needed to keep moving forward. Seek medical or psychological help too, where it's needed. Deliverance and wise professional care can work together beautifully when both honor the whole counsel of God.

God doesn't stop at setting you free. He restores what was stolen, and that restoration touches every part of you. Emotional healing continues to unfold as the Holy Spirit ministers to deep hurts that surface after the fight, rejection, shame, grief that finally has room to be felt and released now that the crisis has passed. "He heals the brokenhearted and binds up their wounds." Let Him keep doing that work through soaking prayer, ongoing forgiveness, and replacing traumatic memories with the truth of His Word.

Relational healing follows the same pattern. Bondage damages marriages, families, and friendships, and restoration here requires humility, apologizing where it's needed, setting healthy boundaries, and investing real time in

rebuilding trust that was broken. As you keep walking in freedom, you become less reactive and more genuinely loving, and a lot of families experience real reconciliation once one person's freedom starts changing the whole atmosphere of the home.

Physical healing is part of restoration too. Some sickness is directly linked to what you've just walked through spiritually, and a lot of people receive healing as a spirit of infirmity leaves, or experience gradual improvement simply as stress lifts and faith rises. Keep standing on God's promises for healing while cooperating with wise medical care, and celebrate every improvement as a sign of His restoring power at work.

Freedom isn't the destination. It's the launching pad. Once you're no longer fighting for survival, you can focus on the purpose God actually has for your life. You're His workmanship, created for good works He prepared beforehand. Your past bondage doesn't disqualify you from this. It often becomes part of your testimony and your platform. Ask the Holy Spirit daily, "What do You want me to do today?" Identify your gifts and your burdens. Start small, volunteer, share your testimony, take one obedient step at a time.

And your own story, everything you just walked through in this book, becomes part of what God uses to set someone else free.

"Freely you have received; freely give." The same power that delivered you now flows through you toward the people around you who are still in chains. You don't need to be perfect to help someone else. You need to be willing, humble, and still growing.

As you step into this, a few safeguards matter. Stay accountable to other mature believers instead of ministering in complete isolation. Keep growing

yourself. Your own ongoing deliverance, forgiveness, and renewal keep you effective rather than running on the fumes of a breakthrough that happened years ago. And remember that the Holy Spirit is the true Deliverer in every session. You're simply a willing vessel, not the source of the power at work.

As you step into this, a few safeguards matter. Practical ways to start: share your testimony boldly, since Scripture ties overcoming directly to both the blood of the Lamb and the word of our testimony. Begin praying simple prayers of freedom when someone shares a struggle with you, even before you feel fully equipped for something more formal. Study and practice the principles in this book until they become second nature rather than notes you have to look up each time. Seek out mature deliverance ministers or teams for mentorship rather than assuming you have to figure everything out alone. And walk with new believers through heart preparation the same patient way someone once walked you through it.

John 8:36 says it plainly: "If the Son therefore shall make you free, ye shall be free indeed." That's your new reality. The chains are broken. The old life is behind you. Live this freedom boldly. Share it generously. Refuse to go back.

JOURNAL PROMPT

- *What signs have I noticed recently that might indicate the enemy testing my freedom?*
- *How am I currently staying filled — through worship, the Word, prayer — rather than just staying clean?*
- *Who in my life is still in the kind of bondage I've walked through, and how might God want to use my story for them?*
- *What would it look like for me to reach out for help rather than push through backlash alone?*

CHAPTER 14

What I Learned in the Pit

"**The God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.**" *(1 Peter 5:10)*

Everything this book has been teaching — how to close a door, break a chain, tear down a stronghold, renew a mind — is a normal part of the Christian life. And now that we've gone through it, I want to close differently. Something closer to a testimony, because teaching without a witness behind it is just theory.

I went through a season that felt like a pit with no way out. It started with cancer, and I thought that was the worst of it. It wasn't. A grueling surgery resolved the cancer, and I celebrated, thinking I was home free. Not long after, I woke up unable to walk without tremendous pain, eventually diagnosed as Polymyalgia Rheumatica. Then my marriage, after years of struggle, finally came apart. Then one of my daughters decided she didn't want a relationship with me anymore, and never fully explained why.

Right after that I got very ill and was in bed for almost two months, and during that time I had a severe allergic reaction to a prescription that landed me in the hospital. My heart was beating over two hundred beats per minute, and the doctors had to restart it, afraid I'd stroke out. I left the hospital the next day with a new diagnosis, atrial fibrillation, added to everything else. The heart medication that followed made me suicidal. I would wake up in the morning thinking of ways to end my life, which terrified me. I battled that, day

after day, for two months before I finally understood I wasn't losing my mind. It was the drug talking, not me. That realization alone was a kind of relief I can't fully describe.

There's no one at the bottom of a pit like that with a rope. No one hears you the way you need to be heard. You're trapped, and your only real hope is God. So you wait. That's all you can do.

What I didn't understand while I was in it was that God was doing deep work in me the entire time, work that only happens under that kind of pressure. He wasn't distant during the worst of it. He was closer than He had ever been. His Word became a lifeline in a way it never had been when life was easier. I found solace in biblical figures who'd suffered far worse than I had and stayed faithful anyway, coming through it like gold refined by fire. They cried out for help, clung to God's integrity even when they couldn't feel it, and found out He doesn't let go, even when it feels like He has.

Around that same time, I took a fall outside my office, landing hard on my knees, doing nerve damage to my leg and dislocating my toe. That kept me off my feet for weeks. Not long after, I became extremely fatigued and started sleeping through parts of the day I used to be fully active in. Looking back at all of it stacked together — cancer, the leg pain, the marriage ending, the estrangement, the hospitalization, the medication reaction, the fall, the fatigue — I understand now why it felt bottomless while I was in the middle of it. It wasn't one trial. It was a compounding season, each new thing landing before I'd even recovered from the last.

I'm going to tell you my story, but I don't want you to focus on me, or on what I suffered. I want you to focus on Jesus, the author and finisher of our faith. I'm telling you this because you need to know that I understand what Corrie

Ten Boom meant when she said there's no hole so deep that God isn't deeper yet.

I learned that the answer to every problem isn't only seeking the Lord's comfort while He works out a solution on His own timeline. It's renewing my mind with His Word and believing, with real and sometimes stubborn faith, that His promises are true whether or not my circumstances had changed yet. That's the same practice this entire book has walked you through. Not a separate lesson learned in the pit, but the very thing that got me out of it.

God sets apart those who belong to Him, and suffering is one of the ways He does this. It draws us closer, stripping away our reliance on ourselves and deepening our dependence on Him. It's a genuinely painful process while it's happening. But looking back, it can become one of the most transformative seasons of an entire spiritual life, not because the suffering itself was good, but because of who met me in it.

If you're in a pit right now, I'm not going to tell you it'll feel short, or that you'll understand the reason for it while you're still in it. I didn't. But I can tell you this: the God who met me there is the same God who will meet you. He doesn't let go. And on the other side of it, the very thing that nearly broke you becomes something He can use, not despite the pit, but because of what He built in you while you were down there.

Every chapter in this book — identity, authority, closing doors, breaking chains, healing, forgiveness, renewing the mind — is something I didn't learn in comfort. I learned it in the pit, and I'm giving it to you now so that whatever pit you're in, or whatever pit you're walking someone else out of, you don't have to learn it the same slow, hard way I did.

"Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God" (2 Corinthians 1:4). That verse isn't a tidy conclusion. It's the actual mechanism by which pain becomes ministry, if you let it. Whatever you've walked through, or are walking through now, it was never wasted in His hands.

You are not alone in it. And you will not stay there.

Free indeed.

JOURNAL PROMPT

- *What is the pit I've walked through, or am walking through right now?*
- *What have I learned about God's nearness in suffering that I didn't know before?*
- *How might God want to use what I've walked through to help someone else?*
- *What is one truth from this chapter I want to hold onto the next time I feel like I'm back in the pit?*

Part 4 of 4 — All Appendices

Appendix: Scripture Reference by Theme

Every verse below came from the source material for this book, grouped here by theme so you can find what you need quickly, whether you're writing, teaching, or praying with someone.

Physical Healing

> But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. *(Isaiah 53:5)*

> Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed. *(1 Peter 2:24)*

> Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up. *(James 5:14-15)*

> If thou wilt diligently hearken to the voice of the LORD thy God... I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee. *(Exodus 15:26)*

> Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases. *(Psalm 103:2-3)*

O LORD my God, I cried unto thee, and thou hast healed me. *(Psalm 30:2)*

When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with his word, and healed all that were sick: That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses. *(Matthew 8:16-17)*

Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth. *(Jeremiah 33:6)*

God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him. *(Acts 10:38)*

Obedience

If ye love me, keep my commandments. *(John 14:15)*

He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself to him. *(John 14:21)*

If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him. *(John 14:23)*

To obey is better than sacrifice, and to hearken than the fat of rams. *(1 Samuel 15:22)*

Yea rather, blessed are they that hear the word of God, and keep it. *(Luke 11:28)*

But be ye doers of the word, and not hearers only, deceiving your own selves. *(James 1:22)*

For this is the love of God, that we keep his commandments: and his commandments are not grievous. *(1 John 5:3)*

And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to observe and to do all his commandments... all these blessings shall come on thee, and overtake thee. *(Deuteronomy 28:1-2)*

Spiritual Warfare and the Armor of God

Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit. *(Ephesians 6:10-18)*

Lest Satan should get an advantage of us: for we are not ignorant of his devices. *(2 Corinthians 2:11)*

Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist stedfast in the faith. *(1 Peter 5:8-9)*

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. *(Ephesians 6:12)*

Suffering and Endurance

The God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you. *(1 Peter 5:10)*

My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing. *(James 1:2-4)*

We glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope: And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us. *(Romans 5:3-5)*

Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God. *(2 Corinthians 1:3-4)*

Many are the afflictions of the righteous: but the LORD delivereth him out of them all. *(Psalm 34:19)*

But he knoweth the way that I take: when he hath tried me, I shall come forth as gold. *(Job 23:10)*

When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou

walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee. *(Isaiah 43:2)*

Deliverance and Setting the Captives Free

The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised. *(Luke 4:18)*

When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest, and findeth none. Then he saith, I will return into my house from whence I came out. *(Matthew 12:43-44)*

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)*

Submit yourselves therefore to God. Resist the devil, and he will flee from you. *(James 4:7)*

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners. *(Isaiah 61:1)*

Your Identity in Christ

But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name. *(John 1:12)*

Henceforth I call you not servants; for the servant knoweth not what his lord doeth: but I have called you friends; for all things

that I have heard of my Father I have made known unto you. *(John 15:15)*

Therefore being justified by faith, we have peace with God through our Lord Jesus Christ. *(Romans 5:1)*

There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. *(Romans 8:1)*

And we know that all things work together for good to them that love God, to them who are the called according to his purpose. *(Romans 8:28)*

For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord. *(Romans 8:38-39)*

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? *(1 Corinthians 3:16)*

But he that is joined unto the Lord is one spirit. *(1 Corinthians 6:17)*

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's. *(1 Corinthians 6:19-20)*

Now ye are the body of Christ, and members in particular. *(1 Corinthians 12:27)*

Now he which stablisheth us with you in Christ, and hath anointed us, is God; Who hath also sealed us, and given the earnest of the Spirit in our hearts. *(2 Corinthians 1:21-22)*

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new. *(2 Corinthians 5:17)*

And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation... Now then we are ambassadors for Christ, as though God did beseech you by us. *(2 Corinthians 5:18-20)*

According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love: Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will, To the praise of the glory of his grace, wherein he hath made us accepted in the beloved. *(Ephesians 1:4-6)*

And hath raised us up together, and made us sit together in heavenly places in Christ Jesus. *(Ephesians 2:6)*

For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them. *(Ephesians 2:10)*

In whom we have boldness and access with confidence by the faith of him. *(Ephesians 3:12)*

Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son: In whom we have redemption through his blood, even the forgiveness of sins. *(Colossians 1:13-14)*

And ye are complete in him, which is the head of all principality and power. *(Colossians 2:10)*

If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God. When Christ, who is our life, shall appear, then shall ye also appear with him in glory. *(Colossians 3:1-4)*

Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ. *(Philippians 1:6)*

For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ. *(Philippians 3:20)*

I can do all things through Christ which strengtheneth me. *(Philippians 4:13)*

Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession. For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need. *(Hebrews 4:14-16)*

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. *(2 Timothy 1:7)*

We know that whosoever is born of God sinneth not; but he that is begotten of God keepeth himself, and that wicked one toucheth him not. *(1 John 5:18)*

I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing. *(John 15:5)*

Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain. *(John 15:16)*

Your Authority in Christ

And Jesus came and spoke to them, saying, "All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit." *(Matthew 28:18-19)*

"Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you." *(Luke 10:19)*

Which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places, far above all principality and power and might and dominion, and every name that is named, not only in this age but also in that which is to come. And He put all things under His feet, and gave Him to be head over all things to the church. *(Ephesians 1:20-22)*

And hath raised us up together, and made us sit together in heavenly places in Christ Jesus. *(Ephesians 2:6)*

"And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover." *(Mark 16:17-18)*

You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world. *(1 John 4:4)*

Therefore submit to God. Resist the devil and he will flee from you. *(James 4:7)*

For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ. *(2 Corinthians 10:4-5)*

He who sins is of the devil, for the devil has sinned from the beginning. For this purpose the Son of God was manifested, that He might destroy the works of the devil. *(1 John 3:8)*

Then He called His twelve disciples together and gave them power and authority over all demons, and to cure diseases. *(Luke 9:1)*

Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. *(Ephesians 6:10-11)*

For God has not given us a spirit of fear, but of power and of love and of a sound mind. *(2 Timothy 1:7)*

And you are complete in Him, who is the head of all principality and power. *(Colossians 2:10)*

And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death. *(Revelation 12:11)*

Death and life are in the power of the tongue, and those who love it will eat its fruit. *(Proverbs 18:21)*

Therefore God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth. *(Philippians 2:9-10)*

But thanks be to God, who gives us the victory through our Lord Jesus Christ. *(1 Corinthians 15:57)*

Yet in all these things we are more than conquerors through Him who loved us. *(Romans 8:37)*

And when He had called His twelve disciples to Him, He gave them power over unclean spirits, to cast them out, and to heal all kinds of sickness and all kinds of disease. *(Matthew 10:1)*

"No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn. This is the heritage of the servants of the LORD, and their righteousness is from Me," says the LORD. *(Isaiah 54:17)*

"Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father." *(John 14:12)*

Fight the good fight of faith, lay hold on eternal life, to which you were also called and have confessed the good confession in the presence of many witnesses. *(1 Timothy 6:12)*

"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go." *(Joshua 1:9)*

"Not by might nor by power, but by My Spirit," says the LORD of hosts. *(Zechariah 4:6)*

You shall tread upon the lion and the cobra, the young lion and the serpent you shall trample underfoot. *(Psalm 91:13)*

Restoration of the Soul

He restores my soul. He leads me in paths of righteousness for His name's sake. *(Psalm 23:3)*

The law of the Lord is perfect, restoring the soul. The testimony of the Lord is sure, making wise the simple. *(Psalm 19:7)*

You who have shown me many troubles and distresses will revive me again, and will bring me up again from the depths of the earth. *(Psalm 71:20)*

Restore us, O God; make your face shine on us, that we may be saved. *(Psalm 80:3)*

I will restore to you the years that the swarming locust has eaten. *(Joel 2:25)*

But I will restore you to health and heal your wounds, declares the Lord. *(Jeremiah 30:17)*

The Broken and Wounded Soul

The Lord is close to the brokenhearted and saves those who are crushed in spirit. *(Psalm 34:18)*

He heals the brokenhearted and binds up their wounds. *(Psalm 147:3)*

Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. *(Psalm 31:9)*

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. *(Psalm 42:11)*

For I am poor and needy, and my heart is wounded within me. *(Psalm 109:22)*

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. *(Isaiah 53:5)*

Healing and Renewal of the Soul

Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise. *(Jeremiah 17:14)*

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. *(Ezekiel 36:26)*

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will. *(Romans 12:2)*

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. *(2 Corinthians 4:16)*

And have put on the new self, which is being renewed in knowledge in the image of its Creator. *(Colossians 3:10)*

The Soul's Longing for God

As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God? *(Psalm 42:1-2)*

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. *(Psalm 63:1)*

My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God. *(Psalm 84:2)*

God's Promises to the Soul

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. *(Matthew 11:28-29)*

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. *(John 10:10)*

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. *(3 John 1:2)*

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. *(Philippians 4:7)*

For you were like sheep going astray, but now you have returned to the Shepherd and Overseer of your souls. *(1 Peter 2:25)*

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. *(Hebrews 4:12)*

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. *(James 5:16)*

Freedom and Deliverance of the Soul

He sent out his word and healed them; he rescued them from the grave. *(Psalm 107:20)*

For you, Lord, have delivered me from death, my eyes from tears, my feet from stumbling. *(Psalm 116:8)*

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. *(Isaiah 43:2)*

And if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you. *(Romans 8:11)*

Forgiveness

For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses. *(Matthew 6:14-15)*

Peter asked, "Lord, how oft shall my brother sin against me, and I forgive him?" Jesus answered, "I say not unto thee, Until seven times: but, Until seventy times seven." *(Matthew 18:21-22)*

And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him. So likewise shall my heavenly Father do also unto you, if ye from your heart forgive not every one his brother their trespasses. *(Matthew 18:34-35)*

And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. *(Mark 11:25)*

Then said Jesus, Father, forgive them; for they know not what they do. *(Luke 23:34)*

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. *(Ephesians 4:32)*

Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. *(Colossians 3:13)*

Vengeance is mine; I will repay, saith the Lord. *(Romans 12:19)*

Strongholds and Renewing the Mind

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. *(2 Corinthians 10:4-5)*

Above all else, guard your heart, for everything you do flows from it. *(Proverbs 4:23)*

Howbeit when he, the Spirit of truth, is come, he will guide you into all truth. *(John 16:13)*

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things. *(Philippians 4:8)*

So if the Son sets you free, you will be free indeed. *(John 8:36)*

You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world. *(1 John 4:4)*

Repentance

From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand. *(Matthew 4:17)*

Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord. *(Acts 3:19)*

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land. *(2 Chronicles 7:14)*

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy. *(Proverbs 28:13)*

Create in me a clean heart, O God; and renew a right spirit within me. *(Psalm 51:10)*

Peace

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. *(John 14:27)*

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. *(Philippians 4:6-7)*

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. *(Isaiah 26:3)*

And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful. *(Colossians 3:15)*

Fear and Anxiety

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. *(2 Timothy 1:7)*

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. *(Isaiah 41:10)*

Casting all your care upon him; for he careth for you. *(1 Peter 5:7)*

I sought the LORD, and he heard me, and delivered me from all my fears. *(Psalm 34:4)*

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof. *(Matthew 6:34)*

Victory and Overcoming

For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. *(1 John 5:4)*

But thanks be to God, which giveth us the victory through our Lord Jesus Christ. *(1 Corinthians 15:57)*

Nay, in all these things we are more than conquerors through him that loved us. *(Romans 8:37)*

He that overcometh shall inherit all things; and I will be his God, and he shall be my son. *(Revelation 21:7)*

Faith

Now faith is the substance of things hoped for, the evidence of things not seen. *(Hebrews 11:1)*

But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him. *(Hebrews 11:6)*

And Jesus answering saith unto them, Have faith in God... whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. *(Mark 11:22-23)*

So then faith cometh by hearing, and hearing by the word of God. *(Romans 10:17)*

The Holy Spirit

But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. *(John 14:26)*

But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me. *(Acts 1:8)*

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. *(Galatians 5:22-23)*

Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself

maketh intercession for us with groanings which cannot be uttered. *(Romans 8:26)*

God's Love

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. *(John 3:16)*

But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us. *(Romans 5:8)*

There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. *(1 John 4:18)*

The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing. *(Zephaniah 3:17)*

Appendix: Signs of Bondage — A Quick Checklist

This is not a diagnostic tool, and checking several boxes does not automatically mean a demon is present. It is simply a way to organize what Chapter 2 covers in narrative form, so you can quickly review it for yourself or someone you're praying for.

Thought Life

- Persistent, intrusive thoughts of fear, shame, self-harm, or blasphemy that feel foreign rather than like your own reasoning
- A voice or set of thoughts that argues back, accuses, or mocks, especially during prayer or worship

- Chronic nightmares or disturbing dreams with a recurring, targeted theme

Behavior and Habits

- An addiction you sincerely want to stop but find yourself unable to, despite real effort and real faith
- Compulsive behaviors that feel driven by something beyond ordinary temptation
- Uncontrollable anger, rage, or hatred that surfaces disproportionately to the situation

Spiritual Life

- A strange aversion to the Bible, prayer, or worship that wasn't there before
- A persistent sense of being spiritually blocked despite a genuine desire to grow
- Spiritual experiences or sensations that intensify specifically during prayer, worship, or deliverance ministry

Family and History

- A pattern — addiction, divorce, rage, sickness, poverty — that has run in your family line across multiple generations
- A history of occult involvement, ritual practice, or formal initiation into another spiritual system
- Unresolved trauma connected to abuse, ritual harm, or significant loss

Body

- A condition that defies medical explanation or worsens specifically around spiritual activity
- Physical sensations — heaviness, cold, tightness — that appear or intensify during prayer

None of these, by themselves, are proof of demonic involvement. Several together, especially alongside a known open door from Chapter 5, are worth bringing honestly to God in prayer, and to an experienced minister if Chapter 1's guidance applies to your situation.

Appendix: Further Reading

This book stands on its own, but if you want to go deeper into any single area, these resources have shaped this material and are worth your time:

- They Shall Expel Demons, by Derek Prince
- Deliverance and Spiritual Warfare Manual, by John Eckhardt
- A local, biblically grounded deliverance team or church ministry near you

Beyond books, the single most valuable resource is a mature, spiritually discerning community — people who will pray with you, walk with you, and tell you the truth. No book, including this one, replaces that.

Appendix: Thirty Scripture Memory Cards for Daily Renewal

Chapter 12 recommends starting with three memory verses a week, written on cards and read morning and night. Here are thirty to work through, roughly one a day, covering the major themes of this book. Write each one out by hand when you get to it — the act of writing helps it settle into memory faster than reading alone.

- Romans 12:2 — "Be not conformed to this world: but be ye transformed by the renewing of your mind."

- 2 Corinthians 5:17 — "If any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."
- Philippians 4:13 — "I can do all things through Christ which strengtheneth me."
- Romans 8:1 — "There is therefore now no condemnation to them which are in Christ Jesus."
- 2 Timothy 1:7 — "God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."
- Luke 10:19 — "I give you the authority to trample on serpents and scorpions, and over all the power of the enemy."
- James 4:7 — "Submit yourselves therefore to God. Resist the devil, and he will flee from you."
- 1 John 4:4 — "Greater is he that is in you, than he that is in the world."
- 2 Corinthians 10:5 — "Bringing every thought into captivity to the obedience of Christ."
- Isaiah 54:17 — "No weapon that is formed against thee shall prosper."
- Psalm 34:18 — "The Lord is nigh unto them that are of a broken heart."
- Psalm 147:3 — "He healeth the broken in heart, and bindeth up their wounds."
- Isaiah 61:1 — "He hath sent me to bind up the brokenhearted, to proclaim liberty to the captives."
- Matthew 11:28 — "Come unto me, all ye that labour and are heavy laden, and I will give you rest."
- John 8:36 — "If the Son therefore shall make you free, ye shall be free indeed."
- Matthew 6:14 — "If ye forgive men their trespasses, your heavenly Father will also forgive you."
- Ephesians 4:32 — "Be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."
- Romans 12:19 — "Vengeance is mine; I will repay, saith the Lord."

- Isaiah 53:5 — "With his stripes we are healed."
- James 5:15 — "The prayer of faith shall save the sick, and the Lord shall raise him up."
- Ephesians 6:11 — "Put on the whole armour of God, that ye may be able to stand against the wiles of the devil."
- Proverbs 18:21 — "Death and life are in the power of the tongue."
- Philippians 4:8 — "Whatsoever things are true... think on these things."
- Joshua 1:9 — "Be strong and of good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest."
- Romans 8:37 — "In all these things we are more than conquerors through him that loved us."
- Ephesians 2:10 — "We are his workmanship, created in Christ Jesus unto good works."
- 1 Peter 5:7 — "Casting all your care upon him; for he careth for you."
- Zechariah 4:6 — "Not by might, nor by power, but by my spirit, saith the LORD of hosts."
- 1 John 5:4 — "This is the victory that overcometh the world, even our faith."
- Lamentations 3:22-23 — "His compassions fail not. They are new every morning: great is thy faithfulness."

Appendix: A Thirty-Day Reading Plan

If you would rather work through this book slowly, one sitting a day, rather than straight through, here is a suggested thirty-day pace. Use the Journal Prompt at the end of each chapter on the day you finish it, and don't move to the next day until you've actually done the work, not just read the words.

Day 1 — How to Use This Book & Introduction 2 — Chapter 1: Do You Need Help?Days 3-4 — Chapter 2: You Are Not Meant to Live in Bondage Days 5-6 — Chapter 3: Your Identity in Christ 7-8 — Chapter 4: Your Authority in Christ 9-11 — Chapter 5: Closing the Doors (take extra time here)Days 12-13 — Chapter 6: Breaking the Chains 14-15 — Chapter 7: Healing the Soul 16-17 — Chapter 8: Praying for Physical HealingDay 18 — Chapter 9: Ongoing Obedience 19-20 — Chapter 10: Ongoing Forgiveness 21-22 — Chapter 11: Identifying and Tearing Down Strongholds 23-25 — Chapter 12: Renewing Your Mind (begin the daily practice here and continue it the rest of your life) 26-27 — Chapter 13: Walking It Out — Staying Free 28-29 — Chapter 14: What I Learned in the Pit 30 — Review your journal from the last 29 days. Which chapter did God use most? What has actually changed? Pray back through the prayer that meant the most to you, and thank Him for what He has already done.

Appendix B: All 48 Commands of Christ (KJV)

Obedience, covered in Chapter 9, is only as concrete as the commands it's obeying. Here are all forty-eight direct commands Jesus gave in the Gospels, in His own words, so you can read through them as a complete picture of what He actually asked of those who follow Him — not a vague call to "be good," but specific, namable instruction.

- Repent — Matthew 4:17. "From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand."
- Follow Me — Matthew 4:19. "And he saith unto them, Follow me, and I will make you fishers of men."

- Rejoice — Matthew 5:12. "Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you."
- Let Your Light Shine — Matthew 5:16. "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."
- Honor God's Law — Matthew 5:17-19. "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil... whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven."
- Be Reconciled — Matthew 5:24-25. "Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift."
- Do Not Lust — Matthew 5:28-30. "But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart."
- Keep Your Word — Matthew 5:37. "But let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil."
- Go the Second Mile — Matthew 5:38-42. "Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: But I say unto you, That ye resist not evil... and whosoever shall compel thee to go a mile, go with him twain."
- Love Your Enemies — Matthew 5:44. "But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you."
- Be Perfect — Matthew 5:48. "Be ye therefore perfect, even as your Father which is in heaven is perfect."
- Practice Secret Disciplines — Matthew 6:1-18. "Take heed that ye do not your alms before men, to be seen of them... But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret."

- Lay Up Treasures in Heaven — Matthew 6:19-21. "Lay not up for yourselves treasures upon earth... but lay up for yourselves treasures in heaven... for where your treasure is, there will your heart be also."
- Seek God's Kingdom — Matthew 6:33. "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."
- Judge Not — Matthew 7:1-2. "Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again."
- Do Not Throw Pearls to Pigs — Matthew 7:6. "Give not that which is holy unto the dogs, neither cast ye your pearls before swine."
- Ask, Seek, Knock — Matthew 7:7-8. "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you."
- Do Unto Others — Matthew 7:12. "Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets."
- Choose the Narrow Way — Matthew 7:13-14. "Enter ye in at the strait gate... because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it."
- Beware of False Prophets — Matthew 7:15. "Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves."
- Pray for Laborers — Matthew 9:38. "Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest."
- Be Wise as Serpents — Matthew 10:16. "Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves."
- Fear Not — Matthew 10:28. "And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell."

- Hear God's Voice — Matthew 11:15. "He that hath ears to hear, let him hear."
- Take My Yoke — Matthew 11:29. "Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls."
- Honor Your Parents — Matthew 15:4. "For God commanded, saying, Honour thy father and mother: and, He that curseth father or mother, let him die the death."
- Beware of Leaven — Matthew 16:6. "Then Jesus said unto them, Take heed and beware of the leaven of the Pharisees and of the Sadducees."
- Deny Yourself — Matthew 16:24. "Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me."
- Do Not Despise Little Ones — Matthew 18:10. "Take heed that ye despise not one of these little ones; for I say unto you, That in heaven their angels do always behold the face of my Father."
- Go to Offenders — Matthew 18:15. "Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother."
- Beware of Covetousness — Luke 12:15. "And he said unto them, Take heed, and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth."
- Forgive Offenders — Matthew 18:21-22. "Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven."
- Honor Marriage — Matthew 19:6. "Wherefore they are no more twain, but one flesh. What therefore God hath joined together, let not man put asunder."
- Be a Servant — Matthew 20:26-27. "But it shall not be so among you: but whosoever will be great among you, let him be your minister; And whosoever will be chief among you, let him be your servant."

- Be a House of Prayer — Matthew 21:13. "And said unto them, It is written, My house shall be called the house of prayer; but ye have made it a den of thieves."
- Ask in Faith — Matthew 21:21-22. "Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not... all things, whatsoever ye shall ask in prayer, believing, ye shall receive."
- Bring in the Poor — Luke 14:12-14. "When thou makest a feast, call the poor, the maimed, the lame, the blind: And thou shalt be blessed; for they cannot recompense thee: for thou shalt be recompensed at the resurrection of the just."
- Render to Caesar — Matthew 22:19-21. "Render therefore unto Caesar the things which are Caesar's; and unto God the things that are God's."
- Love the Lord — Matthew 22:37. "Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind."
- Love Your Neighbor — Matthew 22:39. "And the second is like unto it, Thou shalt love thy neighbour as thyself."
- Await My Return — Matthew 24:42-44. "Watch therefore: for ye know not what hour your Lord doth come... Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh."
- Celebrate the Lord's Supper — Matthew 26:26-27. "And as they were eating, Jesus took bread, and blessed it, and brake it, and gave it to the disciples, and said, Take, eat; this is my body."
- Watch and Pray — Matthew 26:41. "Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak."
- Feed My Sheep — John 21:15-16. "So when they had dined, Jesus saith to Simon Peter, Simon, son of Jonas, lovest thou me more than these? He saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him, Feed my sheep."
- Baptize My Disciples — Matthew 28:19. "Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost."

- Teach Them to Obey My Commands — Matthew 28:20. "Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world. Amen."
- Receive God's Power — Luke 24:49. "And, behold, I send the promise of my Father upon you: but tarry ye in the city of Jerusalem, until ye be endued with power from on high."
- Make Disciples — Matthew 28:19-20. "Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world. Amen."

Appendix C: Prayers and Declarations

These are the prayers from throughout this book, gathered in one place so you can find them quickly and pray them again as often as you need to — some of them daily, for the rest of your life.

Prayer of Agreement (Recognizing the Need)

> "*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.*"

Daily Identity Declaration

> "*In Christ I am accepted, secure, and significant. I am a child of God. I am forgiven. I am free from condemnation. I am seated with Christ. I am not who my past says I am — I am who God says I am.*"

Prayer of Preparation (Closing the Doors)

"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 false religion, Freemasonry, New Age involvement, witchcraft, astrology, and tarot. I break every ungodly soul tie. I renounce every generational curse and pattern in my family line. I close every legal door to the enemy in Jesus' name. Holy Spirit, fill every place I have just emptied. Amen."

Prayer for Generational Patterns

"Lord, I repent for the sins of my ancestors that opened doors to _____. I plead the blood of Jesus over my family line and break every generational curse in Jesus' name."

Renouncing a Vow

"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."

Breaking an Ungodly Soul Tie

"I break every ungodly soul tie with _____ in Jesus' name and command every transferred spirit to leave."

Opening a Deliverance Session

"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."

Command During Deliverance

"I command every spirit of _____ to be silent and come out now, in Jesus' name. You have no right to stay. Cancel every assignment, come out at the root, and go, never to return."

Prayer for the Filling of the Holy Spirit (After Deliverance)

"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."

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."

Surrender Prayer (Renewing the Mind)

"Lord, I admit that I have tried to control my thoughts on my own. Today I surrender my mind completely to You. I give You every worry, every lie I've believed, and every stronghold in my thinking. Fill me with Your Holy Spirit and teach me to think the way You think. I trust You to do what I cannot do. In Jesus' name, Amen."

Prayer for Tearing Down a Stronghold

"Lord, I can see that I have a stronghold of _____ around _____. I've been protecting myself instead of trusting You. I repent of letting this pattern rule me, and I invite You into this place. Heal what's broken here and replace these lies with Your truth."

Prayer of Forgiveness (Release)

"Father, I bring before You the debt I've been holding against _____. I acknowledge what it cost me: _____. I choose, right now, as an act of my will, to release this debt into Your hands. I will not collect on it through bitterness, silence, or rehearsing it in my mind. I ask You to bless _____, and I ask You to free my own heart from anything this offense has been holding shut. And where I need to choose this again tomorrow, Lord, give me the grace to do it. In Jesus' name, Amen."

Prayer for Physical Healing

"Lord Jesus, You bore my sicknesses and carried my pain on the cross. I ask You now to touch my body specifically in _____. I thank You that by Your stripes I am healed. I stand on Your promises even while I wait to see them fully manifest, and I ask for wisdom in whatever medical care You would have me pursue alongside this prayer. In Your name, Amen."

Prayer for Restoration and Purpose

"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."

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!"

A Prayer of Resistance (Staying Free)

"I resist you in the name of Jesus. You have no right to return. I belong to Christ."

Appendix D: Common Questions

These are questions that come up often, whether you're walking through this book for your own freedom or using it to help someone else. They're gathered here so you have a quick, honest reference rather than having to search back through each chapter.

Is deliverance ministry actually biblical, or is this fringe theology?

It is thoroughly biblical, and Chapter 2 walks through the full case for it. From Exodus through the Gospels through Acts, deliverance is a consistent, central part of how God interacts with His people. What is fringe is not deliverance itself, but two extremes: treating every problem as demonic, or refusing to

believe demons are active at all. Jesus modeled the balance, and this book tries to as well.

How do I know if something is demonic, emotional, or just my personality?

Chapter 2 covers this in depth through the lens of spirit, soul, and body. In short: fleshly struggles feel like an internal battle between two natures and respond to ordinary discipline and repentance. Soul wounds involve trauma or belief patterns and respond to inner healing and renewing the mind. Demonic footholds tend to feel like an outside force, resist ordinary effort, intensify around prayer and worship, and often trace back to a specific door — sin, trauma, or occult involvement — named in Chapter 5.

What if I go through this whole process and don't feel any different?

Feelings often follow truth rather than lead it, sometimes by hours, days, or weeks. Do not measure whether something "worked" purely by an emotional shift in the moment. Continue standing on what Scripture says is true, continue the ongoing practices in Chapters 9 through 12, and watch for changes in behavior and thought patterns over time, not just in the moment of prayer.

Can a Christian be possessed by a demon?

This book follows the understanding laid out in Chapter 2: a demon cannot inhabit the spirit of a believer, since that is now indwelt by the Holy Spirit. But a believer's soul and body can absolutely be oppressed, harassed, and influenced by a demonic foothold gained through an open door. The language of "possession" can create confusion; "oppression" or "stronghold" more accurately describes what a Christian experiences and what this book addresses.

Do I need special training to pray for someone else's deliverance?

Chapter 1 addresses this directly. Every believer carries the authority described in Chapter 4, and simple prayers of freedom are available to anyone. But for entrenched, complex, or trauma-linked bondage, seeking an experienced minister or team is wisdom, not a lack of faith. Know your own level of experience and don't be afraid to bring in more support for a difficult situation.

What if the person I'm praying for manifests physically — shaking, crying out, or worse?

Chapter 6 covers this at length. Physical manifestations are common and are not, by themselves, cause for alarm; Scripture records similar reactions in the Gospels. Stay calm, continue in Jesus' name, reassure the person the Holy Spirit is in control, and command any spirit present not to cause harm. If a situation ever exceeds your comfort or experience level, pause and bring in additional support rather than pushing forward alone.

Why do I need to keep forgiving or keep obeying if I already did it once?

Chapters 9 and 10 explain why obedience and forgiveness are treated as ongoing practices rather than one-time events in this book. Closing a door happens once. But living free requires continuing to walk in what that door-closing made possible, the same way a marriage vow is spoken once but faithfulness is practiced daily for the rest of a life.

What if I do everything in this book and the stronghold or symptom comes back?

Chapter 13 addresses this directly as backlash — a normal, expected part of maintaining freedom, not proof that nothing worked. Resist immediately, return to the practices in this book, and reach out for additional support if the

return feels stronger than you can handle alone. A returning symptom is a call to stand firm again, not a verdict on your freedom.

Is it wrong to also pursue medical or psychological treatment alongside deliverance?

No. Chapters 7 and 8 address this specifically. Wise medical and psychological care and spiritual ministry are not opposites, and this book does not ask you to choose one over the other. Pursue both, and let the Holy Spirit guide the timing and balance of each.

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 over Zoom, offering deliverance ministry and teaching on healing, deliverance, and the victorious Christian life through Strategies for Overcomers.

Her ministry integrates deliverance, intercession, and the MACE Energy Method, a gentle trauma-release approach she uses. She is the author of several books, including Chains Off!, Thirty Days to a Renewed Mind, Strategies for Overcomers, and What I Learned in the Pit.

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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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.

Appendix E: Glossary of Terms

A quick reference for terms used throughout this book, especially useful if you are new to deliverance ministry or are walking someone else through this material for the first time.

Bondage — Any area of life where a person is not free — held captive by a demonic foothold, a habitual sin pattern, a soul wound, or a combination of these. Bondage can be spiritual, emotional, or, at times, expressed physically.

Closing the Doors — The preparatory work of repentance and renunciation — naming and shutting every legal right the enemy has claimed through sin, trauma, occult involvement, or generational patterns — done before deliverance itself is attempted.

Deliverance — The act of commanding a demonic spirit to leave a person in the name and authority of Jesus Christ, typically following heart preparation and often accompanied by physical or emotional manifestations as the spirit exits.

Generational Curse / Pattern — A recurring sin pattern, sickness, or circumstance — such as addiction, divorce, or poverty — that appears to run in a family line across multiple generations, often traceable to an inherited spiritual stronghold rather than mere coincidence or shared environment.

Legal Door / Legal Right — A point of access the enemy has gained through sin, trauma, occult involvement, curses, or unresolved vows — language borrowed from the courtroom, since the enemy's access is understood in Scripture to require some form of legitimate claim, which closing the doors removes.

Manifestation — A physical or emotional reaction that occurs during deliverance as a spirit is confronted and leaves — coughing, shaking, crying, sudden heat or cold, or similar responses. Not the goal of ministry, but a normal and biblically documented occurrence.

Renewing the Mind — The ongoing daily practice of noticing, capturing, and replacing untrue thought patterns with Scripture, described fully in Chapter 12, drawn from Romans 12:2.

Renunciation — A verbal, out-loud breaking of agreement with a specific sin, practice, vow, or spiritual tie, done in the authority of Jesus' name as part of closing a door.

Soul — The mind, will, and emotions of a person — distinct from the spirit, which connects a person to God, and the body, which is physical. Soul wounds are addressed through inner healing prayer as much as through deliverance.

Soul Tie — An emotional or spiritual bond formed through sexual sin, an unhealthy relationship, or a traumatic connection, capable of transferring influence or oppression from one person to another until it is specifically renounced and broken.

Spirit of Infirmity — A term from Luke 13:11 describing a demonic influence directly connected to a physical ailment, distinguished from ordinary illness

by its resistance to medical explanation and its response to deliverance prayer.

Stronghold — A deeply entrenched pattern of thinking, believing, or reacting, built over time through repetition, described in 2 Corinthians 10:4-5 as something torn down not by human strength but by the weapons God supplies.

Trigger — A situation, word, or person that produces a reaction disproportionate to the moment, functioning as a clue that points toward an underlying stronghold, described fully in Chapter 11.

Appendix F: A Note for Those Ministering to Others

If you are using this book to walk someone else through their own freedom, this appendix gathers additional practical guidance for running a session well — material that goes beyond your own personal walk and into the specifics of ministering to another person.

Before You Begin

Begin every session with worship and prayer, inviting the Holy Spirit to take control and asking Him to reveal anything that still needs attention. Ensure the environment is peaceful and secure, and that the person receiving ministry is seated comfortably, surrounded by trusted believers who are in agreement rather than skeptics or onlookers. Set the atmosphere of faith and authority from the very beginning by praying protection over the space and putting on the armor of God together before you start.

Discerning the Need for Healing First

Before commanding anything to leave, pause and ask the Holy Spirit whether inner healing needs to happen first. Deep wounds, rejection, or trauma often serve as the very anchor a demon is holding onto, and addressing the wound directly — even briefly — can prepare the way for a much smoother deliverance. Encourage the person to stay honest and transparent throughout: "This is a safe place. Nothing shocks God." Pride or embarrassment on the part of the person receiving ministry can quietly stall an entire session, so building genuine safety matters as much as any particular technique.

Handling Resistance Without Fear

Demons rarely leave quietly if they've been entrenched for years. They may argue, threaten, name other spirits, or try to claim they "belong" there. Do not have long conversations with a demon — Jesus modeled brief, direct commands, and so should you. Cancel its assignments, command it to come out at the root, and persist. Sessions may last thirty minutes or several hours. Do not rush, and do not let a long session shake your confidence; persistence and faith overcome resistance more often than a single dramatic command does.

Casting Out Spirits by Name

Ask the Holy Spirit to reveal the names or functions of spirits present — fear, rejection, lust, infirmity, anger — whether through your own discernment, a word of knowledge, or something the person themselves senses or names. Command with authority and specificity rather than generality: "Spirit of fear, I bind you in Jesus' name and command you to leave now. You have no right to stay." Use the person's own voice when possible; their own spoken

authority strengthens the deliverance. Address obvious spirits specifically rather than assuming every problem requires a separately named spirit.

Staying Balanced

Not everything is demonic, and wisdom knows the difference. If a behavior does not respond to command, shift toward teaching, discipleship, or renewed commitment to obedience rather than escalating the intensity of the prayer. Walk in love throughout. Use the discernment gifts available to you and stay sensitive to the individual in front of you — some people need quiet, gentle ministry, while others need much stronger, more direct commands. Never embarrass anyone or push beyond what they can handle in a given moment.

Filling the House

After spirits leave, the house must be filled, not simply swept clean. This is the step most often skipped, and it is the most important one. Pray boldly for the Holy Spirit to take His rightful place and fill every empty space. A person filled with the Spirit is far less likely to be re-oppressed than one who has simply had something removed.

Know Your Own Limits

Refer people to more experienced ministers or teams when a situation calls for more support than you alone can provide. This is wisdom, not failure — the same wisdom this whole book asks every reader to extend to themselves in Chapter 1. Stay accountable to other mature believers, keep growing in your own freedom, and remember at every point that the Holy Spirit is the true Deliverer. You are simply a willing vessel He is using.