STRATEGIES FOR OVERCOMERS

What You Need to Know About Deliverance

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PART ONE

Before Deliverance

Nine Conditions for Deliverance

From the Teaching of Derek Prince

Summarized from Derek Prince, "The Purpose of God's Discipline" (What Is Holiness? Vol. 2), with added notes from Legacy Radio, "Basics of Deliverance," Part 8. Scripture quotations in Part One are from the King James Version.

Why the Conditions Matter

After many years of ministering deliverance, Prince said he put about eighty percent of his effort into helping people meet the conditions, and only twenty percent into getting the demons out. When the conditions weren't met, either the demons wouldn't leave, or they left and came back. He also listed these conditions in his book on deliverance, and said that wherever people apply them, they work. There's no mystery to it.

1 Personally Affirm Your Faith in Christ

Christ is the High Priest of our confession. When we make the right confession of faith, He comes on the scene to help us. Without a confession, there's no High Priest acting on our behalf. (The KJV uses the word "profession" where other translations say "confession.")

> **Hebrews 3:1** *Wherefore, holy brethren, partakers of the heavenly calling, consider the Apostle and High Priest of our profession, Christ Jesus;*
>
> **Hebrews 11:6** *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.*

2 Humble Yourself

Prince called this the absolute condition for going any further. People who are not willing to humble themselves will not be delivered. At some point a person may have to choose between their dignity and their deliverance.

> **James 4:6–7** *But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble. Submit yourselves therefore to God. Resist the devil, and he will flee from you.*
>
> **1 Peter 5:5–6** *Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble. Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:*

3 Confess Any Known Sin

This includes the sins of your ancestors. Sometimes a person has to identify with a family problem and confess it as their own, even if it began with a grandmother, an aunt, or someone further back. God already knows. He asks us to confess so that He can show mercy.

> **1 John 1:9** *If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*
>
> **Leviticus 26:40** *If they shall confess their iniquity, and the iniquity of their fathers, with their trespass which they trespassed against me, and that also they have walked contrary unto me;*

4 Repent of All Sins

Without repentance, there is no deliverance. To receive mercy, a person has to do two things: confess the sin and forsake it. Repentance isn't just stopping. It's turning around and going the opposite direction.

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

5 Forgive All Other People

Prince said that failure to forgive is normally the biggest hindrance to deliverance. Forgiveness is a decision of the will. It means forgiving everyone, without waiting for them to apologize, and laying down all bitterness and resentment.

> **Mark 11:25** *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.*

6 Break with the Occult and All False Religion

This means cutting off every contact with the occult and false religion, and getting rid of every object connected with them. Prince said you can't keep such things in your house and stay free. He also named secret societies, especially Freemasonry, as a source of serious demonic problems passed down through generations.

> **Deuteronomy 18:10–12** *There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch, Or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer. For all that do these things are an abomination unto the LORD: and because of these abominations the LORD thy God doth drive them out from before thee.*
>
> **Deuteronomy 7:26** *Neither shalt thou bring an abomination into thine house, lest thou be a cursed thing like it: but thou shalt utterly detest it, and thou shalt utterly abhor it; for it is a cursed thing.*

7 Prepare to Be Released from Every Curse

The basis for release is what Jesus did on the cross. He was made a curse so that we could be redeemed from every curse and receive God's blessing instead.

> **Galatians 3:13–14** *Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is every one that hangeth on a tree: That the blessing of Abraham might come on the Gentiles through Jesus Christ; that we might receive the promise of the Spirit through faith.*

8 Take Your Stand with God

The person deliberately takes their stand with the Lord against all of Satan's demons: submitting to God, and resisting the devil. Prince warned that rebuking the devil accomplishes little if a person hasn't first submitted to God and met His conditions.

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

9 Expel!

Prince described expelling as simply breathing it out. In both Hebrew and Greek, the word for spirit is the same as the word for breath. Deliverance doesn't come to people who sit passively, or to those who only quote Scriptures. It comes to those who take action and expel. (Where the KJV says "cast out devils," Prince translated the Greek word as "expel demons.")

> **Mark 16:17** *And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues;*

The Prayer for Deliverance

Prince wrote a prayer for deliverance that walks through all nine steps in order. He said it doesn't have to be followed word for word, but that it works. The full prayer is included in the free transcript of his sermon "The Purpose of God's Discipline," available at derekprince.com (sermon 443).

Sources

Derek Prince, "The Purpose of God's Discipline," What Is Holiness? (Volume 2), Part 2. Derek Prince, Legacy Radio, "Basics of Deliverance," Part 8 ("Steps for Deliverance"). Free transcripts are available at derekprince.com.

PART TWO

After Deliverance

Keeping Free After Deliverance

Deliverance is a doorway, not the finish line

Here's something I want every person to hear: deliverance is not one and done. Getting free is one thing. Staying free is another. Jesus said that when an unclean spirit leaves a person, it goes looking for rest, and then it comes back to check on the house it left. If it finds that house swept and put in order but empty, it brings back seven other spirits worse than itself, and the person ends up worse off than before. *(Matthew 12:43–45)*

Your house can't stay empty. It has to be filled with God.

What to Expect

You came to deliverance carrying a lot of things that took years to build. Deliverance removes the demons, but it doesn't erase the habits, the wrong thinking, and the wounds you've lived with for a long time. Please don't expect that you'll walk out of a session and everything will be fine. All your problems won't be solved, because that's not how it works. You still have a lot to work out with God.

Plan on months, and for many people a year or more, of learning the things on this sheet. That isn't failure. That's sanctification. God is going to keep working on you and leading you through it.

> *Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.* — Philippians 1:6 (NKJV)

Break Your Relationship with the Demons

Many people who come for deliverance have actually fallen into a relationship with their demons. This is especially true if you've been oppressed for more than a year. You talk to them, argue with them, listen to them, and spend hours thinking about them. It may not feel like a relationship, but it is one, and it keeps a connection open between you and them.

To be free, you have to change how you think about them. They aren't your companions, your counselors, or someone to debate. They are your enemy, and they came to steal, kill, and destroy. *(John 10:10)*

Look at how Jesus treated demons. He never chatted with them or argued with them. He rebuked them, commanded them to leave, and often wouldn't even let them speak. *(Mark 1:25, 34; Luke 4:41)*

Treat them the way He did:

- Don't talk with them, argue with them, or ask them questions.
- Don't dwell on them or keep turning over what they say to you.
- When their voice or thoughts come, refuse them, tell them to go in Jesus' name, and turn your attention back to the Lord.
- Ask God to break every tie between you and them, and close any door you've left open. *(Ephesians 4:27; James 4:7)*

Nine Things to Work Out After Deliverance

1 Tear down everything that exalts itself against Christ

Anything you've put above Jesus has to come down. That could be a person, a habit, a belief system, or just your own way of doing things. Ask Him to show you what's still sitting on the throne of your heart.

> *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 10:5 (NKJV)

2 Tear down strongholds

A stronghold is a fortress of thinking you've lived in for years, like "I'll always be rejected" or "I have to control everything to be safe." The demons may be gone, but the fortress is still standing until you take it down with the Word of God. *(2 Corinthians 10:4)*

3 Identify and replace lies

Satan is the father of lies, and you've believed some of them. Every lie has to be found, renounced, and replaced with what God says. It isn't enough to pull a lie out. You have to put truth in its place. *(John 8:31–32, 44)*

4 Renew your mind

This happens day by day as you read, speak, and think on Scripture. It's not a one-time event. It's a whole new way of thinking. *(Ephesians 4:22–24)*

> *And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.* — Romans 12:2 (NKJV)

5 Walk in the Spirit

You can't stay free in your own strength. Learn to listen to the Holy Spirit, follow His lead, and say no to the flesh. *(Galatians 5:16, 25; Romans 8:13–14)*

6 Learn spiritual warfare and how to win battles

The enemy will test you. Expect it. You need to know who you are in Christ, how to put on the armor of God, how to resist, and how to speak the Word out loud when you're under attack. Battles are won by people who've been trained for them. *(Ephesians 6:10–18; James 4:7)*

7 Learn to walk by faith

Your feelings will go up and down. Faith stands on what God said, not on how you feel today. *(2 Corinthians 5:7; Hebrews 11:6)*

8 Let God heal your trauma and emotional wounds

You came to deliverance with core trauma and emotional problems. Deliverance deals with demons. It won't solve your emotional problems or heal your trauma by itself. That's something you and God will work out together. He can heal the soul, and He can do far more than you expect. But the

patterns you've built around your pain, and the triggers that set you off, will probably still be there after deliverance. Those will need to be worked through with Him, one at a time. *(Psalm 23:3; Psalm 147:3)*

9 The biggest one: Be holy and completely committed to Christ

This is what holds everything else together. Freedom lasts for people who give Jesus all of themselves and are willing to obey Him in whatever He asks. Half-hearted commitment leaves doors open. So ask yourself: Is there anything I'm still holding back from Him? *(1 Peter 1:15–16; Romans 12:1; John 14:21)*

Don't Get Discouraged

This is a journey, and you don't walk it alone. You're going to stumble sometimes. When you do, get back up, repent, and keep going. God hasn't given up on you, and He isn't in a hurry. He's more interested in making you whole than in making you comfortable.

Free materials to help you after deliverance

strategiesforovercomers.com/materials