

Deliverance

November 14, 2009

I. Foundation

1. The Ministry of Jesus

Luke 4:18-19

¹⁸ “The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, ¹⁹ to proclaim the year of the Lord’s favor.”

2. Two Fold Ministry of Jesus

- A. Preaching & Teaching
- B. Healing & Deliverance

3. The Ministry of His Disciples = Our Ministry

Matthew 10:7-8

⁷ As you go, preach this message: ‘The kingdom of heaven is near.’ ⁸ Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received, freely give.

4. Jesus gave us His Ministry to us, with the authority to do the ministry, and now, it is ours.

- A. Preaching & Teaching
- B. Healing & Deliverance

Often Healing and Deliverance go hand in hand.

Luke 9:1-2

¹ When Jesus had called the Twelve together, he **gave them power and authority to drive out all demons and to cure diseases,** ² and he sent them out to preach the kingdom of God and to heal the sick.

II. Definitions

1. Basic Terms

- A. Satan – Adversary; Adversary of God, Christ, and His people.
- B. Devil – Accuser; Accuses saints before God.
- C. Demons – Demons are invisible spiritual entities with minds, emotions and wills of their own, in league with, and under the controls of Satan. They are out to do his bidding and to torment the people of God. Derek Prince
- D. Demonization – Demonic influence; Being affected by demonic activities
 - a. Internal Demonization – Demonization from within a person
 - b. External Demonization – Demonization from outside a person
 - * Whether internal or external is not important – Resist all demonic influences
 - * Generally, internal demonization is stronger and harder to deal with, but in grace & power of God, they are all the same – they all have to submit to the authority of Jesus!
 - * Demonic influence could be just as strong outside of a person as inside of a person.
 - Example: A man can grab hold of a person and violently shake the person, while a weak demon inside could only influence slightly.
 - * The focus should not be whether the demonization is internal or external, but how to get rid of it.
- B. Demonic Power Structure
 - Ephesians 6:12
 - ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
 - a. Rulers // Fallen Angels// Demonic Princes
 - b. Authorities // Principalities

- c. Powers // Energy Sources
 - d. Spiritual Forces // Demonic Horde
2. The functions of demons
- A. Resist the work of God, His angels and His people;
Acts 13:8
⁸ But Elymas the sorcerer (for that is what his name means) opposed them and tried to turn the proconsul from the faith.
 - B. Steal, Kill and Destroy;
John 10:10
¹⁰ The thief comes only to steal and kill and destroy...
 - C. Torture and Oppress;
Matt. 18:34
³⁴ In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed.
 - D. Mislead, Fool and Deceive;
Matt. 24:10-11
¹⁰ At that time many will turn away from the faith and will betray and hate each other, ¹¹ and many false prophets will appear and deceive many people.
3. Demonic Oppression Terms
- A. Afflict – to inflict upon one something hard to endure
 - B. Control – to make a person do things against the person's by force.
 - C. Curse – a curse is an invocation of the power of Satan to affect negatively the person or thing at which the curse is directed. The only exception is God does so in His authority; example, curse on Satan and curse on the ground (due to man's sin)
 - D. Deceive – to believe in a lie or false facts
 - E. Despair – to lose hope; hopelessness
 - F. Harass – to bring hostility, or to buffet.
 - G. Influence – to affect or alter by indirect or intangible means, to have an effect on the condition or development of.
 - H. Manipulate – to make a person do things against the person's will without a choice.
 - I. Oppress – to burden or to make heavy with pressure.
 - J. Suggest – to make a person do things willingly thinking the ideas were theirs.
 - K. Torment – to cause severe suffering of body or mind.
 - L. Torture – to punish or coerce by inflicting excruciating pain.
 - M. Try – to subject to stress.
 - N. Worry – to destroy one's peace of mind by repeated or persistent torment.
 - O. Wrong – to inflict injury on another without justification.

III. Can Christians Be Demon Possessed?

1. **No.** Christians cannot be possessed by demons since possession involves ownership.
2. However, Christians can be demonized; that is, influenced by demons. Both internally and externally.
3. A demon cannot live in a person's recreated spirit where Jesus lives; that is, in the holy of holies. But the demon can live in other parts of the human body, just as sin can.
4. Demons can dwell in the mind, emotions, body and will, but not the recreated spirit.
5. Demonization is better translated as being influenced by a demon(s).
 - Severe Demonization may have the same symptoms and same effect as demon possession
 - The difference is that a severely demonized Christian is still saved...the ownership still belongs to the LORD, but they are severely influenced by demons.
6. Non-Christians may be demon possessed
 - Even they can be saved – if they would turn to Jesus.
 - Luke 8:26-39: the healing of a demon possessed man of Gerasenes being delivered of *Legion*.

IV. How Demons Affect a Person?

1. Questioning the Word of God or the Promises of God

- A. Demonic tactics have not changed much over the years.
- B. The favorite tactic is to question the Word of God, and have the people either accept a lie, half truth (which is a lie), or be confused.

Genesis 3:1-5

Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden?'"² The woman said to the serpent, "We may eat fruit from the trees in the garden,³ but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"⁴ "You will not surely die," the serpent said to the woman.⁵ "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

- C. Then the demon entices the people to follow the accepted lie by influencing their fleshly desires.

Genesis 3:6

⁶When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

- D. The very same tactic is used by demons to confuse and doubt the Promises of God.
- E. Their most powerful weapon is not deception, but suggestion of deception.
 - The people believe that the suggestion in the mind is their own, so they not only listen to it, but obey without question.
 - So, the knowing the Truth, because of the discernment of the spirits and of the truths, we can begin to resist the devil.

John 8:32

³²Then you will know the truth, and the truth will set you free."

- Thus, the first line of defense was always our consciences – the conviction in our hearts.

Romans 2:14-15

¹⁴(Indeed, when Gentiles, who do not have the law, do by nature things required by the law, they are a law for themselves, even though they do not have the law,¹⁵ since they show that the requirements of the law are written on their hearts, their consciences also bearing witness, and their thoughts now accusing, now even defending them.

2. Through the Inherited Curses

- A. Demons can come through the bloodline or generational demonization – Sins of the father passed down so can demons be passed down.
- B. These demons can manifest soon after birth. The demons can start to influence in the womb or at birth because the parents or sins of the fathers and mothers gave "legal ground" to the demons.
- C. Because of the curses resulting from the generational sin, or because of others cursing the family line, the demons are able to pass down from generation to generation to carry out the curses.
- D. The cycle continues as the demons put pressure on the person to commit the same sins as his ancestors – As he yields to the pressure, the sin becomes his own, and he gives legal rights for the demons to influence greatly.
- E. Another way one receives generational demonization is when one of the ancestors have dedicated or committed their descendants to their particular god or occult guild. E.g. Buddhists, Islam, Witchcraft, Freemasonry, Contract with Satan, etc.
- F. Demons can come through people who have authority over them.
 - a. A child dedicated to a demon by a parent.
 - b. A child bowing and submitting to a martial artist master who is not a Christian.

3. Through the Sins of the Flesh
 - A. Conscious demonization takes place when one practices a known sin.
 - B. Unconscious demonization may take place when one commits unintentional or unknown sin.
 - C. “By far, sins of the flesh are the door that we most frequently open to invite the enemy in to destroy us.” Kylstra
 - D. This is especially true when the sin is repeated and becomes a pattern, leading to a lifestyle of indulging the flesh.
 - Example: Adultery, homosexuality, severe drinking, etc...
 - E. We give a legal right to the devil by the sin. Eph 4:27 “Give no opportunity for the devil.”
 - F. Generally what we are concerned with is not a one-time, unintentional sin, but continuing practice of sin.

4. Through the Sins of Sexual Immorality – Sins in own body.
 - A. Sins Inside the Body vs. Sins Outside the Body
1 Corinthians 6:18-19
¹⁸Flee from **sexual immorality**. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. ¹⁹Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?
 - B. Sins Inside the Body is often worse than Sins Outside the Body – but not always.
 - C. Sins Inside the Body, even though it is unintentional (child victim of a child molestation), is very harmful and opens the door to the enemy.

5. Through Passive Mind Emptying or Trances or Hypnosis
 - A. The mind in normal situations is submitted to the will – which is man’s ability to say no to what is wrong and yes to what is right.
 - B. When one gives up his will in a passive or trance state of mind, unless covered by the blood of Jesus or under the covering of the Holy Spirit, the door is opened for demons to invade.
 - C. Trances - when the mind is neutral, open and unguarded (i.e. hypnosis).
 - D. Induced Mental States – voluntarily letting go, usually through drugs, chants, music, meditation, watching TV.

6. Through the Occult Involvement
 - A. The word occult means hidden. Occult involvement is a major form of idolatry.
 - B. Occult involvement means looking for knowledge and or power in hidden sources, sources other than the true and living God.
 - C. Whenever one gets involved with the occult, witchcraft, etc, the doors open up for demonization.
 - D. This eventually leads them to submit allegiance or worship the other sources.
 - E. Occult involvement, like drugs, is addictive. It takes more and more to satisfy.
 - F. Demons can greatly influence even if we are ignorant of the dangers of the occult.
 - A. Anything we are in bondage to is a potential open door for demonic oppression.
 - Example: board games, computer games, etc...
 - Example: Associating with bad friends – you know it is not good, but you cannot help it situations.

7. Through the Curses put on by others
 - A. Demons can come through a curse.
 - B. Some people can become sick as a result of the curses placed on them by witches.

8. Through Association with Cursed Objects or Demonic Items
 - A. Items of demonic worship: idols, tools of the idol worship – a statue of Buddha.
 - B. Items of demonic symbols – attracts demons like rotting flesh: satanic symbols, occult symbols, non-Christian religion symbols, demonic tattoos, etc.
 - C. Cursed Items: good-luck charms, demonic masks, etc.

9. Through Some Physical Trauma

- B. In these two forms of physical traumas – illnesses and accidents – defenses are lowered, your will is weakened and the ability to pray for yourself is lessened.
- C. Demons love to take advantage of the vulnerable.
- D. With the sickness, you also have the added liability of addictive medicine or mind numbing medicine.
- E. In accidents, during the time of shock and trauma, demons take advantage of our weakened defenses.
- F. The demons sometimes set up additional accidents, starting a cycle of “accident proneness”.

10. Through Some Emotional Trauma

- B. A physical or emotional trauma often fractures the defenses that normally keep demons out.
- C. Emotional trauma can take place through an unexpected death, breaking up of a relationship (leading to teen suicide), physical abuse, sexual abuse, rape, ritual abuse etc.
- D. When any of these occur in our childhood, it can lead to fractured or multiple personalities as part of our “coping” mechanism for survival. These personalities may be oppressed by demons, making the deliverance for multiple personality disorder, more complicated.
- E. Rats (demons) are abundant when there are much emotional garbage.

V. Demonization Gates

1. Physical Gates: Eyes, Ears, Touch, and Traumas and Abuses in the Body
2. Mind Gates: Thoughts, Imaginations, Daydreaming, Dreams
3. Emotional Gates: Emotions and Feelings, and Emotional Traumas
 - Example: hopelessness, unreasonable grief, hatred, anger, etc...
 - These ungodly emotions, if intentionally prolonged or if the person uses it for sympathy or if the person draws power from it, then it will become a gate.
 - The law of attraction – the negative emotions attracts the demons that cause/feed in the same emotional state.
4. Spiritual Gates: Idolatries, Occult Involvement, Association with Spiritual Objects, and Spiritual Dream from the enemy
5. Ancestral Gates: Through Ancestral Sins
6. Hierarchal Gates: Submission of will and mind against the Word of God because of soulish desires and/or relationship; such as martial arts masters, yoga masters, gangs, hypnotism, etc...
7. Potentially Other Gates

John 10:1-2

¹“I tell you the truth, **the man who does not enter the sheep pen by the gate, but climbs in by some other way, is a thief and a robber.** ²The man who enters by the gate is the shepherd of his sheep.

VI. Demonization Symptoms

- These are only symptoms, which mean they indicate demonization, but no symptom can point to certainty.
- A symptom may be caused by combination of various causes: for example, fever may be caused by cold or by demonic influence.

Matthew 8:14-15

¹⁴When Jesus came into Peter's house, he saw Peter's mother-in-law lying in bed with a fever. ¹⁵He touched her hand and the fever left her, and she got up and began to wait on him.

- *Do not go witch hunt based on symptoms – but learn to listen to and obey the Holy Spirit.*
1. Incapacity for Normal Living
 - A. Absence of joy and the satisfaction of life.
 - B. A person experiences ongoing feeling of confusion, heaviness or depression – Life is like dragging an anchor.
 - C. Ongoing hopelessness.
 - D. Ongoing self rejection

- E. Isolation.
 - F. “Who’s controlling my life anyway?”
 - G. “Something came over me...”
 - H. “I don’t want to do it, but I can’t help it...”
2. Incapacity for Worship or Listen to the Word of God
- A. Agitation at worship services.
 - B. One has a hard time entering into the Presence of God
 - C. Difficult to receive the message.
 - D. Difficult to read the Bible
 - E. Difficult to understand the Bible
 - F. Demons can cause restlessness, irritation, sleepiness, or even physical attacks like coughing, headaches, etc... during the worship services
3. Addictions
- A. The person is unable to stop sinning even when he tries very hard
 - B. Alcoholism
 - C. Pornography
 - D. Drugs
 - E. Video Games
 - F. Work
 - G. Speed or Thrills
4. Deception about the Normal Personality
- A. Demons masquerade as part of our personality
 - B. Façade
 - C. Too much self importance – pride/arrogance
 - D. Too little self importance – pity/false humility
 - E. Split Personality
 - F. Rapidly Changing Personality
 - G. The person thinks, “This is just the way I am.” e.g. bossy, controlling, anger etc.
 - H. The person thinks, “Why do you make me behave like this?”
 - I. The person thinks, “I am not like this?”
 - J. The person thinks, “What am I doing?” or “What in the world am I doing this?”
5. Rapidly Changing Physical Features
- A. Facial Features
 - B. Physical Features
 - C. Habits
 - D. Friends
 - E. Increasing number of tattoos
 - F. Increasing number of body piercing
 - G. Especially after someone’s death
6. Abnormal Emotions
- A. Demons can cause a person’s emotions to be out of control, all consuming etc. e.g. fear, despair, anger, rage, jealousy, grief, shame, resentment, hatred, etc; and dwelling in these emotions make the person become more demonized.
 - The best remedy is to focus on God
 - [Psalm 100:4](#)
⁴Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name
 - Find something to thank God for; especially in unfortunate circumstances
 - Choose to give Thanks & Praises to Him

- The second best remedy is to surround yourself with Godly people to minister to you in the opposite spirit.
 - B. Severe Mood Swings
 - C. Self Rejection or Self Hatred
 - D. Hating God or Resenting God
 - E. Hating Christians for no reason at all
8. Breakdown of Marriage or Family
 - A. Marriage is the first God created institution for His purpose: Gen. 2:22-25
 - B. Family is the first God given commission: Gen. 1:28
 - C. Demons are involved in the break up of marriages and destruction of the family
 - D. Thoughts of hating the spouse
 - E. Thoughts of “I think I could be better off...with someone else...”
 - F. Thoughts of flirting with someone or actual flirting with someone
 - G. Depending on someone other than your spouse for intimate (not only physical, but also spiritual) comfort – NO ONE should be closer to you than your spouse.
 9. Accident Proneness
 - A. When one tragedy happens after another.
 - B. When accidents seems to happen to the person unusually high
 10. Financial Poverty
 - A. Unable to hold down a job
 - B. One financial woe after another
 - C. Generation of poverty
 - D. The “devour” has a legal right to your finances
 11. Inner Anguish
 - A. Severe Depression with Anguish
 - B. On Going Nightmares
 - C. Hatred
 - D. Chronic Fatigue
 12. Unknown Source for Sickness or on-going Pain
 - A. Unknown sickness without a detectable cause
 - B. Migraine Headache for no reason
 - C. Pain that moves around
 13. Restless or Insomnia
 14. Experiencing on-going Choking Experience before going to sleep
 15. Abnormal Sex life
 - A. Demons may cause a person to be too demanding or too frigid.
 - B. Pornography
 - C. Fornication
 - D. Seduction
 - E. Homosexuality
 - F. Any other abnormal sex life
 16. Super Human Strength
 - A. Rage
 - B. Violence
 - C. Abuse of Spouses, Children and Others

17. Observed Demonic Activities
 - A. Bed shaking, door slamming when there is no wind, hearing voices, or seeing things.
 - B. Seeing Demonic Figures
 - C. Unclean Feeling
 - D. Being scared without a reason
18. Continuing Desire to Hurt Others
19. Self Inflicted Injury
 - A. Cutting, scratching one's arms, mutilations etc.
 - B. Suicidal Thoughts
 - C. Suicidal Tendencies
20. Chronic Sickness
 - A. Cancer
 - B. Lupus
 - C. Epilepsy

VII. Who Can Receive Deliverance?

1. Deliverance and Healing are for Christians.
Matthew 15:22-28; Also Mark 7:25-30 [NIV]
²² A Canaanite woman from that vicinity came to him, crying out, "Lord, Son of David, have mercy on me! My daughter is suffering terribly from demon-possession." ²³ Jesus did not answer a word. So his disciples came to him and urged him, "Send her away, for she keeps crying out after us." ²⁴ He answered, "I was sent only to the lost sheep of Israel." ²⁵ The woman came and knelt before him. "Lord, help me!" she said. ²⁶ He replied, "It is not right to take the **children's bread** and toss it to their dogs." ²⁷ "Yes, Lord," she said, "but even the dogs eat the crumbs that fall from their masters' table." ²⁸ Then Jesus answered, "Woman, you have great faith! Your request is granted." And her daughter was healed from that very hour.
2. Deliverance and Healing are Blood Bought.
Revelation 5:9
And they sang a new song: "You are worthy to take the scroll and to open its seals, **because you were slain, and with your blood you purchased men** for God from every tribe and language and people and nation.

Colossians 1:13-14
¹³ For he has **rescued us from the dominion of darkness** and brought us into the kingdom of the Son he loves, ¹⁴ in whom we have redemption, the forgiveness of sins.
3. Deliverance and Healing are for those who repent and say "no" to sin
Matthew 12:43-45
⁴³ "When an evil spirit comes out of a man, it goes through arid places seeking rest and does not find it. ⁴⁴ Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean and put in order. ⁴⁵ Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that man is worse than the first. That is how it will be with this wicked generation."
4. Deliverance and Healing are for those who know His ways (more than teaching, but His ways – that is, those who live according to them).
John 8:31-32
Jesus said, "If you hold to my teaching, you are really my disciples. ³² Then you will know the truth, and the truth will set you free."

5. Deliverance and Healing are for those who love God.

Psalm 91:14

¹⁴ “**Because he loves me,**” says the LORD, “I will rescue him; I will protect him, for he acknowledges my name.

6. Deliverance is by the Finger of God; Luke 11:20

Luke 11:19-22

¹⁹ Now if I drive out demons by Beelzebub, by whom do your followers drive them out? So then, they will be your judges. ²⁰ **But if I drive out demons by the finger of God,** then the kingdom of God has come to you. ²¹ "When a strong man, fully armed, guards his own house, his possessions are safe. ²² **But when someone stronger attacks and overpowers him,** he takes away the armor in which the man trusted and divides up the spoils.

VIII. How to Receive Deliverance?

1. **Recognize** the Problem and the Root

- A. Recognize the sin
- B. Recognize the grouping of sins that need to be repented of
- C. Recognize the root of the sin or demonization
- D. Recognize the ungodly belief

2. Take **Responsibility**

- A. Take responsibility for the sins you have committed.
- B. Don't blame shift or get caught in the stronghold of having a victim mentality.
- C. Make a decision to be humble and honest about your sins.
- D. Find the Truth that replaces the ungodly belief/lie

5. **Repent**

- A. Repent and renounce all sins
- B. Not only your sins, but the sins of your fathers as well, if appropriate
- C. Confess to other mature Christians if necessary and receive forgiveness – not necessary, but sometimes helpful

6. **Reconcile** – Matthew 5:23-24 (Before Offering Gift on the Altar)

- A. Forgive all those who have hurt you – Matthew 18:21-35 (Unmerciful Servant)
 - a. Others
 - b. Yourself
 - c. God and His Angels
- B. Inner healing takes priority over deliverance...but knowing the Truth takes priority over Inner Healing.
- C. Emotional problems are more of a priority than the demons.
- D. Taking Care of and Getting Rid of Negative Emotions are more of priority than the demons
 - Emotions emanate colors (or fragrance) that attract associate spiritual forces.
- E. I agree with Chuck Kraft that if you get rid of the garbage you get rid of the rats.
- F. Inner healing is the healing of the inner person, the mind, emotions, and the painful memories
- G. It is the process whereby we are set free from feelings of resentment, rejection, self-pity, depression, guilt, fear, sorrow, hatred, inferiority, condemnation, or worthlessness, etc.
- H. Inner healing is the renewing of your mind. Rom 12:2

7. **Receive** Deliverance

- A. Receive your deliverance by praying and confessing accordingly:
 - a. I confess my sin of -----and forgive all that may have influenced me to sin.
 - b. I repent for giving place to the demons of -----.
 - c. I forgive myself for the pain and oppression that I have allowed the demons to inflict upon me.
 - d. In the name of Jesus, I renounce and break all agreements with demons (stronghold) of _____ including all associating demons of _____, etc.
 - e. I take authority over the demons (stronghold) of _____ and command you to leave me now quickly and quietly based on the finished work of Christ on the cross.

- f. I command the demons to go where Jesus sends you (or to the Abyss) and never to influence me again. (Mk 9:25)
- g. Blow out (demons usually leave with the breath, a yawn, cough, sigh, burp, hiccup, laughter, crying or a scream. Sometimes as an act of the will, it is helpful to have the person forcibly breath out or to cough. This seems to help flush the demons out).
- h. By faith receive the deliverance and the grace of God that sets you free.

VIII. Post-Deliverance Instructions

1. Be Fully Committed to the LORD Jesus.
2. Receive the infilling of the Holy Spirit.
3. Renew the Mind – replace the ungodly beliefs with godly beliefs. Romans 12:2
4. Give No Place to the enemy – Guard your eyes, mouth, imaginations, mind and activities.
5. Change your lifestyle to give no place to the devil.
6. Be on Guard – the power of the demons is broken in many areas of your life, but the Devil will try to get you to sin. Do not be concerned whether the demons are trying to affect you from within or from the outside. Just resist the devil. James 4:7. God has given you not only the power to do so, but also the authority to rebuke the devil. 1 Cor. 10:13
7. Do your best to not sin again.
Matthew 12:43-45
⁴³ "When an evil spirit comes out of a man, it goes through arid places seeking rest and does not find it. ⁴⁴ Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean and put in order. ⁴⁵ Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that man is worse than the first. That is how it will be with this wicked generation."
8. Get rid of all items that remind you of the sin nature.
Acts 19:17-19
¹⁷ When this became known to the Jews and Greeks living in Ephesus, they were all seized with fear, and the name of the Lord Jesus was held in high honor. ¹⁸ Many of those who believed now came and openly confessed their evil deeds. ¹⁹ A number who had practiced sorcery brought their scrolls together and burned them publicly. When they calculated the value of the scrolls, the total came to fifty thousand drachmas.
9. Take Offense and Bind instantly all demons trying to temp you – Command them with a command like: "I rebuke you, bind you and cast you to the Abyss!"
10. Be Firm against them– you do not need to yell or scream against them, because these things only make them excited and show them that you are nervous against them – your nervousness when expressed will illustrate your weakness.
11. Always rely on the authority of Jesus and what He has done on the Cross – Demons, when they try you, they will try to make you feel good or powerful or smart – do not fall into their trap, because it is not your power or what you know that they are afraid of.
12. Always remember that it is by faith in Jesus – Demons, when they try you, they will try to make you believe that you have no power and they do not have to obey your command or submit to your authority – Do not pay attention to that; if they do not obey your commands, then they must face Jesus later and give account why they did not obey His authority expressed by you.
13. Repent Quickly if you fall, and rise up – do not condemn yourself, but repent!
14. Be Honest and Ask for Help
 - Pray something like this to the Father, Jesus, or Holy Spirit: "Father, I am struggling with _____. Now, I come to the cross and crucify this area of my life. I now receive grace and help in a time of need. In Jesus name, Amen.
15. Spend Time with Jesus – in the Word and in prayer.
16. Praise God for Victory.
17. Actively involved in Church.
18. Be in an Accountability Group and Be Mentored.