

SELF- DELIVERANCE

***How to Gain Victory OVER
the Powers of Darkness***



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Names and some details in the stories in this book have been altered to protect the privacy of the persons involved.

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This book is dedicated, with love and appreciation,
to the Freedom and Deliverance Ministry Team
that I have trained and raised up
at Lion of Judah World Outreach Center
in Toledo, Ohio.

I want to thank them for their hard work,
sacrifice and love as they continue
to minister freedom and deliverance
to those in need.

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Introduction

Let me begin by telling you that many of the problems you and I deal with are coming from the realm of darkness and are demonic.

If you find this hard to believe, you are not alone.

The topic of demons is almost foreign in the Western Church. While Scripture looks squarely at the reality of demonic bondage, many people who love Jesus shy away from it. It seems easier—and somehow safer—to think that demonic effects are the result of natural phenomena or perhaps a medical issue. Or they conclude that maybe demons do affect some people, but this must be a rarity, occurring in only extreme cases, as in the movie *The Exorcist*.

Whatever way they choose to bypass the subject, many of God's people are letting wrong paradigms keep them from the truth. They never consider that the Bible is specific about this: Demons are a problem for all of us. And unless we come to grips with the fact that we are dealing with spirits—spirits that plague us with false perceptions

of reality, false perceptions of God, false perceptions of life, false perceptions of ourselves—unless we realize that these false perceptions are delusions from the realm of darkness to destroy us and to mock God, we are never going to get free.

The Lord wants us to have spiritual discernment about what is happening in our own lives and the lives of those around us. He wants to show us the nature of this battle and equip us so that we can defeat Satan and put him under our feet.

Think for a moment about how much of Jesus' ministry dealt with casting out demons. From the very beginning, Jesus dealt with people who had problems with demons. Matthew 4:23–24 states this specifically:

Jesus was going throughout all of Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom. . . . [They] brought to Him . . . demoniacs . . . and He healed them.

Matthew 8:16 says: “When evening came, they brought to Him many who were demon-possessed; and He cast out the spirits with a word.”

How many? *Many* who were demon-possessed.

Not only did Jesus Himself set people free, but He also taught His disciples to deliver people who had been snared by these evil spiritual beings: “He appointed twelve, so that they would be with Him and that He could send them out to preach and to have authority to cast out the demons” (Mark 3:14–15).

He then appointed seventy others to go out and proclaim the Good News, and they returned saying, “Lord, even the demons are subject to us in Your name” (Luke 10:17).

Casting out demons was a pillar in the ministry Jesus established. Before His ascension into heaven, Jesus spoke these parting words to His disciples, known as the Great Commission: “Go into all the world and preach the gospel to all creation. . . . These signs will accompany those who have believed: in My name they will cast out demons” (Mark 16:15, 17).

The question to us, then, is this: Should the call on Jesus’ Church today be any different from the call on His followers when He walked the earth? He wants us to preach, to share the Gospel, to heal—but He *also* wants us to use the authority He has given us to cast out demons. Demons are for real. Jesus does not want us to be destroyed by these spiritual beings.

Maybe you picked up this book because you sense that something is happening around you in the spirit realm, but you are not exactly sure what it is. Or perhaps you are well aware that demons are plaguing your life, and it seems as if you cannot escape the harassment.

I want to encourage you that help is available for you. You can live in freedom from demonic bondage. And you do not have to wait for somebody else to deliver you. You can free yourself.

Throughout this book we will learn the principles from Scripture that teach us how to drive demons out of our lives. Not only is “self-deliverance” possible for every believer, it is a necessary and important part of our walk in Yeshua.

How does this happen?

In order to gain victory over evil spirits, we need to confront them, to take authority over them and to replace

their lies with truth. You will learn how to do this. We will explore every aspect of the process of self-deliverance.

Not only will you discover that you are winning the battle against demonic spirits, but you will find that taking hold of these simple truths affects the way you experience the presence of God. As you move into His freedom, you will begin to notice a change in the atmosphere that surrounds you. You will begin literally to see darkness dissipate. And you will find yourself being surrounded by peace and clarity that you have not known before.

In order to act on a word, we must first receive it. Until we resolve to combat the demons afflicting us, we will never enter into the happiness we are looking for. It is just that simple. We must fight, and we must overcome. There is really no other way to fullness of life in Messiah Jesus.

Remember that Jesus' first act after being declared the Lamb of God was to go into the wilderness and defeat the devil. *Then He emerged in the power of the Spirit.*

Do you think this applies to our lives today? I do. Let's get started.

1

The Battle Begins

Deliverance was a significant part of Jesus' ministry. Everywhere He went—down dusty roads, in homes, in synagogues—He encountered people who were tormented and oppressed by evil spirits. And because He loved the people, He spoke a word and drove the demons out.

In the three years that Jesus ministered on the earth, in fact, fully one-third of His teaching involved deliverance. Jesus set people free who had been snared by demons, and He instructed His disciples to do the same. We can assume that demonic bondage was a big deal for Him since He focused so much of His life's work on it.

So I want to ask you a question. Clearly, demons were rampant on earth during the time of Jesus. Where, then, did all the demons go?

If while on earth Yeshua taught His disciples to deal with spirits that were coming from the realm of darkness,

does it follow that He simply removed those spirits when He ascended to heaven? Are they no longer tormenting people? Are our problems with demons over?

No, the same demons that Jesus dealt with two thousand years ago are present, in like kind, today. Demons did

You have a real enemy; you have a real need to defend yourself.

not cease to exist after Jesus left the world. They are still here. I believe that if He were walking on earth today, He would continue to set many of us free from spirits that we do not even realize are plaguing us.

If we believe the Word of God, we have to believe that much of the pressure on our lives comes from powers of darkness that surround us and are operating in our world. If we want to walk in the apostolic calling of the Church, we must recognize that people are in bondage and need to be set free. *We* need to be set free.

Now this is nothing to be afraid of. Jesus has prepared the way through His victory at the cross. We can defend ourselves; we have everything we need to deliver ourselves from demons!

A few years ago I realized that a number of people in the congregation that I pastor were struggling with demons. To help them be set free, I trained a team to minister deliverance. Almost without exception, the people who were ministered to expressed a sense of freedom and lightness afterward.

But two problems began to surface. First, there were so many people asking for help that the team was booked a year in advance. I felt burdened by this. These people needed help *now*, and they had to wait many months before we could minister to them. The second problem was

that many of them who received deliverance were soon plagued by evil spirits again. They were not able to stay on the path of freedom.

As I took this matter to prayer, the Lord led me to start teaching self-deliverance. This solved both problems. People no longer had to wait for someone else to help them. They understood the battle and had the appropriate weapons to deal with the problem themselves. And since they were now trained and equipped, they could continue to protect themselves every time the enemy stalked them.

There is really no way to walk in the freedom that the Lord desires for us if we cannot fight for ourselves. Think of this analogy: Suppose you are a kid in school being picked on by a bully. Your big brother or dad might confront the bully, and this will gain you some temporary relief. But, chances are, as soon as your brother or dad is not around, the bully is going to return and take your lunch money or beat you up or do whatever he wants to do. The only way to get free and remain free from the bully's torment is to stand up to the bully *yourself*.

We do not have to wait for someone to come help us, and we do not have to live in torment and demonic oppression. But we do have to understand that we are in a fight and that we need certain weapons to defend ourselves.

The Church's Usual Stance

Scripture explains that this fight is not against "flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places" (Ephesians

6:12). Yet have you noticed that many believers who say *amen* to this truth cover their ears and run from any discussion about demons? Fear and demonic oppression are only going to intensify as we move deeper into the end-time darkness of this world.

The Church sometimes skirts her own doctrines regarding deliverance.

If we are honest, we have to admit that the Church today is ill-equipped to deal with the struggle against demons. Why is this so? In the first place, there is not a great deal being taught about demonic activity.

How many of us, who have been in church for years, who are worshiping Jesus, who are singing the love songs and who are talking about the beautiful attributes of God, are also being taught extensively about facing the devil? We have too often put our heads into the ground when it comes to understanding the nature of the battle we are in. We say we are in agreement with the doctrines that Scripture teaches, but there is a big gap between what we believe intellectually and what we actually believe in our hearts.

Rather than grasp the fact that our true enemy comes from the spiritual realm, we take out our frustration on people and circumstances. We have minimal ability to see past the material world, so we stay trapped in it. And because we are focused on what we see with our eyes, we are continually being deceived and beaten up by the devil. We are not experiencing the freedom, the peace and the clarity of heart and mind that are ours in Christ Jesus.

Our discomfort with this subject leads to a second reason that the Church is weak in her struggle against demons. We

have drifted into the theology that, even supposing demons are real, they cannot afflict a *Christian*. We are more comfortable assuming that they have influence only on people who do not know the Lord, who are not true believers.

“I’m a Christian,” we say with conviction. “I’m immune to all this. Demons can’t touch me.”

Scripture, however, negates this idea, telling us to stay on the alert: “Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour” (1 Peter 5:8). Whose adversary? *Your adversary!*

Peter is speaking to the Church. This letter was not written to people who were not saved. And notice that Ephesians 6:12 states that *our* struggle is not against flesh and blood but against spiritual forces of darkness. Paul is not describing the struggle of unbelievers or reprobates. He is talking about the struggle of God’s people. *Our* struggle. Yours and mine!

Squatters in the Temple

The story of Yeshua cleansing the Temple gives us further insight into the reality that demons are a problem for believers. When He was on earth and people wanted to come and fellowship with God, they went to the Temple in Jerusalem. Jesus did much of His ministry there.

On one particular day near the time of the Passover, Jesus went into the Temple and saw moneychangers at work. Look at John’s description of what happened.

He found in the temple those who were selling oxen and sheep and doves, and the money changers seated at their tables. And He made a scourge of cords, and drove them all out of the temple, with the sheep and the oxen; and

He poured out the coins of the money changers and overturned their tables; and to those who were selling the doves He said, “Take these things away; stop making My Father’s house a place of business.”

John 2:14–16

Now the Temple was God’s territory and His property, but intruders—greedy, demonically driven money-changers—had moved in and set up shop. They had to be driven out. I think this serves as a good pattern for us as we engage in spiritual warfare.

The Bible says that we are temples of the living and holy God (see 1 Corinthians 3:16). Just as demons intruded into God’s sacred Temple in ancient Israel through the moneychangers, so demons can intrude into our temples. And when they do, they seek to bring us into bondage, entrap us in fear, limit our awareness of Jesus’ presence and keep us from experiencing the fullness of our inheritance in our relationship with God.

Be assured, though, that even if demons do set up camp in believers’ hearts and minds, they cannot possess us. The word *possession*, which is often used when demons are spoken of, implies ownership. Satan can never own us. We have been bought by the blood of the Lamb. After Jesus was crucified, ascended into heaven and was seated at the right hand of God, the Holy Spirit came. Through the Holy Spirit, Jesus is now living in the hearts of all who receive Him as Lord and Savior. Jesus owns us. We are the Church and the Bride of Jesus.

But demons can occupy our space *illegally*, just as the moneychangers did at the Temple, and when they do they will try to keep us from ejecting them.

The Lord showed me something about this concept in a vivid dream He gave me. In this dream, I was living in a tiny, dilapidated house that was almost falling apart. As you can imagine, I did not have a good feeling living in that house.

Now, right next door to this run-down house was another house. This second house was gorgeous. It was brand new. It was modern. It was clean. It was big. It was beautiful—and it was *my* house. I was the owner. But I was not living in the nice house; I was living in the broken-down house.

Why was I not living in the nice house that I owned? Because it was inhabited by squatters. They had human form, but they were demonically energized, violent and hateful.

I was afraid to take possession of the house because they were threatening me, telling me what they would do to me if I tried. I was certain that if I set foot in the house they would attack, and God knows what they would do. So I was being tormented, letting other people take what was mine, afraid even to go inside.

Eventually, as the dream progressed, I got up enough courage. I decided that I was not going to be afraid and tormented and let them have my house. It was no longer an option. I was going to have to face those demons and drive them out.

So I went around to the side door and waited for the chief demon. When he came out, I grabbed him by the collar, threw him to the ground and began punching him in the face.

What about being “possessed” by evil spirits? Can that happen?

At first it seemed as though nothing was happening. He acted as though I was having no effect on him at all. My punches did not seem to be making even the smallest dent.

But you know what? I was so focused on defeating this demon that I just kept pounding and pounding. All of a sudden, I heard a sound like *psssshhhh*, as the air went out from him. He evaporated, and was gone.

There are other aspects of this dream that we will get into later, but the point I want to make now is this: Demons do not possess believers, but they can become squatters, just as those squatters in my dream were occupying my house. In the next chapter we will learn some of the ways that demons take up residence in our lives, but basically, like the moneychangers in the Temple, Satan gets hold of some part of us and lodges himself into a space that is not his. God has something so much nicer for us, just as the Lord showed me in the dream. He had a much nicer house for me to live in. If we become trapped in fear, in worry, in wrong thoughts, we will never enjoy what God has provided for us.

Demons are looking for the weak, the vulnerable, those who do not know how to defend themselves. Furthermore, demons will not leave their habitations simply because their consciences begin to convict them. They will not wake up one day and realize they did not pay for the space they are living in, so they probably should leave. No, they have to be confronted with the truth about Yeshua's identity and our identity in Him, and commanded to go. Self-deliverance is applying the means that God gives us to drive out the demons that are invading our space and keeping us in bondage.

Our Warrior King

The Bible says that He who raised Jesus from the dead dwells in our mortal bodies. The Spirit of the living God actually lives within us. In all things, we rely on Him and trust Him to release life to our mortal flesh. This does not mean, however, that we are immune to spiritual attack any more than we are immune to physical attack. Might a believer catch a cold or get an infection? Yes, this happens, even though we look to Jesus for our physical health. Well, just so, we will be attacked by our spiritual enemy even though we look to Jesus for our spiritual health.

It is important to get this foundational understanding as we move into the principles of self-deliverance: Our God is a God of war. We have an enemy, and God wants to train and equip His people to fight.

In the Hebrew Bible, the concept of warfare was generalized in the natural realm in a well-known story. When the children of Israel were ready to enter their Promised Land, they had to *drive out* the Amorites, the Hittites, the Jebusites, the Canaanites and all the other “ites” in order to take possession.

The Lord spoke to His people and said, “I will fix your boundary from the Red Sea to the sea of the Philistines, and from the wilderness to the River Euphrates; for I will deliver the inhabitants of the land into your hand, and *you will drive them out* before you” (Exodus 23:31, emphasis added).

This story from Scripture is a prophetic shadow of how we begin to enter into the fullness of the freedom that we have inherited in Jesus. Just as the Israelites had to drive out her enemies in the physical realm, so we have to drive out our

enemies in the spiritual realm. You might consider someone at work to be your enemy, but he is not really the basis of your struggle. Your struggle is in the realm of the heavenly.

In Numbers 32:21, we see the Israelites engaged in actual conflict: “All of you armed men cross over the Jordan before the LORD until He has driven His enemies out from before Him.” I like this concept of being armed as we apply it to our spiritual battle. We will discuss the power and authority that are ours in Jesus in later chapters, but understand for now that the Church must engage in the battle.

And we must keep on fighting. We do not win a skirmish and then sit back and do nothing when the enemy returns. If we are going to prevail in Jesus’ name, we must know how to drive the enemy out—and be ready to fight again.

If you sense that demonic activity is harassing you, you do not need to run from reality. The truth is uncomfortable sometimes, but we cannot pursue freedom without also pursuing the truth. Jesus said, “If you *continue* in My word, then you are truly disciples of Mine; and you will know the truth, and the truth will make you free” (John 8:31–32, emphasis added). We continue to fight, and Jesus leads us into greater and greater freedom.

The Real Mr. Nice Guy

In one of David’s psalms of deliverance, he wrote about the importance of being trained and armed: “[God] trains my hands for battle, so that my arms can bend a bow of bronze” (2 Samuel 22:35). In Psalm 144:1, he said: “Blessed be the LORD, my rock, who trains my hands for war, and my fingers for battle.” This man after God’s own heart was not

only a shepherd and a musician but also a warrior. David related to God as a father who trained him for warfare.

What does that mean for us? A lot of times the Church seems to think that following Jesus is equivalent to being “nice.” Now, believers should by their very nature have a quality that the world perhaps calls “niceness,” but we also need to know how to enter the battle zone and expect victory.

Jesus did. Jesus referred to Himself as “the descendant of David” (Revelation 22:16); we see in His personality the same warrior trait that David exemplified.

Jesus was aggressive against darkness in any form. We saw that He drove the moneychangers out of the Temple with a whip. He also turned around to Peter, looked him in the eye and said, “Get behind Me, Satan!” In one discourse alone He called the scribes and Pharisees “hypocrites,” “son[s] of hell,” “fools,” “whitewashed tombs . . . full of dead men’s bones” and a “brood of vipers” (see Matthew 23) as He aggressively opposed darkness.

We need to rethink our one-dimensional perception of Yeshua as just a nice guy. The Jesus who always turned the other cheek. The Jesus who was born in a lowly stable. These things are true of the Prince of Peace, but they do not express the full dimension of who Jesus really is. He is also a warrior: He is the one coming back riding a horse, with a sword protruding from His mouth.

And I saw heaven opened, and behold, a white horse, and He who sat on it is called Faithful and True, and in

When it comes to the battle with evil, it is time to rethink Jesus’ words about “turning the other cheek.”

righteousness He judges and wages war. His eyes are a flame of fire, and on His head are many diadems; and He has a name written on Him which no one knows except Himself. He is clothed with a robe dipped in blood, and His name is called The Word of God. And the armies which are in heaven, clothed in fine linen, white and clean, were following Him on white horses. From His mouth comes a sharp sword, so that with it He may strike down the nations, and He will rule them with a rod of iron; and He treads the wine press of the fierce wrath of God, the Almighty. And on His robe and on His thigh He has a name written, “King of kings, and Lord of lords.”

Revelation 19:11–16

This Mr. Nice Guy is coming back from heaven to deal out retribution upon those who do not know God. If we are going to embrace His offer of victory, then we need to take the concept of spiritual warfare seriously. This is part of walking with Jesus.

When we understand that there is an extensive demonic problem for those of us living on planet earth, we lay a foundation from the Word of God on which to stand and fight. Like our warrior King Jesus, we can dislodge these evil spirits and drive them out. The shackles of darkness will fall.

In the next chapters we begin our training for self-deliverance by understanding how demons gain access into our lives in the first place, and then we will close and lock those doors.