

# Deliverance from Demonic Influence [E-Course]

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# Introduction

Thank you for taking the *Deliverance from Demonic Influence* e-course!

The topic of demons and deliverance can seem daunting or scary at times. It is a subject that is often ignored or neglected on one hand, or taught and practiced with unbiblical or bizarre extremes on the other hand. But I hope that this course brings clarity and practical understanding. And I pray that God will meet with you and minister to you as you watch and pray through the prayer of deliverance.

In this course, you will learn:

- The need for deliverance today and how it is relevant to our lives
- Basic truths about demonic influence that overcome common misunderstandings
- How evil spirits gain access to people's lives
- How to discern the presence of demons
- How to receive deliverance
- Keys for staying free after experiencing deliverance

In session seven, I will lead you through a prayer of deliverance and pray over you to receive freedom. May God bless you as you watch this course!

## Session 1: The Need for Deliverance Today

**Deliverance Ministry:** Casting out demons in order to free people from torment, bondage, and oppression. Freeing people from the influence of evil spirits.

*\*Note that the terms evil spirit, demon, and unclean spirit are used interchangeably*

**Mark 1:21-28, 39:** Deliverance in the ministry of Jesus

- The first thing that Jesus became well-known for was His authority to cast out demons
- It was as common for Jesus to cast out a demon as it was for Him to preach a sermon

- Jesus equipped His followers to cast out demons – He was not an exclusive “exorcist” (see Mark 3:13-15; Mark 6:7, 12-13)
- Jesus commissioned the church as a whole to continue the ministry of deliverance (see Mark 16:17)

Deliverance is so valuable and relevant for today. Demonic influence can impact a wide range of areas:

- Spiritual growth
- Emotional well-being
- Mental health
- Physical health
- Relationships

### **John 11:40-44: Lazarus – A Parable about Deliverance**

Jesus gave two commands:

1. “Lazarus, come forth!” → Salvation
2. “Loose him, and let him go” → Deliverance

God never intended salvation without deliverance!

## **Session 2: Five Truths About Demonic Influence**

In order to see deliverance restored to the church, we must remove the *fear*, *confusion*, and *stigma* attached to this topic.

This session covers five basic truths about demonic influence:

### **1. Demonic influence is real**

- We can’t ignore demons or pretend like they do not exist

## **2. Demonic influence is common, not rare**

- Just as it was common for Jesus to cast out demons, it is common for people to need deliverance today

## **3. There are varying degrees of demonic influence**

The severity of the demonic influence can have multiple factors:

- Number of demons present
- Degree of strength/wickedness
- Level of hold they have

There are also different types of demonic influence:

- Bondage
- Oppression
- Torment
- Affliction

## **4. Certain things open the door to demonic influence**

- Ongoing/unrepentant sin
- Trauma and abuse
- Unforgiveness
- Occult and new age
- Generational influences

## **5. Christians can have demons and need deliverance**

- Doesn't mean you are "possessed"
- Doesn't mean you are an evil person

As you learn about demons and deliverance, make sure to keep Jesus as your primary focus. And always keep in mind that believers are given authority over evil spirits in Jesus' name!

## Session 3: Open Doors Pt.1

Demons cannot go into whomever they want; there is typically an “open door” that gives them access. Discovering and closing these doors is an important aspect of deliverance ministry.

**Matthew 12:43-45:** From this passage we can see that:

- To the spiritual world, the human body is a “house”
- Evil spirits have a will, thought processes, etc.
- Demons work together, and there are varying degrees of strength/wickedness
- We must be prepared to stand against counterattacks or reentry

### **Some Common Open Doors**

In general, open doors fall into the categories of *agreement*, *moments of weakness*, or *legal rights*. Below are some specific ways that evil spirits may seek to gain access into a person’s life.

#### **1. Embracing sin**

- When we justify and embrace sin, we come into agreement with the devil (see Ephesians 4:26-27).

#### **2. Traumatic experiences**

- Being sinned against—especially when we are young—can open the door (ex: abuse, rejection)
- Other traumatic experiences can open the door (ex: accidents, divorce, fearful events)

#### **3. Believing the enemy’s lies**

- When we believe a lie (about God, about ourselves etc.) we come into agreement with the devil who is the “father of lies” (see John 8:44)

#### **4. Exposure to unholy things**

- Being exposed to unholy things can open the door (ex: pornography, horror movies, dark music).

## **5. Unforgiveness**

- Unforgiveness places us in a spiritual prison and gives the devil permission to torment us (see Matthew 18:21-35)
- Forgiveness does *not* minimize what happened or mean that you must continue to put up with abusive behavior

## **Session 4: Open Doors Pt. 2**

We covered five open doors in the previous session, and now we will cover four more common open doors to demonic influence:

### **1. Involvement in false religion, cults, and false teaching**

- Behind every idol is a demon (see 1 Corinthians 10:19-20)
- False teaching carries with it a demonic spirit (see 2 Corinthians 11:4, 1 Timothy 4:1)

### **2. Any occult involvement**

**Occult:** Hidden or secret arts. Supernatural knowledge, power, or influence through the demonic realm.

- Contact with the occult is a major open door to the demonic and is strictly forbidden in Scripture (see Deuteronomy 18:9-12).

### 3. Curses

**Curse:** A supernatural force to bring harm or to block the blessing of God.

- Generational curses (Exodus 20:4-6) Ex: Alcoholism, abuse, suicide
- Word curses (James 3:8-10), especially from authority figures
- Occult curses – Curses/spells placed by those in the occult

### 4. Ungodly relationships/soul ties

- Soul ties through ungodly sexual relationships
- Unhealthy relationships through control, manipulation, or abuse

Closing doors removes the “legal right” that allows demons to be present, and brings us into agreement with God. This is an essential aspect of walking in long-term freedom.

## Session 5: Discerning the Presence of Evil Spirits

Discerning the presence of evil spirits is a key part of deliverance. Before a demon can be *expelled*, it must be *exposed*.

### Three Ways to Discern the Presence of Demons:

#### 1. A demonic manifestation (a demon makes itself known)

- Internal manifestation
- External manifestation
  - Voice
  - Body movements
  - Countenance/eyes

## 2. Supernatural discernment

- Revelation from the Holy Spirit (see 1 Corinthians 12:8-10)

## 3. Natural discernment (gathering information by asking questions)

- Are you experiencing the symptoms of demonic influence (bondage, torment, oppression, affliction)?
- Have there been open doors in your life?
- If you are dealing with sickness or other physical problems:
  - Does the pain move around in your body?
  - Is there mystery surrounding the diagnosis?

Trust that the Holy Spirit will guide you and help bring to light any demonic influence that needs to be addressed.

## Session 6: How to Receive Deliverance

While there is no formula for deliverance, there are some basic principles and helpful truths that can aid the process. There are three basic keys for deliverance:

1. Discerning the presence of evil spirits
2. Discovering and closing any open doors
3. Driving out the demons

### **James 4:7:** Submit to God and resist the devil

#### **1. Submit to God:** Close the door on the enemy

A heart posture that is yielded to God, willing to come into agreement with Him, and submitted to Jesus as Lord.

Be prepared to close any open doors to demonic influence:

- Repent of any known sin
- Forgive people who have wronged you
- Renounce any involvement in the occult, false religion, or false teaching
- Break free from any generational curses
- Renounce any agreement with the lies of the enemy

**2. Resist the devil:** Cast out any evil spirits that are present

Driving out demons is done by using the authority that we have in Christ to command evil spirits to come out

- **Example:** “Spirit of fear, I command you to come out in the name of Jesus!”

In Christ, you have authority over evil spirits. You do not need to be afraid of demons!

Be aware that deliverance can be progressive. As you walk through receiving deliverance, keep your eyes on Jesus and keep your relationship with God central. Jesus is your deliverer, and He will lead you and walk with you!

## Session 7: A Prayer for Deliverance

The following prayer can be used for you to receive deliverance, or to use when you are praying for someone else. The prayer should be spoken out loud with faith and a sincere heart. Pray from the heart and add your own words and fill in the blanks as applicable.

**1. Enter into God’s presence:** Heavenly Father, I come into Your holy presence by the blood of Jesus. I worship and honor You, and I ask that the Holy Spirit would have full control of this time and lead me in prayer. Surround me with your angels and protect me from all harm.

**2. Look to Jesus:** Lord Jesus Christ, I look to You as my only Savior, Healer, and Deliverer. I

believe that You are the Son of God and the only way to the Father. Thank You for coming in the flesh, dying on the cross for my sins, and rising again. I humble myself before You and recognize that it is Your finished work that gives me access to salvation and deliverance.

**3. Deal with sin:** Father God, I acknowledge that I have sinned against You and others. I come into the light, confessing my sins before You and holding nothing back. I especially confess\_\_\_\_\_... I repent of all my sins with a desire to live a life pleasing to You. Purify my heart by the power of the blood of Jesus. Right now I receive Your grace, forgiveness, and cleansing.

**4. Forgive others:** I choose to freely forgive anyone who has ever sinned against me or hurt me in any way. Specifically, I forgive \_\_\_\_\_... I release them to You and let go of all bitterness, anger, hatred, and resentment.

**5. Renounce the occult, false teaching, and false religion:** I completely sever myself from all contact that I have ever had with the occult, false religion, and false teaching. In particular, I totally renounce \_\_\_\_\_...

**6. Release from every curse:** Lord Jesus, thank You for dying on the cross and becoming a curse, so that I could be redeemed from every curse and receive God's blessing. Because of Your finished work, I ask You to set me free from every curse that is over my life. I renounce the sins of previous generations and break away from any generational curse that is over my life. Specifically, \_\_\_\_\_... I also break any word curses that have ever been spoken over me.

**7. Sever any soul ties:** I repent of any sexual sin that I have committed and sever any ungodly soul ties that have been created. I set myself free from any unhealthy relationship or ungodly bond to another person. In particular, I break the tie with \_\_\_\_\_... I declare that the blood of Jesus separates me from him/her.

**8. Stand with God and against the devil:** Father God, I align myself with You and want every area of my life to agree with Your Word. I submit myself to You God and take an active stand against Satan and every one of his demons. By the authority of Jesus' name I speak to every evil spirit that has any influence in my life and I command you to get out. Go, in the name of Jesus!

## Session 8: Keys for Staying Free

After being set free we must remain free by keeping the doors closed and filling “the house” with the nature of God (see Matthew 12:43-45).

### **Deliverance is Not...**

- An end in itself (Obadiah 1:17)
- A substitute: it does not take away the need for the spiritual disciplines of our daily walk
- A cure-all: it is not the answer to every problem and will not make all your problems go away

**The Mind**: the main battlefield is often in the mind, therefore to remain free we must:

1. Renew our minds (Romans 12:1-2)
2. Learn to take thoughts captive (2 Corinthians 10:4-5)

Deliverance happens in a moment; transformation happens as a process as we renew our minds and learn to take thoughts captive.

### **James 4:7-8**: Three Principles of Staying Free

**1. Submit to God**: The lordship of Christ is essential. Submit every area of your life to God and break all agreement with sin. (Keep the doors to demonic influence closed)

**2. Resist the Devil**: Don't be fearful, but be on your guard and be ready to stand against the devil.

**3. Draw near to God**: Grow in intimacy with God, spend time in the Word and prayer, and be filled with God's presence.

Make sure you are plugged into a good local church. Get involved with a Life Group, discipleship, etc.

Once you are set free, it is important to walk in such a way as to *stay* free. As we submit to God, we can effectively and actively resist the devil and walk in the freedom that Christ has given us!

## Conclusion

Thank you for taking the *Deliverance from Demonic Influence* e-course. I hope that you have been blessed by the teaching and ministry!

For more resources and information, please visit [www.jakekail.com](http://www.jakekail.com). May God continue to richly bless you on your journey with Him!