

Jake Kail Ministries | How to Minister Deliverance

Part 1 | Deliverance Basics

Mark 1:21-28, 39

Definition of deliverance ministry: Casting out demons in order to free people from torment, bondage, and oppression. Freeing people from the influence of evil spirits.

1. Demonic influence is real.

- We can't pretend that demons don't exist or that we never have to deal with them.

2. Demonic influence is common, not rare.

- There are varying degrees of demonic influence:
 - Number of demons present
 - Type of demons
 - Level of control they have

3. Certain things can open the door to demonic influence.

- See appendix one for a list of common open doors.

4. Christians can need deliverance from evil spirits.

- Having a demon does not mean that a person is "possessed" by the demon. It also does not mean that the demon will always be outwardly manifesting in obvious ways.

5. Believers are given authority over demons in the name of Jesus.

- Part of the church's calling is to set people free from the influence of evil spirits.

Deliverance is enforcing what Jesus already paid the price for. God never intended salvation without deliverance!

Part 2 | Foundational Areas to Grow In

Mark 9:29, Luke 9:1

If you desire to minister deliverance to others, there are four foundational areas that you should constantly be seeking to grow in.

1. Intimacy with the Lord

All true ministry flows from our relationship with God.

- Jesus modeled and taught the value of intimacy with the Father being the foundation.

2. Compassion for people

Deliverance is a ministry of compassion for the oppressed.

- Jesus was moved with compassion when He ministered to people.

3. Authority in Christ

We must stand in our position of authority over demons.

- Jesus modeled authority over evil spirits and delegated this authority to His followers.

4. The Power of the Holy Spirit

We need the power and leading of the Holy Spirit as we minister.

- If Jesus relied on the power of the Holy Spirit, how much more must we!

Two Types of Deliverance: Mark 1:21-34

1. Power Encounter: spontaneous clash between the Holy Spirit and evil spirits
2. Personal Prayer: personal prayer ministry for the purpose of driving out demons

Part 3 | Three Keys for Deliverance

Mark 6:12-13, James 4:7

While there is no formula for deliverance, there are biblical principles that can be applied to most situations when a need for deliverance arises.

Three Keys for Deliverance

1. Discern the presence of demons

- a) A demonic manifestation (a demon makes itself known)
- b) Supernatural discernment (revelation from the Holy Spirit – 1 Corinthians 12:8-10)
- c) Natural discernment (gathering information by asking questions)

2. Discover and close any open doors

There is a good chance that if a demon is present, there has been a door opened that gave it access. Some common open doors are:

- Embracing sin, traumatic experiences, unforgiveness, generational or other curses, occult involvement or false religion/teaching, ungodly soul ties, believing the enemy's lies

Be prepared to lead a person in a prayer to:

- a) Repent of any known sin
- b) Forgive people who have wronged them
- c) Renounce any involvement in the occult or false religion/teaching
- d) Break the power of any curse that is present

3. Drive out the demons - Paul's Example (Acts 16:18)

- a) Speak directly to the spirit, in the form of a command.
- b) Speak in the name of Jesus (the authority is in His name).

If you come to a standstill, there may be something hindering the demon from leaving. Pause and ask the Holy Spirit for direction, ask the person what is going on, and explore open doors further.

Part 4 | Dealing with Manifestations (And Some Practical Advice)

Mark 1:23-24; Mark 9:20, 26; Acts 8:7

Demonic manifestations are often a normal part of the deliverance process. It is OK for manifestations to happen, but they should not get out of control. When observing manifestations, pay attention to the person's voice, body movements, and countenance.

Demons often leave through the mouth with coughing, sighing, yawning, etc. but this is not necessary. They also leave in a variety of other ways and sometimes just lift off. Sometimes there is little or no manifestation at all.

Helpful Aids to Deliverance

The following is a list of things that can be used to help aid the process of deliverance. Be careful not to rely too heavily on a particular method or practice, but be open to how the Holy Spirit may lead you.

1. Quoting Scripture
2. Intercession
3. Speaking in tongues
4. Pausing and asking for the Lord's direction
5. Anointing with oil

Helpful and Practical Tips

Always follow the guidelines and protocol of the church/ministry that you are connected to.

1. In private ministry, minister in teams of 2-3, with one person in charge at a time. Someone of the same gender should be present.
2. Minister with compassion for the person. Don't focus on the demons but on Jesus and the one being ministered to.
3. Stay calm and at peace; never lose control. Demons do not respond to noise or volume, but authority.
4. Keep your eyes open at all times. It is helpful at times to have the person keep eye contact with you.
5. Engage the person in the battle, and prepare them to stand against the enemy's counterattacks.
6. Follow up with the person in the days and weeks following (if possible).

Always remember that Jesus is in charge! Always point people to Him and His finished work. He will guide people through their process of freedom.

Appendix 1 | Common Open Doors

When an unclean spirit goes out of a man, he goes through dry places, seeking rest, and finds none. Then he says, “I will return to my house from which I came.” (Matthew 12:43-44)

To the spiritual world the human body is seen as a *house*. Demons cannot go wherever they want; there must be an “open door” that gives them access. Discovering the doors that have given evil spirits entrance is an important part of deliverance, and closing these doors is essential. We don’t just want to remove the demons but also to remove the access points and close the doors.

Some Common Open Doors

The following are some of the most common ways that evil spirits gain access to people’s lives.

1. Embracing sin

- When we justify and embrace sin, we come into agreement with the devil and give him a place (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 gives the devil permission to torment us—we end up in a spiritual prison (see Matthew 18:21-35).

6. 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).

7. Any occult involvement

Occult: hidden or secret arts. Supernatural knowledge or power 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).

8. Curses

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

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

9. Ungodly relationships/soul ties

- Soul ties through ungodly sexual relationships (see 1 Corinthians 6:15-16)
- 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.

Appendix 2 | A Prayer for Deliverance

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!

More learning and equipping:

An Introduction to Deliverance (Video)



How to Minister Deliverance Training Manual



A Collection of Deliverance Resources



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