

Spiritual Warfare

Fall 2022

Lesson 6 – Inner Healing & Deliverance

The primary aim of deliverance is **healing**. Demons are the secondary problem. Deliverance comes *after* healing from emotional and spiritual wounds. Prior to deliverance, we must give primary attention to dealing with the big problems, the human problems that demons are attached to. When these are dealt with and we are emotionally and spiritually free, it is usually easy to remove the demons. Healing weakens or even eliminates the demonic stronghold. Healing is not complete until the deep-level hurts and spiritual blockages that disrupt a person's relationship with God, self and others are healed by the Holy Spirit.

Inner Healing

What Inner Healing Is

Inner healing is the Holy Spirit's **deep-level** healing of the whole person. Healing seeks to bring the power of Christ to bear on healing the **roots** of emotional damage and **sin**. These roots get lodged in memories that we can carry unconsciously. Common problems are shame, unforgiveness, anger, bitterness, rejection, low self-esteem, fear, worry, and sexual issues. When we get hurt in life, we often suppress the reaction to hurt in order to “keep it together.” Healing is means being **released** from these wounds.

What Keeps us From Seeking It?

Addressing these wounds and sins is scary because it is **painful**. There is a fear of facing the past and revisiting painful memories. We must remember that Jesus comes to us in peace and that the Holy Spirit is a balm. The cross is a reminder that God can be **trusted**, and our well-being is his central concern. “Redemption” means putting things right. When God created us, he had specific intentions for who we were to be. Woundedness and sin—lack of wholeness in our lives—is a **deviation** from God's intentions. When he redeems us through the sanctification process, he's restoring the *you* that he always **intended**.

Steps of a Healing Session

- **Step 1: Back to the Womb.** This step eliminates possible demonic attachments from rejection or unwantedness from parents.
- **Step 2: Birth and Early Childhood.** This step envisions being born into Jesus's arms and to strengthen the bond with ourselves.
- **Step 3: The Inner Child.** This step involves remembering and envisioning childhood with Jesus, including the good memories and the bad memories.
- **Step 4: Kids in Seats.** This step brings healing to every stage of childhood.

Make a "Suspects" List

During inner healing sessions, be on the lookout for demonic suspects attached to sins or emotional damage. They are often tied to and named after the symptoms or the problem. For example:

- Anger (bitterness, resentment, depression, rage, disappointment, discouragement, frustration)
- Shame (guilt, deception, lying spirits)
- Fear (worry, anxiety, panic)
- Rejection (abandonment, neglect, self-rejection)
- Death (death wish, suicide, abortion, murder)
- Lust (fantasy, adultery, pornography)
- Homosexuality
- Performance (striving)
- Pride (arrogance)
- Control (domination)
- Abuse (violence, rape)
- Occult spirits

In removing demons, remember that demons sometimes have a legal right to inhabit a person. The grounds of that right must be eliminated before being able to remove the demon.

Deliverance

Pre-Deliverance: Prayer and Discernment

All deliverance sessions should be bathed in prayer. We are working in partnership with the Holy Spirit and must be fully in line with his leadership prior to deliverance. We need Holy Spirit guidance and empowerment. This means enlisting prayer partners when possible.

Deliverance is best done in teams. Each believer has different gifts that can come together for optimized effectiveness, especially when it comes to discernment. We do not want a fight with the demonic if we can avoid it.

Take Care of General Matters

Ask permission from the individual to check for demons. Don't advance if permission is not given. If permission is given, take care of general demonic activity such as:

- **Family, intergenerational or bloodline demons.** Many people are carrying one or more family, intergenerational or bloodline demons inherited from their parents. These spirits are typically inherited by an ancestor. If an ancestor was in an occult organization or a world religion, it is very possible that there will be family demons.
- **A curse of unwantedness.** A child being unwanted by a parent can result in a curse that needs broken.
- **Soul ties.** There can be metaphysical ties to other individuals that need broken. These ties can result from extra-marital sexual relationships, or other dominating relationships such as parent-child relationships.

Let Them Know Your Authority

It is crucial that demons know that you know your authority. Demons want Christians to doubt their authority. A major part of the demons' strategy has been to keep Christians from knowing who they are and the authority this gives them. So, assert your authority at the start. Jesus said we would do the works that he did (see John 14:12), and a major part of his ministry was to confront and defeat demons. Some helpful declarations for establishing authority and the ground rules are:

- I command all demons to attention. If you are here without rights, I command you to leave and not come back. If you are here with rights, I command you to step aside. I forbid you to interfere with whatever Jesus wants to do here. We are in his presence you and must obey him.
- I claim protection in the name of Jesus Christ for each one here, our families, friends, property, finances, health, and everything else that pertains to us from any revenge or attacks from the enemy.
- I forbid any spirits inside this person to cause any violence, any vomiting, or any other diversionary behavior.

Do Not Let Them Take Control

Demons will try to **hijack** deliverance sessions. They do this through diverting attention, causing pain, shaking the person, bringing telling the person lies, or making the person nauseous. Forbid this. This doesn't require shouting. Just forbid it with a definitive **declaration**.

Remove the Demons and Forbid Reentry

Removing demons can happen simply through a **command**. If they refuse, find out on what legal rights they remain and then remove that right through confession or further healing. You can also respond to resistance with Scripture (Col 2:13-15). When removing a demon, simply send them to Jesus to be dealt with by him. Seal the session by saying something like:

In Jesus name, I seal all that he has done here. We close all doors through which the demons gained entrance and remove all vulnerabilities in Jesus' name but speak the continuance of any processes that are still incomplete.

Follow-Up

When possible, administer post-deliverance **counseling**. Give them tools for dealing with temptation and for creating new, holy **habits**.