

# Walking out your freedom



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*Adapted with permission from  
"Spiritual Warfare &  
Deliverance" by Cheryl  
Buchanan & Maureen  
Guardacosta*

**Inner healing / soul care is a WALK, not an Event!** A one-time session is not necessarily completion. Breaking free of strongholds is life-changing. Being delivered, set free and healed is a wonderful gift that Jesus died for all of us to have. Receiving a measure of freedom is like winning a battle, but this battle is only part of an ongoing (spiritual) war.

We can avoid slipping back into old thought patterns and strongholds by refusing to believe the lies coming from Satan, the father of lies. Unclean spirits may still talk to you (although) now, they are outside of you. Thoughts from God will line up with Scripture and bring you peace. The Holy Spirit speaks truth to us and never contradicts the Bible. He does not bring fear or confusion or cause us to feel insecure or unsafe.

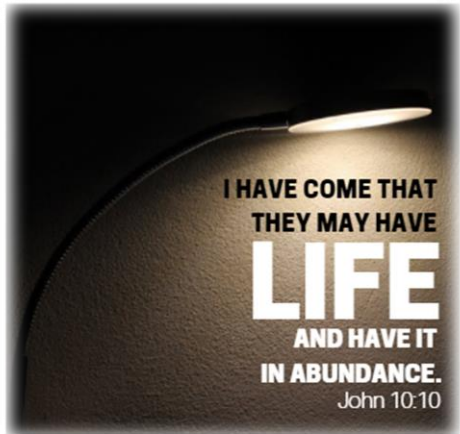
You may hear lies from the enemy such as: "You weren't really delivered", "you can't keep your freedom"; "the demons didn't leave." Don't accept these lies. Make your stand on the Word of God. "He whom the Son sets free is free indeed." (John 3:36)



The enemy may try to intimidate or frighten you by making it seem as though some things have reappeared from before your deliverance. Do not allow him to affect you. He only has the power to undermine us if we let him. Don't give him any ground. **There is only one all-powerful person and he is the same God, the Father of our Lord Jesus Christ, who sends us the Holy Spirit to dwell within us.**

You may find yourself tempted with old habits or behaviours that don't fit in with Christian life. Keep your eyes on the Jesus. He didn't come to take good things away from you but rather to bring you real life. **"I came that they might have life and have it in abundance." (John 10:10).** Temptations in themselves are not Spiritual Bondage. It is the continual surrendering to them through Sin that creates our bondage to Satan's Kingdom.

Recognizing the attempts of the enemy to derail us is important. However victory comes when we daily apply disciplines in our life to deflect these attempts to pull us back into bondage.



### 1. Focus your attention on Jesus.

Jesus' Blood is the most powerful protection in the universe. Moreover, Jesus came and shed his very Blood because he loves you. Confess the fact that Jesus loves you and repeat the following prayer every morning both in your heart and out loud: "Lord, I cover my mind, emotions, body, soul and spirit with the precious Blood of Jesus". Talk to Jesus every day sharing the good things and the bad with him. You can be sure he will not leave you. "And they have conquered him by the blood of the Lamb and by the word of their testimony." (Revelation 12:11)

## **2. Commit yourself to daily prayer.**

Spend time daily with the Holy Spirit. Let Him flood your heart and soul with His love for you. Allow Him to come near and show you Jesus. The Holy Spirit is God's power given in order for you to become like Jesus. He will let you know that He is near. "But when the Spirit of Truth comes he will lead you to the complete truth, since he will not be speaking from himself but will say only what he has learnt; and he will tell you of things to come." (John 16:13)

## **3. Immerse yourself in the Scriptures.**

The Bible is the written Word of God. The Word of God is a living thing that works in us even when we may not understand or comprehend fully what we are reading. Read scripture each day. Memorizing certain verses that apply to you can be very comforting. "If you make my word your home you will indeed be my disciples, you will learn the truth and the truth will make you free. (John 8:31).

## **4. Expect the enemy to fight back**

Recognize and remember that the devil will come back to try to tempt you in ways that you were once in bondage. James 4:7 says, "Submit yourselves, then, to God. Resist the devil, and he will flee from you". Tell the devil and his unclean spirits in Jesus' name to go away and leave you alone. Make it clear that you intend to follow Jesus no matter what. Above all, don't argue with the enemy and entertain his thoughts because you can't beat him that way. Instead, fill your mind by praising Jesus. Assume responsibility for your thought life. Learn to take every thought captive to the obedience of Christ. Reject all lies and stand firm in your true identity as a child of God in Christ. "Resist the devil and he will flee from you."(James 4:7).

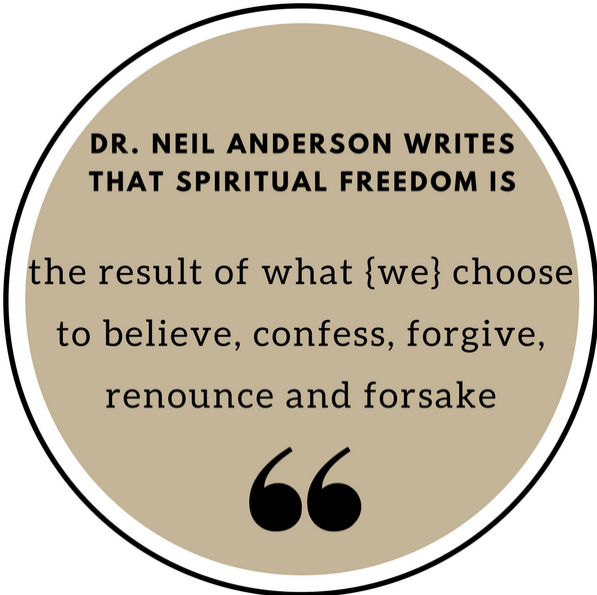
## **5. Fellowship with other Christians.**

The Christian walk is not to be done alone. James 4:7 says, "Submit yourselves, then, to God. Resist the devil, and he will flee from you". If you find that you are drifting back to old patterns of thinking, feeling and acting, share your struggles openly with a trusted friend who will pray for you and encourage you to stand firm. You will need other Christian people to support you and edify your faith. This is nothing to be ashamed of but rather is God's preferred way. Jesus ministers through

his body. "Bear one another's burdens and so fulfil the law of Christ." (Galatians 6:2)

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." Galatians 5:11

Dr. Neil Anderson writes that Spiritual Freedom is "the result of what [we] choose to believe, confess, forgive, renounce and forsake."



### **Walk in the Light of God!**

The Schemes and Lies of the Enemy cannot overcome the "Light" of God. When tempted by False Beliefs or Sin, immediately shine the Light of God's Truth on them and expose them for the Lies they are. Renounce the Lie and Affirm God's Truth! For example, if someone puts you down, immediately renounce that putdown and affirm that you are a Child of God (John 1:12)! If you are tempted by sexual thoughts, immediately renounce those thoughts and affirm that your body is the temple of the Holy Spirit belonging to God (1 Corinthians 6:18-20)! Respond with God's Truth to all attempts by Satan to enslave you, and capture every sinful thought to make it obedient to Christ!

## Walk in the Armor of God!

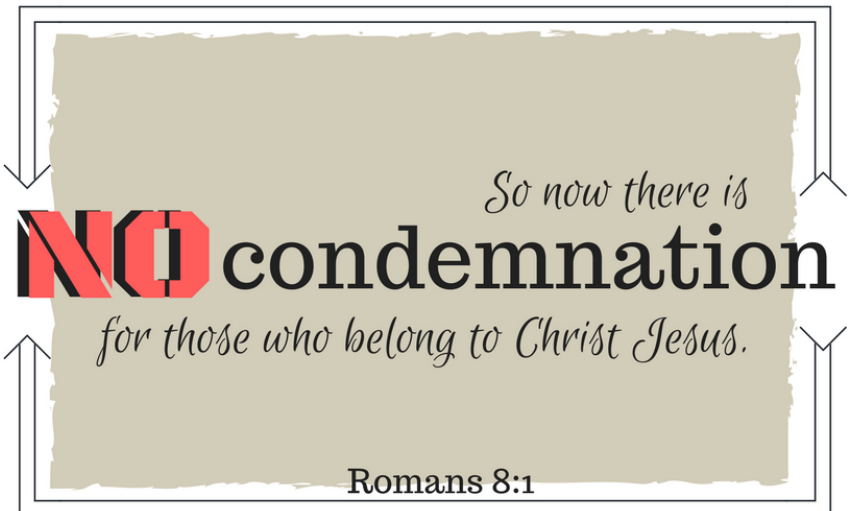
Make no mistake about it, we are at war! Spiritual Warfare demands Spiritual Weapons, able to repel every “fiery dart” of our enemy. Our battle armor is the Helmet of Salvation, the Breastplate of Righteousness, the Shield of Faith, the Belt of Truth, the Shoes of the Gospel, the Sword of the Spirit which is the Word of God and Prayer!

1 John 1:5-10 ; Matthew 4:1-11; Philippians 4:8; 2 Corinthians 10:3-5; Ephesians 6:10-18

## Walk in the Grace of God!

One of Satan’s most effective schemes is accusing Believers of their failures. He seeks to replace our Spiritual Freedom with Spiritual Guilt by deceiving us into believing we are unworthy of God’s acceptance. The Truth is “there is now no condemnation for those who are in Christ Jesus”! What does this mean? It means that when we trust Jesus to forgive our sins, God clothes us with the righteousness of Christ Himself, adopting us as His own child, and now forever loves us with the same love He has for His own Beloved Son! When God looks at us, He sees us as He does His own Son! *THAT IS GRACE!*

Romans 8:1; John 17:23; 2 Corinthians 5:21



## **Other Deliverance Resources**

Anderson, Neil T. **Victory Over the Darkness**: Baker Publishing (August, 2014)

Kraft, Charles. **Defeating Dark Angels**: Regal (November, 2011)

Kraft, Charles. **Two Hours to Freedom**: Chosen Books (January, 2013)

Joyner, Rick. **Overcoming the Religious Spirit**: Destiny Image (June, 1996)

Reimer, Rob. **Soul Care: 7 transformational Principles for a Healthy Soul**: Carpenter's Son Publishing (June, 2016)

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*Excerpts from "Spiritual Warfare and Deliverance" manual  
compiled by Cheryl Buchanan, Gary and Maureen Guardacosta*

### **References used:**

1. Dr. Stan Willson, *Running Your Race: Personal Strategies to Help You Stay on Course and Reach the Finish Line. (Establishing and Maintaining My Spiritual Protection)* copyright 2016
2. Dr. Neil T. Anderson
3. *International Society of Deliverance Ministers*

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