DELIVERANCE

What Is Deliverance

Deliverance is more than a concept or a spiritual buzzword; it's a journey into freedom and wholeness. It is a word that's often misunderstood or even feared. But simply put, deliverance is the act of being set free from spiritual bondage. At its core, deliverance is God's power breaking into the places that have been wounded, oppressed, or influenced by darkness. Deliverance is His answer, a loving, intentional work of restoration that removes what was never meant to stay and rebuilds what was lost.

As I continued to walk through my own healing journey, I began to understand deliverance in a deeper way. Deliverance is the process of partnering with God to experience freedom from anything that has taken hold of your life, whether it's demonic oppression, generational patterns, soul wounds, inner vows, unhealed trauma, or deceptive lies that shaped how you saw yourself and the world around you. But it's not only about getting rid of darkness; it's also about being ushered into something redemptive and life-giving. It is movement, away from what once bound you and toward the wholeness God always intended.

Scripture shows this pattern clearly. When God delivered Israel from Egypt, He didn't just rescue them from slavery; He brought them into covenant, into their true identity, and into His promises. In the same way, Jesus doesn't set us free just to leave us empty. He delivers us into peace, into clarity about who we are in Him, into purpose, and into a living relationship with Himself. That movement, from being held down to being fully alive in God, is what makes deliverance so powerful and lasting.

"Therefore, say to the Israelites: 'I am the Lord, and I will bring you out from under the yoke of the Egyptians. I will free you from being slaves to them, and I will redeem you with an outstretched arm and with mighty acts of judgment.
I will take you as my own people, and I will be your God. Then you will know that I am the Lord your *God, who brought you out from under the yoke of the Egyptians."*
Exodus 6:6-7

This verse reminds us that deliverance is never just about leaving something behind. It's about stepping into something far greater; our God-given identity, freedom and relationship with Him.

Deliverance reaches the unseen places inside us: those areas that feel stuck, heavy, or strangely influenced. Many of these places were shaped over time through experiences, trauma, choices, generational patterns, or agreements we didn't even realize we were making.

Those open doors give the enemy a foothold in areas of our emotions, thoughts, desires, or behaviors. Deliverance is the Spirit-led work of identifying those areas, closing the doors, breaking the enemy's legal rights, and replacing long-held lies with God's truth.

It's also important to know that deliverance isn't only for people who are visibly tormented or manifesting demons. Most believers carry unhealed pain, inner vows, shame, fear, or hidden agreements that quietly influence their choices, relationships, and spiritual growth. Deliverance is one of the ways God lovingly uproots those unhealthy roots so healing can take place.

Deliverance isn't about theatrics, dramatic shouting, or being spiritually elite. It's not reserved for pastors, prophets, or people who "seem anointed." Most deliverance is gentle, Spirit-led, relational and compassionate. It looks like repentance, renouncing lies, healing emotional wounds, forgiving those who hurt us, and commanding unclean spirits to leave in the name of Jesus. It addresses the whole person - body, soul, and spirit.

In many ways, deliverance feels like spiritual surgery. God removes what was never meant to be there, cleans out the infection, and then begins to heal the places that were damaged. Sometimes He does this instantly, and other times He works in layers, gradually restoring what was broken.

A surgeon doesn't just cut something out - he rebuilds and repairs. Deliverance works in the same way: it removes what is harmful and restores what has been wounded. This is something I got to experience and walk through personally. It was painful at times, but it was also beautiful.

Jesus made this work part of His mission from the very beginning. In **Luke 4:18** He declares freedom for the oppressed. John writes that Jesus came to destroy the works of the devil. Throughout the gospels, Jesus healed the brokenhearted, confronted spiritual darkness, and cast out demons. He then gave His followers authority to do the same. Deliverance wasn't a side ministry; it was part of discipleship, part of walking with Him, and part of the early church's everyday life.

Deliverance is also deeply connected to renewing the mind (**Romans 12:2**) For me, many of my strongholds were rooted in beliefs like "I'm unsafe," "I'm not enough," or "God isn't really near." Deliverance helped break the spiritual power behind those lies, but it was through intentionally renewing my mind that I began to rewrite the thought patterns that had held them in place for so long. Walking that out wasn't always easy, but I could feel God slowly reshaping how I saw myself, my circumstances, and His presence in my life. Together, deliverance and a renewed mind brought real, lasting transformation.

If Jesus made freedom part of His mission, then it must become part of ours. Deliverance isn't about chasing demons; it's about pursuing Jesus. It isn't something strange or extreme. It's simply part of becoming whole, walking in the authority Jesus paid for, and stepping fully into the life He designed us to live.

At its core, deliverance is an expression of God's love breaking into the broken places of our stories, pushing back darkness, healing old wounds, reclaiming what was stolen, and restoring what was lost. It is not an event; it's a movement of the Holy Spirit drawing us deeper into wholeness, intimacy, and identity in Christ.

While deliverance is deeply personal, it is also theological. Understanding what Scripture actually teaches about spiritual influence helped me approach freedom with clarity instead of confusion.

Delivered to Be Free: Understanding Demonization and Ongoing Spiritual Protection

Even Jesus highlighted the importance of deliverance when He taught His disciples how to pray. In the Lord's Prayer we say,

"And lead us not into temptation, but deliver us from evil."
Matthew 6:13

That line isn't just a closing phrase, it's a daily reminder of our dependence on God's protection and power. Jesus was showing us that deliverance isn't a one-time event. It's a continual process of inviting the Father to guard our hearts, guide our steps, and free us from the snares of the enemy. Every time I pray those words, I feel myself aligning with His authority and inviting Him to expose, heal, and remove anything in my life that is not from Him.

Demons can lie. Some will pretend to leave during deliverance, while others hide in silence or disguise themselves under a strongman spirit. That is why it is essential to have a team well-equipped to walk with you through a planned deliverance session - who understand the importance of groundwork, take spiritual inventory, and can discern whether demonic activity is manifesting or simply causing confusion. Many lying spirits torment quietly, waiting for moments of vulnerability to resurface. This is also why so many people experience temporary relief yet continue to feel oppressed afterward. Deliverance is not a one-time fix; it is a process, and proper guidance ensures that freedom is lasting, not just temporary.

To understand why Jesus emphasizes this, it helps to first define what deliverance truly means. One of the most helpful teachings I came across in 2024 was from Isaiah Saldivar, who references theologian Sam Storms to explain the difference between the commonly used term "demon possession" and the more biblically accurate term "demonization."

In fact, the Bible never uses the phrase "demon possession." That language became popular through English Bible translations like the King James Version, but it isn't accurate to the original Greek. The New Testament uses the Greek word '**daimonizomai**' (δαιμονίζομαι), which means to be under demonic influence or oppression. It does not imply ownership, but rather being afflicted, harassed, or influenced to varying degrees.

Much of the confusion surrounding whether a Christian can have a demon comes from this translation issue. Older English translations often rendered this as "possessed with a devil" or "possessed by a demon," which suggests total ownership of a person by a demon. The original Greek word, however, does not carry that meaning. Because of this translation choice, many Christians understandably assume that any demonic activity must mean a person is completely owned by evil, which Scripture does not actually teach.

This distinction was a huge revelation for me. Understanding deliverance in this way helped me make sense of struggles I had experienced as a believer. It opened the door to another question many Christians wrestle with: Can a Christian actually experience demonic influence? I realized

that even though my spirit belongs fully to Jesus, my soul and body could still be affected in ways I needed to bring to Him for healing and freedom.

Recognizing Signs of Spiritual Oppression

As I continued learning about deliverance, I realized how many people struggle with spiritual oppression without realizing what they are experiencing. Often, these signs are explained away as personality issues, mental health struggles, or circumstantial stress alone. While emotional and mental health care are deeply important, Scripture and lived experience show that spiritual influence can also be at play.

One of the most helpful teachings I encountered on this topic came from Jenny Joy, a former practitioner of witchcraft who now speaks and writes openly about deliverance, spiritual warfare, and freedom in Christ. I first heard her share this framework in a public teaching, and it deeply resonated with my own experience and the patterns I had seen both in myself and others.

These signs are not a checklist and not a diagnosis. Experiencing one or even several of these does not mean someone is "demon possessed." Rather, they can point to areas where spiritual influence, unresolved trauma, or open doors may need prayer, healing, and discernment.

Possible signs of spiritual oppression or demonization can include:

- Persistent nightmares or recurring spiritual dreams
- Involvement in occult practices or lingering occult influence
- Unexplained disturbances or heaviness in the home
- Hearing voices or intrusive thoughts not aligned with one's character
- Slavery to addiction or compulsive sin patterns
- Violent or intrusive thoughts toward self, others, or animals
- Suicidal ideation or repeated suicide attempts
- Prolonged depression without clear resolution
- Uncontrolled rage or sudden emotional outbursts
- Repeated panic attacks or overwhelming fear
- Escalating phobias or irrational fears over time

- Cyclical tormenting thoughts that feel external or relentless
- Frequent accidents or repeated patterns of harm
- Compulsive or uncontrollable cursing
- Anger or resistance when reading Scripture
- Feeling uncomfortable in church or around the presence of God
- Loss of control over behaviors or impulses
- Seeing dark shapes, shadows, or figures
- Sexual encounters with a demonic presence (in dreams or while awake)
- Inappropriate or blasphemous thoughts during prayer or worship
- Sudden pressure on the chest or difficulty breathing
- Sensations of cold or heaviness entering a room
- Temporary paralysis or inability to speak
- Feeling an evil presence in a space
- Blackouts or dissociative episodes
- Substance abuse or dependency
- Fragmented identity or multiple distinct personality states
- Chronic or unexplained health issues
- Seizures with no clear medical cause
- Repeating destructive life patterns
- Generational sin or trauma patterns within families
- Sexual promiscuity, abuse histories, or distorted intimacy

- Persistent delusion or confusion
- Condemnation or obsessive guilt
- Blasphemous thoughts toward God
- Mixing occult practices (such as reiki) with Christianity
- Manipulative or controlling behavior patterns
- A chronic victim mindset
- Nausea, discomfort, or physical reactions during prayer
- Eyes rolling back, dissociation, or falling asleep during prayer
- Inability to make eye contact during ministry
- Hissing, writhing, or physical manifestations during prayer or deliverance

Again, these indicators are not meant to produce fear, but clarity. Awareness is not condemnation. It is an invitation for healing. Many of these signs overlap with trauma responses, mental health struggles, and survival mechanisms. Deliverance works alongside emotional healing, discipleship, and professional care, not in opposition to them.

Understanding these patterns helped me recognize how deeply freedom was already beginning to take root in my own life and why deliverance was not something to fear, but something God lovingly used to restore what had been fragmented.

Can a Christian Have a Demon?

One of the biggest misconceptions surrounding deliverance is the idea that a Christian, especially one filled with the Holy Spirit, can't possibly have a demon. From my understanding of Scripture and my own personal experience, I believe this is a misconception. Much of the confusion comes from a misunderstanding of how we're made.

The Bible tells us that we are three-part beings: spirit, soul, and body.

> *"May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ."*
>
> **1 Thessalonians 5:23**

When we are born again, our spirit is made new, sealed, and filled with the Holy Spirit. That is where the Holy Spirit dwells; in our spirit.

"And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit."
Ephesians 1:13

But our soul, which includes our mind, will, and emotions, is still being sanctified. It's still being healed, restored, and renewed day by day.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."
Romans 12:2

And that's exactly where the enemy targets. Demons don't dwell in your spirit or share space with the Holy Spirit. They target the soul realm, where trauma, bitterness, unforgiveness, unrepented sin, generational curses, false religion, or occult involvement can give them legal access.

Let me be clear: A demon can't possess a Christian, but it can oppress, influence or torment one, especially if there are unhealed areas or open doors. Understanding this distinction helps remove fear and confusion, especially when we look at how influence works in everyday life.

Many sincere believers raise an objection when the topic of deliverance in Christians is discussed. They often quote passages such as:

"Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?"
2 Corinthians 6:14

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own."
1 Corinthians 6:19

"You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ."
Romans 8:9

At first glance, these verses may seem to suggest that if the Holy Spirit lives in a believer, then no demonic influence could ever be present. However, when these passages are read in their full context, they are not addressing demonization in Christians. They are addressing identity, allegiance, and spiritual partnership.

In **2 Corinthians 6**, Paul is warning believers not to yoke themselves with unbelief, idolatry, or pagan practices. The passage is about separation from ungodly alliances and false worship, not about whether spiritual influence can exist in areas of a believer's life that still need healing.

In **1 Corinthians 6**, Paul is reminding believers that their bodies belong to God and should not be used for sexual immorality. The point of the passage is moral holiness and honoring God with one's body.

In Romans 8, Paul is explaining the difference between living under the rule of the flesh and living under the rule of the Spirit. He is speaking about spiritual identity and salvation, not about whether a believer can face spiritual oppression.

None of these passages claim that a Christian cannot experience demonic influence. In fact, the New Testament repeatedly warns believers to remain alert to spiritual attack:

"Submit yourselves therefore to God. Resist the devil, and he will flee from you."
James 4:7

"Put on the full armor of God, so that you can take your stand against the devil's schemes."
Ephesians 6:11

"Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."
1 Peter 5:8

If believers were completely incapable of spiritual influence or oppression, these warnings would not be necessary.

The distinction many deliverance ministers make is not about possession, but about influence. A believer's spirit belongs fully to Christ and is sealed by the Holy Spirit, but the soul which is the mind, will, and emotions, is still being sanctified. Areas of trauma, deception, sin, or unresolved wounds can become places where the enemy attempts to operate until they are brought into the light and healed.

Understanding this difference does not diminish the power of the Holy Spirit. On the contrary, it highlights His authority. Deliverance simply removes what never belonged so that a believer can walk more fully in the freedom Christ already purchased.

Can Demonic Influence Be Transferred?

Yes, demonic influence can be transferred through soul ties, most commonly formed through sexual intercourse. When two people become "one flesh" (**Genesis 2:24**), there is not only a physical union but a spiritual and emotional connection. If one person carries trauma, sin, unhealed wounds, or even demonic influence, that can create an access point for the other.

Soul ties can also form through emotionally intense relationships marked by manipulation, control, abuse, codependency, or idolatry. I can speak personally here. By the time I began my deliverance journey, I had unknowingly created many of these ties throughout my life. Some were

formed through relationships, others through choices I made while searching for love, validation, or escape. Each tie left a spiritual imprint, and over time they began to shape how I thought, felt, and related to others.

In addition to relational soul ties, my life was also entangled with occult practices and witchcraft, even when I did not fully understand the spiritual weight of what I was engaging in. What felt harmless, curious, or empowering at the time was actually opening doors. Occult involvement creates spiritual agreements that give the enemy legal access, and those influences can attach themselves through both actions and belief systems. I did not see it clearly until deliverance exposed what had been operating beneath the surface.

Demonic influence can also appear within a family's bloodline. Generational patterns of sin, trauma, occult involvement, or spiritual compromise can create access points that repeat across generations. As I began to heal, I could see how some of the struggles I carried were not only my own. Deliverance helped break both personal and generational ties that had quietly shaped my life for years.

This does not mean that every sexual, emotional, or familial connection brings demonic influence. But when relationships or spiritual practices exist outside God's design, especially alongside occult involvement, unrepented sin, or unresolved trauma, the enemy can exploit those connections to gain access.

Deliverance addresses this by general curse breaking, breaking ungodly soul ties, renouncing occult and witchcraft agreements, and removing any spiritual influence that entered through those doors. Healing restores boundaries so intimacy becomes safe, whole, and God honoring.

Before I could move forward, I had to let go of the expectation that deliverance would feel dramatic or immediate. Many people leave sessions wondering if anything really changed. Sometimes there is a noticeable shift, peace, clarity, or relief, but other times the change is quiet, subtle, or even mixed with emotions you were not expecting. That was my experience too in my second and third sessions. I had to learn that freedom does not always announce itself in big, obvious ways.

Deliverance Is the Door, Not the Destination

One of the quiet doubts I had to work through was whether something really changed and if I should feel it immediately. Sometimes the answer is yes. Peace may flood in. Clarity may settle where chaos once lived. But just as often, the shift is subtle, delayed, or tangled up with emotions you weren't expecting.

After my first deliverance session, I remember feeling very sad, lonely, tender, and uncertain, almost as if a part of me had died. That is normal. It does not mean it failed.

Deliverance is not a dramatic finish line. It is the beginning of a journey. God is not interested in momentary relief alone. He is inviting us into a new way of living, and that kind of transformation

rarely happens instantly.

In my own walk, I discovered that deliverance often opens doors Jesus has been waiting to walk through. Places of fear, shame, grief, and long-buried pain suddenly come into the light. When trauma has shaped a life, the soul learns how to protect itself. Emotions get buried. Pain gets divided and tucked away just so survival is possible. That was not dysfunctional. It was endurance.

When healing begins, what was once divided starts to come back together. And when that happens, feelings you haven't allowed yourself to feel in years may surface.

I remember the first time I truly felt grief I had hidden since childhood. It was disorienting, even overwhelming, but it was real healing. That is not regression. That is restoration. Restoration is rarely comfortable. It is honest. And it takes courage to sit with what surfaces.

Another truth I had to learn is that deliverance is not only about removing spiritual influence. It is also about dismantling internal patterns that formed alongside it. Spirits may leave in an instant, but strongholds that are thought patterns, emotional reflexes, and deeply ingrained beliefs often require intentional unlearning. Those patterns can feel loud even after freedom begins. I have personally wrestled with moments when my mind still replayed old lies, even weeks after I experienced deliverance. I had to remind myself that the work is ongoing.

That is where discipleship matters. Freedom must be stewarded. The mind needs renewing. Habits need reshaping. None of that means deliverance was incomplete. It means the work is continuing.

If you leave a session without feeling radically different, I want you to know what I learned. Change often shows up gradually. It appears in moments when you used to react differently. It shows up when peace quietly interrupts anxiety. When restraint replaces impulse. When someone notices your shift before you do. That is fruit. And fruit takes time to grow.

And if what you feel afterward is heaviness, tenderness, or even emotional fatigue, that does not mean something went wrong. Sometimes it means something long-guarded is finally being touched by God's care. I remember after my first session being brought to tears I couldn't explain, and that was exactly when I realized the healing had begun.

Let the Holy Spirit guide you through whatever surfaces. Stay rooted in Scripture. Ask for help when you need it. This journey is not about proving anything spiritually. It is about learning to live whole.

Deliverance was never the end of my journey. It felt like stepping through a door into a new chapter, a threshold into deeper freedom. As I continued walking with Jesus, I began to realize that freedom wasn't just a one-time experience I could check off. It is something I learn to live out every single day, in the small choices, in the moments I could have reacted in fear or shame but chose peace instead, and in the quiet reassurance that I am no longer defined by what once tried to hold me captive.

Influence, Not Ownership

One way Jared Gregory (*Deliverance Demystified, The Deliverance and Inner Healing Manual*), a deliverance minister and author, explains it is by imagining the enemy taking residence in your house. I've come to know him and his team personally, and he led my third deliverance session as well as sharing this teaching during a workshop I attended in January 2026. He explained that even when a demon is cast out, the process of restoring the house can take time. Sometimes the cleanup must happen room by room, which is why multiple sessions are generally needed.

A helpful way to understand influence versus ownership is through comparison. If a Christian puts alcohol into their body, the alcohol does not own them, but it can certainly influence their behavior, judgment, and choices. In the same way, demonic influence does not mean a believer belongs to the enemy. It means something foreign has been allowed to affect areas of their life that were meant to be governed by the Holy Spirit.

Another picture is that of a thief entering a home. The thief does not own the house, but if access is given, they can take what does not belong to them, create damage, and operate freely until they are removed. Ownership never changed, but authority was compromised. When a demon gains access to a person, it does not own them, but it can control or influence what it has access to. That access must be revoked, and the intruder must be driven out so peace and order can be restored.

Deliverance addresses this exact issue. It is not about questioning someone's salvation or faith. It is about removing what never belonged and restoring full spiritual authority so a believer can walk in clarity, freedom, and wholeness.

This understanding opened the door for me to recognize areas in my own life where the enemy had influence. I could see how past trauma, unhealed wounds, soul ties, and open doors, including those formed through occult involvement and witchcraft, had allowed oppression to take root, even though my spirit was fully surrendered to Christ. It was in this awareness that I began to walk into real deliverance, receiving freedom, healing, and restoration in places I had once thought untouchable.

And yet, we know that many sincere believers still struggle with illness, bondage, addiction, and mental torment even after they are saved. Personally, I believe some illnesses may have spiritual contributors that are often overlooked. While I do not believe every sickness is demonic in origin, I have seen enough testimonies of healing through prayer, inner healing, and deliverance to believe that spiritual factors can sometimes play a significant role in physical health. This highlights the difference between a spirit that has been redeemed and sealed for eternity and a soul and body that may still require healing, renewal, and freedom.

Some believe that physical illnesses, including certain cancers and chronic diseases, can at times have spiritual contributors. Whether connected to bitterness, unforgiveness, trauma, stress, generational patterns, or other factors, there are many testimonies of people experiencing remarkable healing after prayer, inner healing, and deliverance. While I do not believe every illness is demonic in origin, I remain open to the possibility that spiritual factors can sometimes play a role in physical health. If we can accept that Christians can have illnesses affecting the body, then we should also be willing to

consider that Christians may experience spiritual oppression affecting the soul, including the mind, will, and emotions.

This understanding didn't stay theoretical for me. It became deeply personal.

Strongholds and Demons: Understanding the Difference

One of the most helpful distinctions I learned during my deliverance journey was the difference between demons and strongholds. A demon is a spiritual entity that can oppress, tempt, deceive, or torment a person. Through the authority of Jesus Christ, demons can be confronted and cast out.

A stronghold is different. A stronghold is a deeply rooted pattern of thinking, believing, or reacting that has been built over time through trauma, repeated sin, fear, rejection, unhealthy coping mechanisms, or lies believed as truth.

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.
2 Corinthians 10:4

Notice that Scripture does not say we cast *out* strongholds. It says we pull them *down*.

Demons are cast out. Strongholds are cast down.

One pastor I listen to, Vlad Savchuk, explains it this way: evicting bad tenants from a house is often much quicker than tearing down and rebuilding the house itself.

Demons are like unwanted tenants. They move in quickly and can often be removed quickly. Through the authority of Jesus Christ, they can be confronted and cast out. Strongholds, however, are more like the structure of the house. They are the deeply established beliefs, thought patterns, habits, and emotional responses that have been built over many years. Removing a tenant may happen in a moment, but renovating and rebuilding a house usually takes time.

This distinction helped me understand why deliverance and discipleship work together. Deliverance removes what should not be there. Renewing the mind, healing, and spiritual growth help rebuild what has been shaped by years of trauma, deception, and unhealthy patterns.

Understanding this removed a great deal of confusion for me. Not every struggle is a demon, and not every problem is solved through deliverance alone. Sometimes freedom comes through casting out what should not be there. Other times it comes through patiently tearing down lies and replacing them with truth.

Walking Through Deliverance: My Soul's Healing Journey

And I know this firsthand.

For a long time, I felt ashamed that I was still dealing with demonic torment even after giving my life to Christ. But now I understand it's not about ownership. It's about influence. Deliverance isn't only for people in obvious sin. It's for all of us. Even believers. I am a born-again believer. I've been filled with the Holy Spirit. I operate in the gifts of the Spirit.

And yet, I have undergone deep, powerful deliverance. My soul still needed healing. I had open doors from trauma, abuse, occult practices, witchcraft, and years of spiritual compromise that I hadn't realized were there. The enemy took full advantage of those access points.

One truth changed everything for me. I began to understand it this way: the Holy Spirit lives in the spirit, and the enemy exploits unhealed wounds. This distinction helped me understand that the enemy doesn't touch my spirit; he exploits unhealed places. Let that sink in.

Once I grasped this, deliverance made total sense and became a vital part of my Christian journey. It isn't always a one-time event. Just like we go to a doctor for physical wounds, we sometimes need deliverance ministers, pastors, and trusted believers to help close spiritual and emotional wounds in Jesus' name.

One quote that really hit me came from Isaiah Saldivar: "If Christians couldn't be demonized, then in order to be delivered, you'd have to go and get unsaved just to get free and then come back and get saved again." That debunks the myth perfectly. Deliverance isn't about salvation; it's about sanctification. It's about freedom.

Another perspective comes from Vlad Savchuk: "Demonization is like owning a house with a sign out front that says, 'No mosquitoes allowed.' That sign is your salvation, your declaration that you belong to Jesus. But if there's even a tiny crack in the window, the mosquitoes don't care. They find the opening and come in anyway. Once they get in, they don't just sit quietly. They buzz. They bite. They distract. And they often bring friends. That one small opening becomes a gateway for infestation. It's not about losing your salvation. It's about protecting your territory."

I realized this is exactly how the enemy works. Once we understand how demons can influence the soul, we see that deliverance is a process of removing that influence and restoring God's authority. Layer by layer, step by step, God begins to heal. For me, that meant facing places in my past I hadn't fully understood at the time. It meant letting Him dismantle the spiritual footholds left from trauma, abuse, and even involvement in witchcraft and occult activity.

The Spirit of Fear: The Mask I Didn't Know I Was Wearing

As I began to reflect on what had truly happened during deliverance, something became undeniable. Fear had been shaping my life far longer than I realized.

I can now see that it likely took root when I was abused as a child. Trauma does more than create painful memories. It conditions the nervous system. It rewires perception. It quietly teaches the

body to live on alert. What shattered my innocence did not just wound me emotionally; it trained me to brace for impact.

At the time, I had no language for what was happening internally. I only knew that something inside me never fully relaxed.

What's striking is that most people would not have described me as fearful. I lived what looked like a bold, high-risk life. I pushed limits. I stepped into dangerous environments. I appeared independent, adventurous, even fearless. I told myself, "This is just my personality."

But what I understand now is that much of that boldness was a response to terror.

I was not fearless. I was constantly managing fear.

The intensity, the risk, the control - they created the illusion of strength. If I could master the environment, I wouldn't have to feel vulnerable in it. If I could dominate situations, I wouldn't have to acknowledge how unsafe I felt underneath.

I did not feel secure in the world, so I built an identity around not needing to.

Fear hid behind confidence.

Hyper-vigilance hid behind independence.

Survival hid behind strength.

During deliverance, as specific strongholds were being confronted in prayer, fear was one of them. I had carried fear for so long that I thought it was woven into who I was. I had confused conditioning with character.

Scripture says:

"For God has not given us a spirit of fear, but of power, love, and a sound mind."
2 Timothy 1:7

Fear was never part of my design. It was not my personality. It was not my inheritance in Christ.

What I had called "strength" was often adaptation.

What I had labeled "boldness" was sometimes armor.

When that spirit of fear was confronted and removed, there was not a dramatic outward display - but there was an internal shift. I felt less driven by urgency. Less reactive. Less braced. For the first time in years, I experienced what it felt like to respond instead of defend.

Rest began to replace striving.

Real power is not reckless. Real confidence does not require performance. True boldness is rooted in love, not trauma. And for the first time, I was not performing strength. I was learning to live from it.

Can Previous New Age, Occult, or Sinful Activity Influence Deliverance?

From my own journey and what I've observed in others, the answer is yes. Past involvement in new age practices, occult activity, or long-term sinful patterns can shape what happens during deliverance. But none of it disqualifies anyone from freedom. No history is too dark or too complicated for God to redeem. In fact, it often shows exactly where the enemy gained access so those doors can finally be closed.

Many people, like me, step into the occult or new age unaware of the spiritual weight they are inviting. Sometimes it starts from curiosity, pain, or a desire for control. Other times, cycles of sin become coping mechanisms for trauma or emptiness. Whether intentional or not, these choices create spiritual agreements, and those agreements give the enemy footholds to influence a person's life.

I had to learn this personally. Even small practices, divination, tarot, astrology, crystals, spells, or rituals, can open doors spiritually. Long-term patterns of rebellion, sexual sin, unforgiveness, bitterness, pride, or idolatry also create openings. These choices don't just affect the individual, they can shape the atmosphere in a home or even influence a family line for generations.

Here's the hope I've experienced firsthand: every door the enemy uses can be closed in the name of Jesus. Deliverance is not punishment for the past. It's applying the finished work of Christ to every place darkness once held sway. Confession and renunciation break the agreements that allowed the enemy access. Once that ground is removed, he loses his claim, and under Jesus' authority, anything tied to that ground must leave.

What once felt like bondage can become a source of healing. Shame is replaced with honor. Darkness is replaced with clarity. And every place the enemy tried to operate became part of a living testimony of God's mercy, power, and restoration.

A personal approach to deliverance might look like this:

It begins with honest confession, not from a place of shame, but from a place of truth. Bringing sin, involvement, or compromise into the light removes the power secrecy once held.

That confession is followed by repentance. Repentance is more than saying sorry. It is a turning of the heart, a clear decision to come back under God's authority and alignment. From there comes renunciation. This is where any agreement with the enemy is broken out loud. Renouncing is a

declaration that you no longer consent to what once had influence. It is choosing to have no partnership with it anymore.

Then, in the authority of Jesus Christ, any spirit connected to that agreement is commanded to leave. Not through striving or fear, but through confidence in what Jesus already accomplished at the cross.

Finally, the Holy Spirit is invited to fill every place that has been reclaimed. What was once occupied by fear, deception, or torment is now governed by truth, peace, and His presence. Freedom can happen quickly, even from struggles that have lasted decades. It is not about saying the perfect words. It is about standing in the authority Jesus won and applying it with faith.

When someone has been involved in occult activity, even unintentionally, it is important to take it seriously. Asking God to bring clarity is key. Sometimes what needs to be addressed is obvious, such as a ritual, trauma, reading, object, or vow. Other times it is subtle. Childhood games, symbols, tattoos, idols, family patterns, or experiences that once seemed harmless can still open doors.

What brought me the deepest peace was understanding this truth. The past does not have to follow anyone. While it may explain how the enemy gained access, it does not get to determine the future. God determines the future. The blood of Jesus is greater than any other blood ever shed. No ritual, violation, agreement, or vow has the final word. No history is too dark. No failure too defining. In partnership with the finished work of the cross, and with the help of a trusted deliverance ministry, every claim can be canceled and a life can be rewritten in freedom.

I am profoundly grateful that despite how deeply I was entangled in witchcraft and the occult, God's healing reached me. My past did not define me or hold me captive. The cross did. And the Spirit of God does.

The Journey of Deliverance: Healing in Layers

Since then, I have continued on the journey. Through prayer, Scripture, and learning from trusted pastors and teachers, I began to understand how deliverance often works in layers. Demonic influence frequently attaches itself to soul wounds or fragmented places within us. When trauma, sin, or unhealed pain creates an opening, the enemy looks for something to latch onto.

That understanding helped me make sense of why some deliverance does not happen all at once. Healing takes time. It unfolds in layers. It requires revelation, patience, and most of all, the steady guidance of the Holy Spirit. Freedom is not rushed. God is gentle and precise in the way He heals.

And yet, I praise God for this truth. What the enemy meant for evil, God has truly turned for good. Through ongoing deliverance, inner healing, and the power of Jesus Christ, doors that were once open are being closed one by one.

Even now, the Holy Spirit continues to reveal things to me. At times, it has been possessions I kept unknowingly that carried spiritual significance and needed to be removed. Rather than condemnation, His leading has been gentle, inviting me to clean house both physically and spiritually. With each step of obedience, there has been more peace, more clarity, and more freedom. This journey has taught me that deliverance is not about fear or obsession. It is about partnership with the Holy Spirit, trust in God's timing, and a willingness to let Him heal every layer He chooses to touch.

Marked by God, Targeted by the Enemy

The enemy does not celebrate when someone leaves darkness and steps fully into Christ's light. When territory is reclaimed for God, resistance often follows. He knows I've been marked and chosen by God. He knows I've left the darkness and stepped into the light. That makes me a threat to his kingdom. So he circles back, looking for a way in.

But I no longer belong to him. And every time he comes knocking, I send Jesus to the door.

A demon does not care what you say. He cares where he has legal access. That is why deliverance matters. Deliverance is how those windows get shut. It is how the house is cleaned, cleared, and sealed by the power and presence of God. Jesus did not just come to save our souls. He came to set captives free.

"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free."

Luke 4:18

If you have felt something constantly buzzing in your ear, draining life out of you spiritually, emotionally, or even physically, it may be time to check the windows. Deliverance is not about fear. It is about freedom. Close the gap. Seal the cracks. Evict anything that does not belong. Jesus already gave you the authority. The real transformation happens when you stop just understanding deliverance and begin walking it out. Here is what that looks like in practice.

Walking Through Deliverance: What Freedom Really Looks Like

Since giving my life to Christ, I have experienced mini unplanned deliverances more than once. Pastors, prophets, and trusted friends have prayed over me, walking alongside me as evil spirits were cast out and demonic attachments were broken. At first, I was stunned by how my body responded. The uncontrollable shaking. The voices and noises. The coughing, the screams. It felt as though something else had taken over, and I had no control over what was happening. It was intense, humbling, and at times terrifying. But it was also undeniably real. I am so grateful to God

for my answered prayer in finding a trustworthy team to take me through the process correctly and effectively.

Deliverance is not just about dramatic manifestations. It requires discernment, persistence, and an understanding of spiritual authority. It is about tuning into the Holy Spirit and trusting Him to lead the process layer by layer. I learned that freedom often demands deeper prayer, fasting, and continual surrender, not just a single moment at the altar.

The year 2025 marked the most profound deliverances I had experienced to date. The very first day I walked into a new church I was attending, the senior pastor was out of town and a substitute pastor was preaching. As the service came to a close, something deep stirred within my spirit. By the time it ended, I experienced a full deliverance. Still, I was in the midst of my healing journey, and there were areas I had not yet fully faced or released, some without even realizing it. As pastors and those praying over me began calling certain things out, clarity and confirmation followed. Their discernment helped guide my next steps toward deeper healing.

I also had to renounce soul ties I did not even realize I had formed. After coming out of the occult and fully surrendering my life to Jesus, it felt as though a giant target had been placed on my back. The spiritual attacks intensified, but so did the presence of God.

"Greater is He who is in you than he who is in the world."
1 John 4:4

Even after the most dramatic experiences, I came to understand that deliverance is not the final step. It is a powerful tool within a much larger journey of freedom, healing, and walking daily in the authority Christ has already won.

The Storms Revealed the Lies We Believe and the Truth We Need

Every storm I have walked through, whether emotional, physical, or spiritual, has had a purpose far greater than the pain it brought. Storms have a way of stripping away illusion; they shake everything that is not rooted in truth. I did not always understand that while I was in them. I only knew that everything felt exposed and unstable. When the winds blow and the waves rise, the false beliefs we have built our lives upon begin to surface. The lies that whisper, "You are not enough," "You will never be free," "God has forgotten you," are suddenly exposed under the weight of trial.

In peaceful seasons, those lies can stay hidden. But in the storm, there is nowhere for them to hide. The shaking reveals what is real and what is not. And in that exposure, God begins His refining work. I have learned that storms do not come to destroy us; they come to deliver us. They break off everything that cannot stand in His truth.

When my own life felt like it was falling apart, what was really happening was that everything false was falling away. The lies I had believed for years about my worth, my identity, my past, and even how God saw me were being dismantled piece by piece. And though I did not see it then, every

storm was an act of mercy. Through the pain, He was revealing the truth I desperately needed: that my foundation had to be built on Him alone.

That is when I began to understand the power of renouncing agreements. I had to name the lies I believed and declare God's truth over them. I remember saying, "I renounce the lie that the enemy can do whatever he wants to me whenever he wants, and that God will not stop him. I renounce that lie because God has promised, 'I will never leave you nor forsake you.'" There is incredible freedom when those agreements surface and are broken in Jesus' name.

The process was not easy; it felt like a spiritual detox. There were moments I felt raw, emotional, and unsure of what was being uncovered. Sometimes healing is messy, like a sickness that has to run its course before true restoration comes. But freedom only comes through walking through it, not around it. Many people live with unresolved grief and trauma. If those wounds are not processed in the light of God's love, they can become open doors for the enemy to distort our view of God and accuse Him of the very things Satan himself is guilty of.

That is why I have learned that one of the most powerful things you can do in the presence of God is to build a case for His goodness. **Psalm 103** has become one of my go-to reminders of who He is: merciful, gracious, slow to anger, and abounding in steadfast love. When we intentionally remember His goodness, the lies begin to lose their hold.

The storms did not just expose the lies I believed. They became the place where I learned to renounce them and replace them with truth. That is where real freedom began. Deliverance often uncovers deeper wounds, and sometimes the most profound healing happens when we are willing to confront the hidden layers of our soul.

Layers of Deliverance: Healing the Hidden Wounds

On July 29, 2025, I experienced the most intense deliverance session of my life, a six-hour journey guided by a Spirit-led team that God divinely brought into my life. I am now closely partnering with this team as I continue to heal, serve others, and build my own discipleship mission in alignment with God's calling.

That night, I didn't just confront demons; I revisited memories I had buried for decades. I went back to being four years old, to the place where so much pain and fragmentation began. One of the surprising parts of that session was forgiving the mother and wife of the perpetrators, whom I never realized I hadn't forgiven, someone who knew what was happening in that household and chose not to intervene. That level of betrayal had left a wound I didn't even realize I was still carrying. But God brought it to the surface so He could heal it.

Self-hatred surfaced in ways I did not expect. So did pride, a deep-rooted protector that had convinced me I needed control to survive, that I could shield myself from pain, and that I was fine without fully depending on God. The Holy Spirit gently unraveled those defenses. Through tears, repentance, and deep intercession, I began releasing what was never mine to carry.

This was not a typical prayer session. This was soul surgery.

Parts of me that had split off due to early trauma, parts that did not trust anyone, not even God, were slowly brought back into alignment with truth. It was not only about renouncing dark influences. It was about allowing the light to reach the deepest shadows, and letting the Father hold the inner child who had been hiding for so long.

Psalm 139 became a grounding Scripture during the process:

> *"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."*
> **Psalm 139:23-24**

This particular deliverance was not a one-time event. It marked the beginning of a deeper journey of sanctification, soul healing, and continual surrender. That day was a turning point, but it was not the finish line. It revealed doors that still needed to be closed, generational ties that needed to be cut, and pain that needed the space and safety to be fully grieved. It reminded me that even though I have shared a great deal of healing in this testimony, I am still walking the journey. There are still layers God is gently uncovering, still areas He is lovingly inviting me to surrender, and still more of His love I am learning to receive.

And yet, I am closer than I have ever been to fully embracing who I am in Christ. I am learning to see myself through His eyes rather than through the lens of shame. I am learning to choose trust where fear once ruled. I am learning to open every part of my heart to Him, not just the safe or familiar ones. Little by little, God is teaching me how to live truly free, deeply loved, and fully His.

> *"I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you."*
> **Luke 10:19**

The ultimate step in true healing is inviting Jesus into the broken places we've kept hidden - even the ones we didn't realize were still carrying pain.

Inviting Jesus Into My Wounds

As I invited Jesus into my wounds, one of the most beautiful things I discovered was that He showed me what He was doing. I could sense His presence clearly. It was not vague or imagined. I became aware of Him coming near.

Much of that night, I sensed Jesus entering my childhood bedroom, the place where I had spent most of my time and felt most alone as a child. He came to the younger parts of me, the parts that had withdrawn, the parts that had felt abandoned and afraid. He came to reclaim the pieces of me that had been lost in the pain. I could feel Him gathering the fragments of my heart and holding them close.

He told me He loved me and that He had always been with me. As I received that truth, I sensed a new peace settle over me, a quietness in my soul. My heart felt lighter. I realized how much healing comes simply from giving Jesus permission to enter wounded places, inviting His love, and waiting in prayer for Him to meet us there.

During the session, I was asked to choose a place that filled me with awe at God's creation. I chose the Grand Canyon. As I closed my eyes, I saw myself sitting at the edge, taking in the vastness and beauty before me. At that moment, I felt Jesus come close. Then, in a way I will never forget, He sat behind me and hugged me. I could feel His love surrounding me, holding me tenderly, whispering safety and peace into the deepest corners of my soul.

In that quiet, awe-filled moment, I understood in a new and profound way how Jesus meets us right in the middle of our pain and carries us through it. Tears flowed freely as I realized that for the first time in what felt like forever, I was truly seen, truly cared for, and truly alive. His presence was not marked by dramatic signs or thunderous words. It simply came, steady, comforting, and undeniably real.

In that stillness, I felt a deep release, as if the burdens I had carried for years, shame, fear, and the weight of my past, were being lifted from my shoulders. In His presence, the healing was quiet but powerful. It did not rush me or demand perfection. It met me where I was and invited me to rest.

That moment stayed with me long after I left the space where it happened. It became a reference point in my life, a reminder that no matter how broken or overlooked I may feel, I am always held, always loved, and always seen by Jesus. That truth continues to guide me as I navigate the messiness of life, healing, and faith. Even now, whenever I invite Jesus into a difficult situation or walk through a challenging season, I can feel His presence just as I did that day when I close my eyes and invite him in. It is a beautiful reminder that He is always with me, and I never have to face anything alone.

The team who walked with me that night led me through each memory of wounding and every painful event, continually asking the Holy Spirit to guide the process. It was exhausting and deeply emotional, but without a doubt, it was the most powerful and transformative experience I have ever had. I remain amazed by the people God continues to bring into my life for healing, and now, with the support of this team, I am able to help guide others through their own healing journeys in a similar way.

The Day After my first Deliverance session

The next day, instead of feeling an immediate sense of victory, I was surprised by something else entirely: sadness. It felt like a deep sense of loss. I broke down several times and carried a heaviness that almost felt like grief, as if I were mourning someone who had died. At first, it confused me. I wondered why freedom didn't feel the way I expected it to.

As I sat with it, I began to understand what was happening. For so long, I had unknowingly partnered with certain strongholds and demonic influences. They had been woven into my coping mechanisms, my emotional responses, and even parts of my identity. When they were suddenly removed, it left an unfamiliar quiet. What remained felt like an emotional vacuum.

This kind of sadness after deliverance is more common than people realize. Many expect to feel only peace, joy, and instant relief. But when chains break, they often pull old emotions, attachments, and memories to the surface. The grief is not for the demons themselves, but for what had become familiar: the patterns, the false sense of control, the identities we learned to survive with. Letting go of something harmful can still feel like loss.

Understanding this helped normalize my experience. I realized that what I was feeling did not mean something had gone wrong. It was part of healing. It was my soul adjusting to freedom. Over time, the sadness began to lift as the presence of Christ filled the spaces that had once been occupied by darkness. Slowly, I began learning how to walk in the identity God had always intended for me.

Resting in God's presence, journaling, praying, and allowing space to process what surfaced became part of integrating the deliverance into my everyday life. And it was in that tender place that the Lord began to show me something deeper: what happened that night was not the end of the story. It was the beginning of one.

Deliverance as a Tool: Walking in Freedom and Discipleship

Over time, God began to show me something crucial about deliverance. As powerful as those moments were, they were never meant to stand alone. Deliverance opened the door to freedom, but discipleship taught me how to live in it. In a culture that chases quick fixes, I initially hoped freedom would be immediate, dramatic, and complete all at once.

Yes, a spirit can leave in a moment. I experienced that firsthand. But I also learned that if the heart and mind are not being continually renewed, old patterns will try to return through familiar thoughts, habits, and agreements. Jesus did not only cast out demons. He walked with people. He taught them how to live differently, how to stay free, how to remain anchored in truth. Deliverance opened the door for me, but discipleship taught me how to walk forward and not turn back. Deliverance initiated freedom, and discipleship taught me how to live it.

One of the clearest revelations in my journey was realizing how central identity is to spiritual warfare. The enemy did not always attack me through obvious sin or dramatic manifestations. More often, he worked through distortion. If he could confuse how I saw myself in Christ, the battle could continue quietly in my thoughts and emotions. Fear, shame, guilt, false identities, limiting beliefs, and self-sabotage flourished when I did not fully believe who God said I was. I came to see that much of the enemy's access in my life was not because he overpowered me, but because I unknowingly agreed with lies I had lived under for years.

Freedom deepened when I began identifying those agreements and actively renouncing them. It was not just about rejecting darkness, but about intentionally embracing truth. Learning my authority in Christ shifted everything. As my identity became clearer, the ground the enemy once stood on began to disappear. Deliverance stopped feeling like something I went through and started becoming something I stewarded.

What I know now is this: real freedom is not built on spiritual encounters alone, no matter how powerful they are. It is built on daily renewal, intimacy with God, and choosing to align my thoughts, actions, and identity with His truth. Deliverance removed what never belonged. Discipleship is teaching me how to remain whole. And it is in that ongoing partnership, freedom paired with formation, that true healing continues to take root in my life.

Listening and Walking in the Spirit During Deliverance

One of the most important things I have learned through deliverance is that everything hinges on listening to the voice of God and being in tune with the Holy Spirit. Deliverance is never meant to be rushed or forced. There are moments of prayer, stillness, and intentional pause where we wait, listen, and pay attention to what God is revealing.

It is not simply about casting something out. It is about inviting God in to lead the process, uncover truth, and bring healing in the way He knows is best. During sessions, I have seen how the Holy Spirit brings comfort, insight, and peace in very tangible ways. Through guided prayer, gentle questions, and moments spent resting in His presence, lies are exposed and released, memories surface, and hearts begin to soften. God often meets people in deeply personal ways, reminding them of His nearness and care. Deliverance becomes less about confrontation and more about surrender to His guidance.

There are moments when authority in Jesus' name is exercised to remove spiritual oppression, but even that is done under the leadership of the Spirit, never human control. At times, ministry leaders may ask questions under the guidance of the Holy Spirit to discern how access was gained and what ground needs to be reclaimed. This is never done to entertain curiosity, but only under the direct leadership of the Holy Spirit and within a safe, structured, and accountable ministry environment.

This has never felt like a battle to me. Jesus is always in control. His authority is steady, calm, and unquestioned, and everything in the room responds to Him.

The session was intense, with strong physical manifestations that were unsettling at first. At one point, her facial expressions and movements resembled those of someone experiencing a stroke, although it became clear during the session that this was not what was happening. In that moment, fear could have taken over, but the Holy Spirit spoke clearly and calmly. I sensed the word "heart," and was led to a specific passage of Scripture addressing the heart. At the same time, the leaders were also being guided by the Spirit. What unfolded was not chaos, but clarity. Layer after layer of generational trauma surfaced and began to lose its grip. What could have been frightening became one of the most beautiful pictures of God's redemptive power I have ever seen.

That experience helped me understand that manifestations are often signals pointing to deeper roots. They can reveal unhealed trauma, generational wounds, or long held lies that were never consciously recognized. When those things come to the surface under the Holy Spirit's guidance, deliverance is able to address not just present oppression, but the deeper places where it began. Instead of fear, the atmosphere becomes one of peace, understanding, and restoration.

I have come to see deliverance as a deeply restorative process. It sharpens discernment, strengthens trust in God, and connects spiritual authority with lasting personal and generational freedom. Every time the Holy Spirit is given room to lead, hearts are drawn closer to truth and healing unfolds in ways that cannot be manufactured. What may feel overwhelming in the moment often becomes a sacred encounter with God's love, authority, and care.

This way of listening and walking with the Spirit has shaped how I now understand deliverance. It is not an isolated event or emotional experience. It is the beginning of a lifelong journey of freedom, discipleship, and alignment with God's truth. And it naturally opens the door to one of the most important areas of healing God often addresses next: the generational patterns and spiritual doors that underlie so many of the battles we face.

Deliverance as Spiritual Surgery

I have come to understand deliverance as a kind of spiritual surgery. It goes beneath the surface, beyond what is visible or easily explained, and addresses what has been shaping and harming us in ways we often do not fully recognize.

Just as a surgeon locates an infection, removes what does not belong, and then carefully tends to the wound so true healing can begin, deliverance exposes the roots of oppression, clears out what the enemy planted, and invites the Holy Spirit to restore what has been wounded, weakened, or distorted.

What struck me most is how precise the process is. Nothing is random. God knows exactly where pain has been stored, where lies first took hold, and where generational influences quietly lingered. He does not rush or mishandle the heart. He works intentionally, touching what needs attention and protecting what is still tender.

Deliverance is never just about removal. It is about restoration. It creates space for Jesus to rebuild, strengthen, and bring wholeness where brokenness once lived. In my own journey, I experienced this not as something harsh or invasive, but as something deeply careful and loving. Even when it was painful, it was purposeful. Healing did not come from avoidance, but from allowing God to address what had been buried for years. Deliverance made room for truth, peace, and new life to take root where fear and distortion once existed.

This way of listening and walking with the Holy Spirit prepares us to understand one of the most important aspects of deliverance: the role of generational patterns and spiritual doors that often lie beneath the battles we face, quietly influencing our lives until God brings them into the light.

Breaking Generational Patterns and Closing Spiritual Doors

One of the most eye-opening parts of my deliverance journey was realizing that not everything I was carrying began with me. Some battles were clearly my own, but others had been present in my bloodline long before I was born. The enemy thrives on familiar patterns. When a door remains open through generations, he treats it like permission, assuming access will continue unless someone finally stands up and shuts it in the name of Jesus.

What gave me hope, and still does, is this truth I learned firsthand: generational cycles can be broken. Freedom is not limited by what we inherit. Jesus already paid the full price for restoration, but we are invited to participate in applying that victory. Just as salvation involves confession and belief, freedom involves renouncing what has influenced us, refusing the enemy's claims, and choosing full agreement with God's truth instead of old patterns.

During my own deliverance, the Lord showed me that addressing the present was not enough. Healing required going deeper. I intentionally walked through prayers that severed unhealthy ties, confronted patterns that had been passed down, and invited the Holy Spirit to cleanse my bloodline of anything that did not belong to Him.

I did not rush that process. I wanted every door closed, every agreement broken, and every lingering weight lifted. As I did, I could feel layers coming off things I had carried for years without realizing they were never mine to begin with.

That process fundamentally changed the way I understand my calling. Deliverance was not only about my personal freedom. It was about stewardship. It was about protecting what God is building through my life and ensuring that what flows from me going forward is no longer shaped by the past. I wanted the spiritual inheritance that begins with me to be marked by blessing, clarity, healing, and wholeness, not by cycles that once tried to define or limit me.

Walking in Freedom: Applying Deliverance Daily

Through experience, I've learned something very practical about deliverance. When everything is placed on deliverance alone, without a larger framework, it can quickly feel overwhelming or even discouraging. That is why seeing deliverance as a tool rather than a destination has been so freeing for me. It is an on ramp, not the finish line. Deliverance creates access to freedom, but discipleship is what teaches us how to live there.

What makes the difference is having intentional pathways for growth. People need space to learn, mature, renew their minds, and develop a real, ongoing relationship with God. Without those pathways, it is easy to feel stuck, frustrated, or defeated, constantly revisiting the same battles without understanding how to move forward. God has shown me that deliverance opens the door, but discipleship is where transformation takes root and begins to bear lasting fruit.

Walking closely with God since 2020 has also humbled me in the best way. No matter how much healing I have experienced, how many deliverance sessions I have walked through, or how deeply I have studied spiritual warfare, I am still learning. I am still a student. Each step continues to teach me humility, refine my discernment, and deepen my trust in God's timing and process. True freedom is not sustained through one encounter alone. It requires the ongoing renewal of the mind, surrender of the heart, and daily closeness with Jesus.

This understanding reshaped how I view spiritual warfare and healing. It is not built on intensity or dramatic moments alone. It is built on consistency. It is a life anchored in truth, rooted in identity, and walked out in authority through relationship with Christ. Deliverance may initiate freedom, but identity, discipleship, and daily surrender are what allow that freedom to be lived out and sustained.

Looking back now, I can see how God used every deliverance session, every lesson, and even every setback to teach me this truth. None of it was wasted. Each part played a role in shaping how I walk with Him today. This is not just something I believe in theory. It is something I live by, practice daily, and carry forward as part of my own journey with God.

Fruit of Deliverance



With Gracelynn • Nashville, TN • Day after first deliverance session

The night after my deliverance, I was given an incredibly rewarding assignment from God. I arrived at my venue and discovered that some of my supporters, who have since become dear friends, were in town from Texas to see me. Only a few months earlier, the grandfather had shared that he had given his life to Christ, and that my music and testimony had played a part in that journey. He had

also begun attending church. That evening, he and his wife brought along their adorable five-year-old granddaughter, Gracelynn.

Gracelynn instantly took a liking to me and soon felt comfortable enough to share about her dreams. She described an evil woman who often appeared to her at night. With her grandparents' permission, I gently told her that she could pray to Jesus and that He would protect her. She explained that she surrounded herself with teddy bears for comfort and admitted that she was afraid of the dark. I reassured her that Jesus is her friend, that He is always with her, and that He would confront anything that tried to frighten her.

I shared a simple prayer with her and explained how she could call on Jesus whenever fear came. I also encouraged her grandparents to pray with her at bedtime. Her joy was evident, and her little face lit up as she received the truth.

A week later, her grandparents texted me:
"It was good to see you last week. I wish it was more than just once!! You made quite an impression on my granddaughter. She told us that Ms. Clare is a great singer and every night she asks Jesus for protection. Keep up the good work that you do!"
I cried when I read their words. That small conversation planted a seed of faith that could grow into a lifelong walk with Jesus.

Moments like this remind me that deliverance is not only about what God removes from us. It is also about what He pours through us. Freedom multiplies when it flows outward. The freedom I received that day overflowed into the life of a child, planting seeds that may grow for generations. This is the beauty of God's work. He heals us so He can use us to bring His healing to others.

"Let your light so shine before men, that they may see your good works and glorify your Father in heaven."

Matthew 5:16

Over time, I also came to understand that deliverance alone is not enough. Lasting freedom requires discipleship, a rooted identity in Christ, and daily surrender.

Deliverance: The Missing Piece of Modern Discipleship

Deliverance is essential because spiritual bondage is real. It is not symbolic or merely emotional. It can deeply affect a believer's mind, heart, and soul. Many followers of Christ are forgiven yet remain stuck in cycles of fear, shame, anxiety, addiction, or recurring sin. Jesus did not come only to forgive. He came to break the enemy's power and bring wholeness, peace, and abundant life both now and for eternity.

Salvation restores our relationship with God, but deliverance addresses what still holds power over us that God never intended to remain. Even a fully saved believer can be influenced by lies,

unresolved trauma, generational strongholds, or spiritual oppression. Needing deliverance does not make someone less spiritual. It simply signals areas where God's healing and freedom are needed.

The enemy seeks access through unhealed trauma, unforgiveness, unrepented sin, destructive inner vows, generational sin patterns, occult involvement, and lies we have believed as truth. Deliverance closes those doors, removes the enemy's foothold, and sets believers on a path to lasting freedom.

Deliverance was a central and regular part of Jesus' ministry. He did not just teach or heal; He confronted the spiritual forces keeping people bound. Jesus cast out demons, restored hearts, and gave authority to His disciples to do the same. The early church followed this example, and freedom was a normal part of Spirit-led Christian life.

Deliverance restores clarity, strengthens intimacy with God, and demonstrates His power in ways that words alone cannot.

Deliverance is not often practiced in many churches today, and there are a few reasons for this. Some people have been taught that the supernatural gifts, including deliverance, ended with the apostles, even though the Bible does not say that. Western culture also tends to see struggles as purely emotional or psychological, which can make it hard to recognize the spiritual dimension of our battles.

When deliverance is mishandled or sensationalized, it can create fear, causing churches to shy away from it instead of approaching it with love and wisdom. But avoiding deliverance does not remove the need for it. Many believers, myself included before experiencing true freedom, quietly remain in cycles of bondage, thinking freedom is out of reach. The reality is that God provides a path to genuine, lasting freedom for anyone willing to walk in it.

Deliverance and Its Role in Emotional and Mental Health

For me, deliverance was never just about the spiritual realm. It touched every part of my life, including my mind and emotions. It does not replace counseling, medical care, or professional support, but I discovered it was often the piece I did not even realize was missing.

Spiritual oppression can intertwine with anxiety, depression, trauma, or patterns of sin. Left unaddressed, these struggles give the enemy a foothold even in a believer's life. Walking through deliverance helped me see the connection between my spirit, mind, and body. It brought clarity, strengthened discernment, and opened the door for deeper, lasting healing in ways counseling and medication alone had never been able to for me in the past.

These experiences also shaped my work as a mental and brain health advocate. I know firsthand how spiritual, emotional, and mental health intersect, and I am committed to helping others navigate that space with compassion, understanding, and hope. Deliverance complements professional support, allowing God's freedom to touch every layer of our lives.

Living in Freedom: Walking It Out Daily

Being delivered does not automatically mean life is suddenly "fixed." Old thought patterns, emotional triggers, and familiar pulls can still surface, often testing how we respond. Freedom must be walked out, not just experienced once. Daily dependence on the Holy Spirit becomes essential.

I've learned that walking in freedom looks very practical. It means pausing before reacting. It means paying attention to what rises up in my thoughts or emotions and asking where it's coming from. Instead of letting old patterns lead, I bring those moments before Jesus and invite His truth to interrupt my default responses.

Consistent prayer, time in Scripture, worship, and healthy community all help reinforce what deliverance begins. These practices are not religious routines, they are lifelines that keep the heart aligned with God's voice and grounded in truth.

Freedom often reveals itself quietly. It looks like peace replacing anxiety. Clarity replacing confusion. A settled heart where chaos once lived. Over time, obedience compounds, discernment sharpens, and freedom deepens. It grows steadily as we continue choosing alignment with God's truth, one step, one decision, and one surrendered moment at a time.

Awareness and Discernment After Deliverance

After my deliverance, I noticed that my sensitivity to the Holy Spirit became sharper. At first, it felt almost overwhelming, but I learned that this sensitivity was a gift, not a burden. The Holy Spirit never leads through fear, shame, or panic. He leads with peace, clarity, and gentle conviction.

When thoughts, memories, or emotions surfaced, I learned not to react impulsively or assume something was wrong. Instead, I began asking the Spirit simple, grounding questions: What am I feeling? Where is this coming from? How do you want me to respond? Over time, I became better at discerning what was leftover trauma, what was emotional residue from others, and what was truly Spirit-led insight. Walking through this process strengthened my awareness and helped me step more fully into the authority Jesus has given me. I learned how to test everything against God's truth and move forward with confidence rather than confusion.

I also came to understand that deliverance is never just personal. The freedom God brings does not stay contained within one life. When one person is restored, relationships begin to heal, generational patterns start to break, and hope spreads in ways we may never fully see. I have witnessed how God's work in one heart can quietly influence families, communities, and even churches. True freedom always points beyond itself. It draws others toward the living power of Jesus and brings glory to Him.

Deliverance is not optional or extreme. It is a core part of the gospel, a ministry Jesus practiced, and a natural expression of discipleship. It reclaims what the enemy attempted to steal and opens the

door to abundant life in Christ. Freedom is not merely about surviving. It is about living fully alive. Every believer has access to that freedom, and the Spirit of God faithfully guides, restores, and equips us as we continue to walk it out each day.

Demons Are Persistent, Not Creative

As I learned to discern and respond to the Holy Spirit, I also began to understand more clearly how the enemy actually operates. What became obvious to me is this: demons are not creative. They are persistent. They repeat what once worked. They do not invent new strategies; they exploit familiar access points. If a door remains open, they assume they have permission to stay. What gave me hope was realizing that those cycles can be interrupted. Negative patterns can be dismantled. Generational influences can be stopped.

Just as I had to confess and believe to receive salvation, I also had to intentionally partner with Jesus to walk in deliverance. He paid fully for my freedom, but I had to actively renounce what had been giving the enemy a foothold in my life. Choosing obedience, confronting lies, and reclaiming ground in Jesus' name was important. As I aligned my life with Christ, the freedom He had already purchased began to take root in very real, practical ways.

That freedom did not stay confined to the spiritual realm. It began to touch every part of me. My emotions settled. My thought patterns grew clearer. Even my body responded as fear, trauma, stress, and spiritual oppression were addressed. I experienced moments where anxiety loosened its grip, clarity replaced confusion, and physical tension lifted in ways I could not explain apart from God's healing work.

Deliverance opened the door to holistic restoration. It showed me that when God heals the spirit, His renewal often flows into the soul and the body as well.

Demons often operate through secrecy. Many remain dormant until circumstances create an opportunity to reactivate old wounds. A spirit of suicide may wait for a moment of deep loss or despair. A spirit tied to grief may remain quiet until a relationship ends, a job is lost, or someone experiences profound disappointment. They exploit moments of vulnerability, hoping to reintroduce the same bondage that once had influence. Their goal is to remain hidden, working quietly so a person never realizes what is happening.

The enemy thrives when believers remain unaware of how he operates, which is why deliverance is so often misunderstood or ignored in many churches. Demons prefer secrecy because secrecy keeps people in bondage.

Scripture reminds us that the enemy's tactics are not new or mysterious. Paul writes in **2 Corinthians 2:11** that we should not be *"ignorant of Satan's devices."* The enemy often works quietly through deception, distraction, and hidden influence rather than obvious confrontation. When believers understand how these strategies operate, secrecy begins to lose its power and the light of truth exposes what was once hidden.

A New Kind of Healing

One of the most unexpected aspects of my deliverance journey was witnessing changes in my physical health. While the primary focus of deliverance was spiritual freedom and inner healing, I began noticing tangible shifts in my body that I could not ignore.

Some changes came gradually, while others happened suddenly. Certain symptoms that had persisted for years began to ease, and areas of chronic struggle started responding in ways I had not experienced before. These moments became powerful reminders that God's restoring work often reaches further than we expect.

The following experiences are not presented as formulas or guarantees, but simply as testimonies of what I personally experienced as I continued walking through deliverance, healing, prayer, and surrender to God.

Back and Neck Healing

About six weeks after my initial deliverance, I had an appointment with my chiropractor. For nearly two years, my back and neck had been consistently stiff and painful. Adjustments offered only temporary relief, and the tension always returned. Over time, I had come to accept that discomfort as something I would simply have to live with.

After deliverance, however, I noticed an immediate and unmistakable change. My back and neck felt lighter, freer, and more mobile than they had in years. Even the subtle stiffness that had plagued me daily had softened, and my overall range of motion had noticeably improved.

My chiropractor was visibly surprised. Because their practice integrates faith, I was able to share what had taken place. We discussed the connection between the spiritual and physical body and how deeply intertwined healing can be. That appointment became a quiet confirmation that deliverance doesn't only restore the soul; it often reaches the body as well. My chiropractor expressed genuine joy in seeing such clear change and appreciated understanding the spiritual roots behind it.

Walking out of that office, I felt lighter in every sense of the word. There was a tangible sense of release and renewal. That day marked a milestone in my journey toward wholeness and reinforced my growing understanding that freedom in Christ reaches every part of who we are.

There was a later period of about six weeks in early 2026 when I experienced severe neck pain that triggered intense migraines. I prayed consistently, took authority over my body, and asked the Lord for relief, yet the pain persisted. During that time, I did end up in urgent care and had to take medication, something I only do when absolutely necessary. I always seek the Lord's direction in decisions like that, and I believe He can guide us through both prayer and practical medical care.

It was not until a group of trusted, Spirit-filled elders prayed with me over a Zoom call, along with making a few adjustments to my sleeping habits, that the symptoms began to lift more significantly.

I was not discouraged, nor did I question the deliverance I had already experienced. I understand that healing can unfold in layers and that spiritual authority does not eliminate the need for wisdom. I simply continued standing in the authority Christ has given me while stewarding my body responsibly.

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Digestive Healing

As my healing journey continued, my initial deliverance also brought a transformation in my digestive health. For decades, IBS, EPI, and celiac disease had dictated my daily life. Eating often led to pain, bloating, and discomfort, and even minor dietary mistakes could set me back physically and emotionally.

During deliverance, the Holy Spirit revealed deeper spiritual roots connected to these chronic conditions. Generational patterns, unresolved trauma, and prolonged stress were brought into the light and addressed. As those spiritual strongholds were dismantled, my body began to respond. Digestive pain, inflammation, and bloating gradually subsided.

Over time, I was able to reintroduce foods I had avoided for years, including gluten, with little to no pain. Today, I consider myself completely healed, and the freedom to enjoy food again has been one of the most beautiful gifts of my healing journey. After decades of restrictions, discomfort, and constantly worrying about how my body would react, I can finally sit down, enjoy a meal, and experience a freedom I once thought was impossible.

While I testify to the remarkable changes I have experienced, I recognize that celiac disease requires medical evaluation and that others should not reintroduce gluten without appropriate medical guidance.

This healing became one of the clearest examples of how deliverance affects both spirit and body. God's work does not stop in the unseen realm. As freedom took root spiritually, my body began functioning in ways it hadn't in decades. Experiencing this firsthand deepened my faith and expanded my understanding of God's restorative power.

As I continued walking in freedom, additional changes became apparent. My energy increased, my sleep became more restful, and stress-related symptoms that had lingered for years began to fade. Every healed adjustment in my spine and every moment of digestive stability became a tangible reminder of God's faithfulness. Deliverance is not only liberation from darkness; it is an invitation into restored living where body, soul, and spirit are aligned under Christ's care.

Sometimes, however, God's healing has been sudden and unmistakable, a reminder that His authority extends into every moment of our lives.

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Authority Over the Body

Not all of the physical healing I have experienced through deliverance has been gradual. Some moments have been immediate and undeniable. A few months into this journey, I experienced severe food poisoning. The symptoms were intense and debilitating, with persistent nausea, weakness, and physical distress that did not ease over several days. I did what I knew to do naturally and expected my body to recover with time, but the symptoms remained severe and unrelenting.

By the third day, I recognized that discernment was required. Not out of fear or denial, but out of spiritual awareness, I chose to take authority over my body in the name of Jesus. I prayed in the Spirit and intentionally denounced the work of the enemy, commanding sickness to leave.

The response was immediate.

As soon as I finished praying, the symptoms stopped. There was no gradual improvement and no lingering weakness. I went to sleep that night, and when I woke the next morning, there was no trace of illness or after-effects whatsoever.

That moment reinforced what deliverance had already been teaching me. Christ's authority is not confined to the spiritual realm alone. When exercised with discernment, humility, and faith, that authority can bring swift and complete restoration to the physical body as well. Experiences like this remind me that spiritual authority is not theoretical. It is real. It is practical. And it has a tangible impact on our everyday lives. I cannot explain it medically. I can only testify to what happened.

The Danger of Ungodly Media and Spiritual Doors: Why Discernment Matters After Deliverance

As I continued learning how to walk in freedom, God made something very clear to me: deliverance does not end when a session is over. Freedom must be actively guarded. Deliverance removes what does not belong, but discernment is required to keep doors closed.

One of the most important lessons I learned after deliverance was that not everything that influences us arrives through obvious sin or deliberate rebellion. Sometimes access is gained through what we repeatedly expose ourselves to, what we entertain, what we normalize, and what we allow to shape our thoughts and emotions. The enemy often works subtly, looking for areas of vulnerability, unresolved wounds, or familiar patterns he can exploit.

This does not mean believers should live in fear of everything around them. Fear is never the goal. The goal is wisdom. Discernment helps us recognize what draws us closer to God and what slowly dulls our sensitivity to His voice. What we consistently consume affects our spiritual atmosphere, whether we realize it or not.

Over time, I learned that guarding freedom requires intentional choices. Just as we protect our physical health by being mindful of what we put into our bodies, we must also be mindful of what

we allow into our minds, hearts, and spirits. One of the clearest examples of this involves the media, entertainment, and content we engage with on a regular basis.

Media and Spiritual Access

Based on both Scripture and personal experience, certain forms of media require heightened discernment, especially after deliverance or healing in specific areas of vulnerability:

• Horror films, particularly those centered on trauma, gore, intense fear, demonic themes, paranormal activity, the undead, or occult rituals

• Fantasy or science fiction content that includes real spells, incantations, glorifies darkness, or portrays partnership with spiritual entities outside God's design

• Games involving violence, sexual content, conjuring spirits, or role playing as witches, sorcerers, or dark beings

• Books that normalize or glamorize sexual perversion, rebellion, or demonic themes

• Music rooted in lust, curses, self hatred, death, or anti God messages

• Anime or animated content featuring seductive spirits, false gods, or distorted spiritual realities

• Social media and streaming platforms where witchcraft trends, spell language, curses, or occult symbolism are normalized

Even media that appears harmless on the surface can influence the heart and spirit over time. What we repeatedly watch, listen to, or engage with shapes our inner world. Entertainment can disciple us quietly, long before we recognize its effects.

This is why discernment matters so deeply. What entertains us eventually influences us. What influences us shapes our thoughts, desires, spiritual atmosphere, and sense of clarity. Left unchecked, this influence can lead to confusion, spiritual dullness, or renewed oppression. Paul's guidance in **Philippians 4:8** is not about restriction or fear, but protection. Guarding what we allow into our minds and bodies is one way we steward the freedom God restores.

A Personal Lesson in Guarding the Door

Not long after being delivered from lust related spiritual oppression, I watched a television program that unexpectedly included an intimate scene. It did not appear overtly graphic or dark, and at first I dismissed it as harmless. Still, I felt a quiet conviction that I should turn it off. I knew I should have stopped watching immediately, but I did not. Something about it held my attention longer than it should have, despite the inner prompting to disengage.

Almost immediately afterward, I noticed a shift. My thoughts changed, and my body felt affected in a way I recognized from past spiritual oppression. There was an invasive heaviness and loss of clarity that felt familiar and deeply unsettling. What followed made it clear that this was not simply emotional or psychological.

About thirty minutes later, while reading the Bible, I became aware of a strong spiritual oppression that felt invasive and deeply unsettling. I knew immediately that something was wrong and that I was experiencing a level of torment I had not encountered for some time.

The experience felt intrusive, violating, and completely contrary to my values and my relationship with Christ. I knew immediately that this was not something I wanted, welcomed, or agreed with.

I contacted a trusted spiritual mentor and friend and explained what had happened. After listening carefully, she told me that I had experienced an encounter with a lustful demonic spirit and that, while deeply disturbing, this kind of attack is not uncommon for people coming out of sexual trauma, long term sexual oppression, or past sexual perversion. Hearing that did not comfort me at first. I was horrified.

In the weeks that followed, similar encounters occurred multiple times. What confirmed for me that this was demonic oppression was the complete absence of choice or participation. These experiences happened without me engaging in any intentional sexual behavior. They were intrusive, unwanted, and entirely contrary to my values, my will, and my alignment with Christ.

By that point, it was undeniable that a door had been reopened. The media exposure had aligned with an area of deep vulnerability shaped by years of sexual trauma, coercion, and distorted intimacy. Some of that harm was inflicted on me. Some occurred during seasons of brokenness when I placed myself in unsafe situations. Either way, those wounds created access points the enemy exploited.

This torment continued until my third deliverance session, when the spirit responsible was directly confronted and cast out. Once it was removed, the encounters stopped completely.

Since that time, I have been extremely careful to guard that door. I no longer treat sexualized media casually, regardless of how normalized or subtle it appears. This experience taught me that discernment is not about legalism or fear, but about wisdom, stewardship, and protection.

It also helped me understand why this particular spirit targeted me so aggressively. Sexual perversion has touched my life repeatedly, sometimes through violation and abuse, other times through choices made in pain, confusion, or self destruction. The enemy exploits wounds first. Deliverance exposed that truth, and healing has been the ongoing work of closing those access points completely.

This experience was sobering, but it was also instructive. It reminded me how easily doors can be opened without deliberate intent. Not every exposure leads to immediate oppression, but when content aligns with unresolved trauma or past strongholds, the enemy is quick to exploit that opening. This is not common for most believers, but it can occur in cases involving deep sexual

trauma combined with spiritual oppression. I share this not to create fear, but to emphasize discernment and the importance of guarding vulnerable areas after deliverance.

I had a similar spiritual attack a few months later after a conversation about my past that included the kind of life and sexual sin I had once fallen into. Looking back, I realize I should not have engaged in that conversation, but at the time I did not understand the door it could open.

A few hours later, after I returned home and got into bed, my body began reacting in a similar way. I knew immediately that Satan was tempting me. I even heard voices telling me that I wanted it, and images of people I had discussed in the conversation began appearing in my mind. I resisted for about thirty minutes, but I could not fall asleep. My body felt overwhelmed with pressure, almost as if it would explode if I did not do something. Eventually, I gave in, and the moment it happened I hated that I had allowed it.

The next morning I woke up feeling terrible. I cried, repented, and brought the entire situation before the Lord. That moment became an important lesson for me. I realized how easily certain conversations can reopen doors connected to past sin or trauma.

Since then, I have chosen not to engage in discussions about past sexual history. Guarding what I speak about and what I allow into my thoughts has become an important part of protecting the freedom God has given me.

Freedom is not fragile when it is guarded with wisdom. When light is welcomed and boundaries are honored, healing continues, clarity deepens, and peace is preserved.

How the Enemy Often Works

The enemy does not always seek dramatic permission. More often, he looks for agreement. Agreement can be subtle: indulging "just a little," excusing something because it feels normal, or remaining passive when conviction arises. Demonic influence rarely announces itself. It often enters quietly through compromise, distraction, or desensitization.

If you sense that a door has been opened through media or participation, here is a simple way to respond with authority and peace:

1. Ask the Holy Spirit
   "Lord, have I watched, listened to, or engaged with anything that gave the enemy access?"

2. Repent honestly
   "Father, forgive me for allowing content into my life that did not honor You or protect my heart."

3. Renounce clearly
   "I renounce every agreement I made, knowingly or unknowingly, through this content. I break all influence tied to it and command anything that enters through that door to leave in Jesus' name."

4. Remove the access point
   Delete, discard, or step away from anything connected to that door, following the principle seen in Acts 19:19.

This process is not about fear or condemnation. It is about stewardship. God does not call us to live obsessed with darkness, but He does invite us to actively guard what He has redeemed.

We are meant to walk in awareness, led by the Holy Spirit, confident in the authority Jesus has given us. When we partner with Him intentionally, freedom is not fragile. It is sustainable.

How Do I Know I've Truly Been Delivered? Recognizing When Freedom is Real

One of the questions I asked myself early in my journey was, "How do I really know I've been delivered?" I wrestled with this especially after not feeling a dramatic change the day after my first significant session, and again a couple of months later when the enemy tried to attack me at night. That question didn't come from doubt or disbelief. It came from a genuine desire to understand God's work in my life and to make sense of the shifts I knew were happening beneath the surface.

For me, the evidence of freedom did not arrive in one overwhelming or cinematic moment. Instead, it revealed itself gradually, in subtle but deeply meaningful ways. Sometimes change is immediate: peace replacing pressure, clarity replacing confusion. Other times, it arrives quietly, like an internal recalibration or a gentle shift in how you relate to your thoughts, emotions, and reactions.

I began to notice freedom showing up in small but profound ways. I responded differently to situations that once overwhelmed me. Patterns of anxiety and intrusive thoughts that had dominated my mind began to quiet. The heaviness I had carried for years slowly lifted, and even my physical body felt lighter and began to heal. What once felt constant no longer felt controlling.

One of the most important things I learned is this: deliverance does not erase every habit, emotional response, or thought pattern overnight. Just because a spirit leaves does not mean the neural pathways, coping mechanisms, or learned reactions it influenced disappear instantly. When familiar thoughts resurface or old pulls try to reappear, it does not mean deliverance failed. It means you are learning how to walk in a new rhythm, now with Jesus.

That transition can feel uncomfortable at first. Sometimes freedom feels unfamiliar simply because bondage has become normal. Deliverance removes what does not belong, but walking in freedom requires partnership, discernment, and intentional alignment with truth.

Deliverance is not about perfection. It is about relationships. It is about staying responsive to God, listening to His voice, and choosing truth when old lies try to resurface. The evidence of freedom is not always dramatic. It shows up in the fruit: calmer reactions, clearer thinking, a lighter heart, and a deeper, more secure connection with Jesus.

Look for the subtle changes. Notice where things feel softer. Pay attention to the peace that settles into places once filled with chaos. That is deliverance at work. And even when progress feels slow, it is still real. The same God who began this healing is faithful to complete it, layer by layer, in His perfect timing.

Freedom From Oppression and Tormenting Spirits

Another powerful fruit of deliverance was the complete end of demonic activity in my life. This came after my third session. While I did experience some attacks between sessions, they became significantly fewer and far less intense.

The choking at night stopped completely. There were no longer attempts by spirits to enter my body. On occasion, I sensed what felt like spiritual presences watching or observing. They no longer had the access or control they once did.

Deliverance does not only affect the soul. It also brings restoration to the body and to everyday life in ways you may not expect.

With each subsequent session, the oppression continued to lessen. Over time, it became clear that whatever had once tormented me had been fully removed. I no longer felt the need to cleanse or purge my home or environment. The atmosphere itself had changed. This freedom is not something I take lightly. For years, I lived under the weight of constant oppression and torment. Now, there is peace, a peace that only Jesus can give.

My nights are restful. My days are marked by clarity. I can move forward without fear of what once tried to destroy me. Does this mean Satan has stopped attacking me? No. Temptation still exists, and the enemy still attempts to provoke or distract. The difference now is that I recognize the battle. I stand in the authority of Christ, and I refuse to give the enemy the foothold he once had.

Scripture confirms this kind of authority and protection:

"The Lord will keep you from all harm— he will watch over your life; the Lord will watch over your coming and going both now and forevermore."
Psalm 121:7–8

Freedom From the Target & Beacon Spirits

In my third deliverance session, Jared discerned and confronted two specific spirits that had been influencing my life in ways I did not fully understand until they were identified: Target and Beacon.

These spirits have been described as connected to individuals who have experienced stalking, addiction, trauma bonding, ritualistic or occult exposure, or persistent unwanted attention. Their purpose is deeply oppressive.

The Target spirit functions by drawing predatory, manipulative, or unhealthy individuals toward a person, almost as if that person carries an invisible mark that attracts fixation or pursuit.

The Beacon spirit acts like a spiritual signal, amplifying that pull even further. It broadcasts vulnerability or spiritual exposure, especially to those operating in darkness. Together, these spirits create a cycle in which a person feels repeatedly singled out, watched, pursued, or spiritually exposed without understanding why.

For years, I had lived with patterns that reflected this dynamic, particularly involving unwanted attention and stalking. These experiences reflected a deeper spiritual pattern that needed to be addressed. Being delivered from Target and Beacon marked a turning point for me. Jared confronted them firmly and prayerfully, and when they were broken off, I felt an immediate and tangible shift. It was as though a pressure I had carried for years, without even realizing it, was suddenly lifted.

That does not mean everything is resolved overnight. I still face situations where certain individuals attempt to provoke fear or intimidation. But the difference now is authority. Those spirits no longer have legal access or spiritual power in my life. Their assignment over me has been canceled.

My responsibility now is to remain alert, aligned, and anchored in God's truth. Freedom is not only what happens in a moment of deliverance. It is the daily walk of discernment, protection, and remaining under the covering of Jesus Christ.

New Doors Opening

Since my deliverance, God has been opening doors I never could have planned or imagined. He has led me into addiction recovery centers, jail ministries, and rehab programs. I've been commissioned to write songs and create content for organizations serving people in deep places of need, bringing truth, hope, and freedom through testimony and worship. In a profound way, God has called me back into spaces where darkness once had a grip on my own life, so that I can now carry His light, healing, and love to others.

As I step into a deeper role of discipleship and evangelism, I see His hand at work everywhere. Sometimes it's through intentional ministry. Other times it happens unexpectedly, through conversations at shows or encounters with strangers who suddenly open their hearts. Each door feels like an invitation to walk boldly in His authority, to speak truth with compassion, and to demonstrate the reality of His love through both word and action.

Deliverance is never meant to remain personal. Freedom is designed to overflow. Every person set free, every heart softened, and every life restored becomes a living testimony to God's power. But the work does not stop at freedom alone. Every encounter is also a doorway into discipleship. Deliverance opens the on-ramp, and discipleship provides the path for lasting transformation. As people are guided, equipped, and grounded in Christ, restoration multiplies. This is the fruit of God's work: freedom that leads to growth, growth that leads to maturity, and maturity that builds His Kingdom.

Stepping Into Deliverance Ministry

After my own breakthrough, I began referring many people to my deliverance team, believing they could experience the same freedom and healing I had encountered. As I stepped out and openly shared my journey, many of my close friends and peers began noticing the fruit of my transformation and became curious about deliverance themselves. I also connected the team with people who had followed my music journey, witnessed my transformation, or simply watched my life from afar. It has been truly incredible watching God bring freedom and restoration into so many of their lives and the domino effect it's had on their own families and friends.

One of the most meaningful moments for me was helping a close family member, who had recently given their life to Christ, begin their own deliverance journey. That was especially personal and something I will always treasure.

As my journey continued, I also began serving alongside my deliverance team whenever I was available, particularly during sessions involving close friends. I continue to help whenever opportunities arise as others pursue freedom in Christ.

What God has done in me, He is now doing through me, and witnessing that has been both humbling and awe-inspiring. Each session reminds me that deliverance is not just about individual healing, but about multiplying freedom in the lives of others.

Watching chains break off people, addictions loosen their grip, generational patterns stop, and lies that were carried for years finally fall away is one of the most sacred things I've ever been part of.

"And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues."
Mark 16:17

Deliverance has never been about my strength. It has always been about His authority. To now walk in that authority and partner with God in the healing of others is a privilege I do not take lightly. Every testimony I witness reminds me that the same God who met me in my deepest brokenness is still actively setting captives free.

I have also learned the importance of wisdom along the way. During my own journey of deliverance, there were seasons when I needed to pause and step back. In the early stages, I experienced spiritual manifestations that made it clear I had to be discerning about what I was

engaging with and how I was positioning myself spiritually. Breaking free from the occult and false spiritual practices is not easy, and it is not something to take lightly. It involves hard days, honest self-examination, and moments that genuinely test your faith and dependence on God.

Still, the process is worth it. Every step of surrender to Jesus, every act of releasing what does not belong, and every decision to remain under His protection has brought greater freedom, peace, and clarity into my life. This journey requires patience, discernment, and a continual reliance on God, but it leads to a depth of wholeness that no shortcut, substitute, or counterfeit spirituality could ever provide.

As God brought me into deeper freedom, He began showing me that deliverance was never meant to stop with me. Freedom is designed to flow outward. That night marked the first glimpse of this unfolding reality, where my own healing became the soil for fruit in the lives of others. With healing firmly in place, God began opening new doors; opportunities to serve, minister, and share His freedom with people in need.

Maintaining Your Freedom: Walking in Deliverance Daily

After experiencing deliverance, I quickly learned that freedom does not mean life suddenly feels "fixed." Old thought patterns, familiar reactions, and subtle pulls can still try to resurface, often at unexpected moments. Walking in freedom is a daily choice. It requires intention, discernment, and ongoing reliance on the Holy Spirit.

One of the most important practices I developed was learning to pause and examine what was happening internally. Not every intense feeling, spiritual impression, or strong emotion is from God. The enemy often attempts to reintroduce confusion, accusation, or fear, especially when someone has begun to walk in genuine freedom.

When a thought, emotion, or temptation arises, I now take a moment to ask myself:

• Does this align with God's Word and His character?

• Is this rooted in peace, or does it carry fear, shame, pressure, or control?

• Does this draw me closer to Jesus, or does it pull me toward isolation, striving, or anxiety?

Regularly asking these questions has strengthened my discernment and helped me stay anchored in truth. Maintaining freedom also means building new rhythms. Old reactions may still attempt to surface, but I now have the authority in Christ to respond differently. Prayer, Scripture, worship, and accountability within a community have become essential tools for reinforcing the freedom I've been given.

Often, the real test shows up in ordinary moments rather than dramatic ones. Stressful conversations, triggering memories, or difficult situations reveal how deeply freedom has taken

root. How I respond in those moments is one of the clearest indicators that deliverance is continuing to work in my life.

I have also learned to trust the nature of the Holy Spirit. He does not lead through fear, guilt, panic, or accusation. His guidance is gentle, clear, and grounded in peace. When thoughts, emotions, or memories surface after deliverance, I no longer rush to interpret them as something going wrong. Instead, I bring them to Jesus and allow Him to reveal what is truly happening.

Not everything that surfaces means a spirit has returned. Often, it is an old wound, an unresolved emotion, or a memory that was not ready to be faced before, now coming forward so deeper healing can continue.

There have also been moments when what I sensed did not originate within me at all. Sometimes it was projection, emotional residue from another person or an environment attempting to influence the atmosphere. Other times, it was true discernment, the Holy Spirit helping me recognize what was happening and how to respond with wisdom rather than reaction.

Deliverance has changed me. My awareness is sharper now, and I have learned that this clarity is a gift, not a burden. I am more attuned to truth than I am to fear. Freedom has not only released me from oppression, it has strengthened my discernment, deepened my trust in God, and solidified the authority Jesus has already given me. The calling now is simple but intentional: stay grounded, test what arises, and continue walking forward in the freedom that has been secured.

Ongoing Work of Freedom

Freedom is something we steward. After deliverance, God invites us into a new way of living that requires attentiveness, responsibility, and trust. What once had power no longer does, but we still learn how to walk without relying on old defenses, reactions, or survival mechanisms. That learning takes time, patience, and grace.

As freedom matures, it often becomes less about resisting darkness and more about building consistency with light. Daily choices shape the atmosphere of our lives. What we allow our minds to dwell on, how we respond under pressure, and where we turn when discomfort arises all contribute to whether freedom strengthens or weakens. This is where spiritual growth becomes practical and embodied.

Over time, God uses ordinary obedience to reinforce extraordinary freedom. A softened response where there once was reactivity. A calm decision where anxiety once ruled. A willingness to pause, listen, and trust rather than control. These moments may seem small, but they reveal a heart that is no longer driven by fear or compulsion.

The work of freedom continues as we grow in discernment and maturity. God trains us to recognize what builds life and what quietly drains it. He teaches us to protect the peace He has

given, not through striving, but through alignment. Freedom deepens as our lives come into greater harmony with His presence.

This is not about maintaining deliverance through effort. It is about learning how to live from a place of freedom already given. As we stay anchored in relationship with Jesus, that freedom becomes stable, durable, and deeply rooted, shaping not just our inner world, but the way we move through the world around us.

Questions People Often Ask About Spiritual Freedom

After walking through deliverance or experiencing spiritual opposition, many people carry honest questions. These questions do not come from weakness, but from a desire for clarity, stability, and truth. The following are some of the most common concerns I've encountered, along with what I've learned through Scripture, experience, and walking closely with the Holy Spirit.

1. I've been through deliverance before, but I'm still struggling. Why?

Deliverance removes spiritual influence, but it does not automatically rebuild what was shaped alongside it. Beliefs, habits, emotional responses, and internal agreements often formed over time and require intentional renewal. Freedom deepens as truth replaces lies and as new patterns are learned and practiced.

2. Can a Christian have a demon?

A believer cannot be owned or possessed by a demon. The Holy Spirit seals the spirit of a believer. However, a Christian can experience oppression or influence in the soul, especially where trauma, sin, or false agreements have gone unaddressed. That does not negate salvation, but it does point to areas where healing and freedom are needed.

3. What if I feel skeptical about deliverance?

Skepticism is understandable. Deliverance is not about hype or spectacle. At its core, it is grounded in Scripture and focused on identifying what does not belong, aligning with truth, and walking in obedience to God. Even without adopting specific ministry styles, believers can experience freedom through repentance, forgiveness, and renewing the mind.

4. Is deliverance only for charismatic or Pentecostal believers?

No. Deliverance principles are biblical and apply across denominations. Confession, repentance, forgiveness, renouncing lies, and submitting to Christ's authority are foundational Christian practices available to every believer, regardless of church background.

5. Does prayer really make a difference in spiritual battles?

Yes. Prayer is not passive. It aligns the believer with God's authority and keeps the heart positioned in dependence on Him. Jesus Himself taught us to pray, "Lead us not into temptation, but deliver us from evil," showing that spiritual protection and freedom are meant to be sought daily.

6. Why do strongholds sometimes feel like they return after deliverance?

Often what feels like a return is actually exposure. Deliverance clears spiritual influence, but patterns of thinking and reacting may still surface as they are being replaced. Continued surrender, truth, and obedience strengthen freedom and prevent old footholds from regaining influence.

7. How do I know if I am walking in real freedom?

Freedom is reflected in fruit. Increased peace, clearer thinking, reduced fear, and healthier responses to stress are strong indicators. Freedom also becomes evident as obedience feels lighter and identity in Christ feels more secure. It grows over time as the relationship with Jesus deepens.

8. Can deliverance impact physical health?

Yes. The human spirit, soul, and body are interconnected. When spiritual and emotional burdens are lifted, the body often responds with restored energy, peace, and sometimes physical healing. While deliverance does not replace medical care, it can address spiritual contributors that affect physical well-being.

9. What should I do if I feel targeted or spiritually oppressed?

Remain anchored in Christ. Stay close to God through prayer and Scripture. Renounce lies, break unhealthy attachments, and close any doors that allow spiritual influence. Seek support from trusted, Spirit-led believers when needed. Authority in Christ is not something you earn; it is something you stand in.

10. Is freedom permanent after one deliverance session?

Freedom is sustained through relationship and obedience. Deliverance is a powerful moment, but lasting freedom is cultivated through daily alignment with God's truth, ongoing discipleship, and responsiveness to the Holy Spirit.

11. Why do some spiritual attacks feel repetitive or personal?

Some attacks are targeted assignments connected to trauma, past exposure to darkness, or unresolved wounds. Deliverance can remove these influences, but walking in discernment, protection, and spiritual maturity helps prevent them from regaining ground.

Reflection

Looking back over this journey, I can see that deliverance was never about chasing freedom, fixing myself, or becoming something I was not. It was about allowing God to return me to who He

created me to be. Piece by piece, He met me in places I had learned to survive rather than truly live. What I once carried in silence, fear, or confusion, He met with truth, patience, and steady love.

This process taught me that freedom is not loud or performative. It grows in awareness, in gentler responses, in clearer boundaries, and in a deeper sense of belonging with God. It shows up when old reactions no longer dominate, when peace has more room to breathe, and when fear loses its authority. Deliverance did not erase my story. It redeemed it.

I also learned that healing is deeply relational. God did not rush me, shame me, or overwhelm me. He waited for my permission. He honored my pace. He restored trust before asking for surrender. And in doing so, He showed me that true freedom is not forced. It is received.

Most of all, I have come to understand that deliverance is not the goal. Intimacy with Jesus is. Freedom simply becomes the natural result of walking closely with Him. As I continue forward, I do so with humility, gratitude, and a deep awareness that every step of freedom is sustained by His presence, not my effort.

If you are reading this and finding yourself stirred, uncertain, or quietly hopeful, know this: God is not asking you to understand everything or fix yourself before coming to Him. He is simply inviting you to let Him in. He already knows where the wounds are. He already knows what needs healing. And He is gentle enough to walk with you through it, one step at a time.

With that in mind, I want to offer a prayer you can use to invite God's healing, freedom, and truth into your own life, right where you are. Freedom is not about becoming spiritually powerful. It is about becoming spiritually surrendered. And surrender is where true authority rests.

Prayer

Heavenly Father,

I come before You on behalf of the one reading or listening right now. You know every part of their story. You see every wound, every burden, every place that has felt hidden or misunderstood. Nothing about their life is invisible to You. You see the battles they have fought, the moments of fear, the confusion, the exhaustion, and the places where hope has felt distant. And yet You are not a God of confusion, but of peace. You are near to the brokenhearted, and You rescue those whose spirits are crushed.

Father, in the name of Jesus, I ask that every stronghold that never belonged in their life be dismantled by Your truth and authority. I pray that every tormenting influence loses its voice and its power under the lordship of Jesus Christ. Let peace settle their mind. Let healing reach their body. Let restoration touch the deepest places of their soul.

Lord, gently reveal anything that does not belong in their life. Bring clarity to any open door, unhealthy agreement, or lingering lie that has tried to take root. Shine Your light into those places, not to shame or condemn, but to heal. Give them the grace and courage to release what was never theirs to

carry and the strength to close every door that needs to be closed. Seal those places with the covering and presence of the Holy Spirit.

Jesus, I thank You that Your sacrifice is enough. Your blood speaks a better word. Freedom is not something they have to strive for. It is something You have already provided. I declare over them now that shame no longer has authority, fear no longer defines them, and the past no longer dictates their future. Who the Son sets free is truly free.

Holy Spirit, come and fill every place where healing has begun. Replace heaviness with peace, confusion with clarity, and fear with trust. Teach them how to walk in freedom daily, staying grounded in truth and anchored in Your presence. Lead them gently as they learn to live from the freedom You have given.

Father, remind them that they are not too far gone, not too broken, and not beyond hope. They are loved, chosen, and held securely by You. Continue the work You have begun, bringing wholeness, restoration, and peace step by step.

We place this life fully into Your care, trusting You completely.

In Jesus' mighty and powerful name,
Amen.