

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.

It's when God, through the power of the Holy Spirit, removes demonic influence, oppression, and spiritual attachments from a person's life. It's not just a one-time emotional breakthrough; it's a spiritual cleansing - a real, powerful release from the enemy's grip.

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 pull them out of slavery; He delivered them into covenant, identity, and promise. The same is true for us today. Jesus doesn't set people

free just to leave them empty - He delivers us into peace, into identity, into purpose, and into relationship with Him. That “out of and into” movement is what makes deliverance so transformative.

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 healing the places that were damaged. A surgeon doesn't just cut something out - he

restores. Deliverance does the same: it removes and it rebuilds.

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. Many strongholds form from beliefs like "I'm unsafe," "I'm unworthy," or "God isn't near." Deliverance breaks the spiritual power behind those lies, but renewing your mind rewrites the belief systems that held them in place. Together, they bring 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.

Delivered to Be Free: My Journey Through Spiritual Warfare and Healing from demonization

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 declaration of dependence on God's protection and power. Jesus was showing us that deliverance isn't a one-time event, but a continual process of asking the Father to guard our hearts, guide our steps, and free us from the snares of the enemy. Every time we pray those words, we are aligning ourselves with His authority and inviting Him to expose, heal, and remove anything not of Him. To understand why Jesus emphasizes this, it helps to first define what deliverance truly means.

One of the most helpful teachings I've come across on this subject comes 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 term used in the New Testament is "daimonizomai" - which means "to be under the power or influence of a demon." Not owned. Not possessed. But harassed, indwelt, or controlled to varying degrees.

This was a huge revelation for me. Understanding deliverance leads to another common question many believers wrestle with: Can a Christian actually experience demonic influence?

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. But this belief simply isn't rooted in biblical understanding or practical reality. The confusion often comes from a misunderstanding of how we're made.

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

"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 (Ephesians 1:13). That is where the Holy Spirit dwells - in our spirit.

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 (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 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.

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. These ties, like sexual ones, can allow spiritual influence to pass between individuals even without physical intimacy.

This doesn't mean that every sexual or emotional bond brings demonic influence. But when relationships occur outside God's design - especially alongside sin, occult involvement, or unresolved trauma - the enemy can exploit those connections to gain access.

Deliverance addresses this by breaking ungodly soul ties, renouncing the agreements that formed them, and removing any spiritual influence that entered through those connections. Healing restores boundaries so intimacy becomes safe, whole, and God-honoring.

Influence, Not Ownership

A helpful way to understand this 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, and open doors 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.

If it were true that a Christian couldn't have a demon, then a Christian wouldn't be able to have anything unclean in their life - no sickness, no addiction, no mental or emotional torment. And yet, we know that many sincere believers still struggle with illness, bondage, and mental torment even after they're saved. So clearly, there's a difference between the spirit being redeemed and sealed for eternity and the soul and body still needing ongoing healing and deliverance.

It's often said that cancer, in some cases, can have demonic roots. Whether it's a physical manifestation from deep bitterness, unforgiveness, or generational iniquity, there are countless testimonies of people being healed from incurable diseases after receiving deliverance. If we can accept that Christians can have cancer - which affects the body - then we must also acknowledge the possibility that Christians can have demons - which torment the soul (mind, will, and emotions)

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

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 just for people in dark, 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. For years. And still do, but less often. Because my soul is still going through healing. I had open doors from trauma, abuse, occult practices and years of spiritual compromise that I hadn't even realized were there. And the enemy took full advantage of those access points.

One truth changed everything for me:

The Holy Spirit lives in the spirit. The demon lives in the wound.

Pause. Let that sink in. This is the line where understanding hits - the enemy doesn't touch the Spirit; he exploits the unhealed places. Let it land.

Once you understand that distinction, the concept of deliverance makes total sense and becomes a vital part of the Christian journey. The journey of deliverance isn't always a one-time event. Just like we go to the doctor for physical wounds, we sometimes need deliverance ministers, pastors, and trusted believers to help us close those spiritual and emotional wounds in Jesus' name.

One quote that really hit me came from Isaiah Saldivar. He said, "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 right there debunks the myth. Deliverance isn't about salvation - it's about sanctification. It's about freedom.

Another great pastor, Vlad Savchuck, once explained it like this:

"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, guess what? The mosquitoes don't care about your sign. They don't read it. They find the opening and they come in anyway.

And once they get in, they don't just sit quietly in a corner. They buzz. They bite. They distract. They are irritating. 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.

That's exactly how demons operate. Once we see how demons can influence the soul, the next step is learning how God brings healing - layer by layer, step by step.

As I continued to walk in deliverance, I realized that some of the struggles I faced were connected to my past, even to experiences I hadn't fully understood at the time. I am so grateful that my past didn't stop me from receiving healing, even though I had been deeply entrenched in witchcraft and occult activity.

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

From what I have witnessed in my own life and in the journeys of others, the answer is yes. Past involvement in new age practices, occult activity, or long-term sinful patterns can influence what happens during deliverance. But none of it disqualifies anyone from freedom. Not one thing in a person's history is too dark or too complicated for God to redeem. If anything, it simply reveals where the enemy may have gained access so that those doors can finally be closed.

Many people step into the occult or new age without realizing the spiritual weight of what they are engaging with. Sometimes it happens out of curiosity, pain, or a desire for control. Others find themselves trapped in cycles of sin because it was the only way they knew to cope with trauma or emptiness. Whether intentional or unintentional, these choices can create spiritual agreements, and those agreements become footholds the enemy uses to influence a person's life.

I learned over time that the enemy does not need a dramatic invitation. Agreement alone gives him room to work. Practices such as divination, tarot, astrology, crystals, spells, and rituals create spiritual openings. The same is true for ongoing patterns of rebellion, sexual sin, unforgiveness, bitterness, pride, or idolatry. These choices do not just affect the individual. They can sometimes influence the atmosphere of a home or even carry implications for an entire family line.

But here is the hope I am grateful to have experienced personally. Any door the enemy used can be shut in the name of Jesus. Deliverance is not about punishment for the past. It is about applying the finished work of Christ to every place where darkness once had influence. When someone confesses and renounces past involvement, they are breaking the agreement that gave the enemy access in the first place. When that ground is removed, the enemy

loses his claim, and under the authority of Jesus Christ, anything tied to that ground has to leave.

What once felt like bondage becomes the very place where God brings healing. Shame is replaced with honor. Darkness is replaced with clarity. And every area the enemy tried to use becomes part of a living testimony of God's mercy, power, and restoration.

A personal approach to deliverance might look like this:

Confess the sin or activity honestly, not in shame.

Repent, acknowledging the wrong and fully returning to God.

Renounce the activity aloud, breaking any agreements with the enemy and declaring a desire for no part in it.

Command any spirit connected to it to leave in Jesus' name.

Invite the Holy Spirit to fill the areas that have been reclaimed, letting truth and His presence rule.

Freedom can happen quickly, even from struggles that have lasted for decades. It is not about saying the right words, but about standing in the authority Jesus won at the cross.

If someone has been involved in occult activity, even unintentionally, it is important to take it very seriously. Ask God to bring to mind anything that needs to be repented, renounced, or removed. Sometimes it is obvious: a ritual, a trauma, a reading, an object or a pact. Other times it can be subtle: a childhood game, tattoos, symbols, idols, a family pattern, or an innocent-looking experience that opened a door.

The past does not have to follow anyone. This is what gave me personally ultimate peace. While it may explain how the

enemy gained access, it does not have to determine the future. God longs to determine the future. The blood of Jesus is far greater than any other blood ever shed. No ritual, violation or vow has to have the final word. The past is never too dark, and failures and insecurities are never too great. In partnership with the work of the cross, and a deliverance ministry team, every claim can be canceled, and God can rewrite a life story and lead into freedom.

I am profoundly grateful that despite how deeply I had been caught in witchcraft and the occult, God's healing reached me. My past did not define me or hold me captive - the cross and the Spirit of God did.

The Journey of Deliverance: Healing in Layers

Since then, I've continued on the journey. I've learned through prayer, study, and teachings by other pastors that demons often attach themselves to soul wounds or fragmented parts of us. Parts of our soul can fracture through different openings and the enemy will latch on. That's why some deliverance doesn't happen instantly. It takes layers. Time. Healing. Revelation. And most of all, the Holy Spirit guiding the process.

But praise God. What the enemy meant for evil, God can and has turned for good. Through deliverance, healing, and the power of Jesus Christ, those doors are being closed one by one. And even now, I'm still uncovering things - Possessions I had kept unknowingly - that needed to be removed because they served as spiritual openings. The Holy Spirit has been gently revealing them to me, prompting me to clean house - physically and spiritually.

Marked by God, Targeted by the Enemy

The enemy is angry with me. He lost me and now he wants me back in his orbit. 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. A big threat. So he circles back. He tries to find a way in. But I no longer belong to him - and every time he comes knocking, I send Jesus to the door.

A demon doesn't care what you say - he cares where he has legal access. Deliverance is how we shut that window. It's how we spray the house, clean it out, and seal the cracks with the power and presence of God. But Jesus didn't just come to save your soul. He came to set the captives free.

"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've felt like something keeps buzzing in your ear or draining the life out of you spiritually, emotionally, or even physically - it may be time to check the windows. Deliverance isn't about fear. It's about freedom.

Close the gap. Seal the cracks. And evict anything that doesn't belong. Jesus already gave you the authority. Now it's time to use it. While understanding the theory of deliverance is important, the real impact comes when you walk through it yourself. Here's what that looks like in practice.

Walking Through Deliverance: What Freedom Really Looks Like

I've had several deliverance experiences since giving my life to Christ. Pastors, prophets, and trusted friends have prayed over me and walked me through the process of casting out evil spirits and breaking demonic attachments. At first, I was shocked by how my body responded - the uncontrollable shaking, the voices, the noises, the coughing and the screams that came out of me. It was like something else had taken over, and I had no control. It was

intense, humbling, and at times terrifying - but it was also real. And it was holy.

With each deliverance, I began to learn more of what to expect. I became familiar with the patterns - how the Holy Spirit would move, how my body would react, and how freedom would begin to manifest. But even so, there were moments when I could sense something still lingering. I'd walk away feeling lighter, but not fully free. That's when I learned a sobering truth: demons can lie.

Some will pretend to leave during deliverance, staying hidden in silence or disguise. They cling to legal rights - like unforgiveness, soul wounds, trauma, soul ties, sin, or even physical objects we unknowingly allow to remain in our lives. These spirits torment quietly, waiting for a moment of vulnerability to reemerge. That's why so many people experience temporary relief but still feel oppressed afterward.

Deliverance isn't just about what's dramatic - it's about discernment, persistence, and spiritual authority. It's about tuning into the Holy Spirit and trusting Him to guide the process, layer by layer. I've had to press in through deeper prayer, fasting, and continual surrender

2025 marked the most incredible deliverances to date. The very first time I walked into the church I now attend, the senior pastor was out of town. A substitute pastor was preaching. Something deep stirred in my spirit during the end of service, and by the time it ended, I experienced a full-blown deliverance. But I was still in the midst of my healing journey, and there were areas I hadn't fully faced or released yet, some without even realizing it. The pastors and people praying over me began calling some of those things out, which brought clarity and confirmation. It was incredibly helpful in guiding my next steps toward healing.

I've had to renounce soul ties to things I didn't even realize I'd connected myself to. After coming out of the occult world and fully surrendering to Jesus, it was like I had a giant target on my back. The spiritual attacks got heavier - but so did the presence of God.

*"Greater is He that is in you, than he that is in the world."
1 John 4:4*

Even after dramatic experiences, I realized deliverance is not the final step - it is a powerful tool within a much larger journey of freedom.

Deliverance Is One Tool in the Toolbox

Deliverance is a powerful and vital tool, but it is only one piece of a much larger journey of freedom, and sometimes there is an overemphasis on it as if casting out demons alone will automatically fix everything.

While deliverance is important and effective, it is up to the person to maintain their ground in Christ, stay rooted in His truth, and walk in daily surrender. You can cast out demons all day long, but if the soul is not nurtured in faith, discipleship, and obedience, the enemy will seek ways to return through legal openings. Deliverance will get you out of Egypt, but it's surrender that gets Egypt out of you. Deliverance removes the enemy's grip, but surrender transforms the heart so he has no place to return.

We do not disciple a demon - we disciple the person. Deliverance removes the intruder, but discipleship trains the believer to guard the house. Without renewal of the mind, the empty spaces left behind can be filled again, just as Jesus warned in Matthew 12:43-45. Deliverance breaks chains, but discipleship teaches how to never put them back on.

Sometimes Satan will even try to come back and test us - not because we weren't delivered, but to make us believe we weren't. He wants us to doubt what God has already done. That's why Jesus said, "Your faith has made you well." Deliverance casts the enemy out, but faith and alignment with God's truth keep the door closed and secure our ongoing freedom. But freedom isn't only about removing the enemy; it's also about uncovering the lies we've accepted and embracing God's truth.

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. 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. Sometimes it is messy, like a sickness that has to run its course before true healing comes. But freedom only comes through walking through it, not around it. Many people live with unresolved grief and trauma; if we do not process those wounds in light of God's love, they become open doors for the enemy to twist our perception 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 remember His goodness, the lies 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. Sometimes the most profound healing happens when we 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 of the perpetrator - whom I never realised I'd not 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 didn't expect. And so did pride - the main perpetrator. The kind that tries to keep you in control, protect you from pain, and convince you you're fine without God. But the Holy Spirit gently unraveled those defenses. Through tears, repentance, and deep intercession, I began releasing what was never mine to carry.

This wasn't a typical prayer session. This was soul surgery.

Parts of me that had split off due to early trauma - parts that didn't trust anyone, not even God - were slowly brought back into alignment with truth. It wasn't just about renouncing dark influences. It was about allowing the light to expose 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, O 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 is not a one-time event. It's an ongoing process of sanctification, soul healing, and surrender. That day was a turning point but it was not the end. It exposed doors that needed to be closed, generational ties that needed cutting, and pain that needed grieving. It showed me that even though I've shared a lot of healing in this testimony, I'm still on the journey. There are still layers to uncover, still areas to surrender, and still more of God's love to receive.

But now, I am closer than ever to fully embracing who I am in Christ. I'm slowly learning to look at myself with love instead of hatred... to trust instead of living in fear... and to let God fully in.

*"Look, I have given you authority over all the power of the enemy, and you can walk among snakes and scorpions and crush them. Nothing will injure 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 Jesus showed me what He was doing. I could see Him come and sense his presence.

Much of that night, I sensed Jesus entering my childhood bedroom, the place I had spent most of my time and felt most alone as a child. He came back to the younger parts of me, the parts that had left, the parts that had felt abandoned and fearful. He came to take me back, to reclaim those 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.

I sensed a new peace, a quietness in my soul. My heart felt lighter. The most important thing was giving Him permission to enter those wounded places, inviting His healing love, and waiting in prayer for Him to come.

That night, during the session, I was told to pick a place that made me feel in awe of God's amazing creation. I chose the Grand Canyon. As I closed my eyes I sat there on the edge, taking in the vastness and beauty around me, I felt Jesus come close. Then, in a moment I will never forget, He sat behind me and hugged me. I could feel His love surrounding me, holding me tenderly, and 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 came 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 wasn't accompanied 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 been carrying for years - shame, fear, and the weight of my past - were being lifted from my shoulders.

Here in His presence, the healing was quiet but profound. It didn't rush me or demand perfection; it simply met me where I was and invited me to rest.

That moment stayed with me long after I left the quiet 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. And that truth continues to guide me as I navigate the messiness of life, healing, and faith.

The team was amazing and led me through each memory of wounding and every painful event, asking the Holy Spirit to guide me. It was exhausting and deeply emotional, but without a doubt, the most powerful and transformative experience I've ever had. I am continually amazed by the people God is bringing into my life to be healed, and now, with the support of this team, I am able to guide them through their own healing journeys in a similar way.

The Day After

The next day, instead of feeling an immediate sense of victory, I was surprised to feel sadness - a deep sense of loss. I broke down a few times and felt a heaviness, almost like mourning someone who had died. It was strange and unsettling at first. But as I reflected, I realized that in some ways, I had unknowingly partnered with these strongholds and demonic influences for so long that their sudden departure left a kind of emotional vacuum.

This sense of loss is actually very common after deliverance. People often expect to feel only freedom, peace, and joy - but the process of breaking chains can stir up old emotions, attachments, and memories tied to those strongholds. The grief is not for the demons themselves, but for the part of our lives we had unknowingly shared with them: the familiar patterns, the coping mechanisms, the false sense of control or identity. It can feel like letting go of something, even though that "something" was harmful.

Understanding this helps normalize the experience. It's part of the healing process, and it's a sign that your spirit is adjusting to the freedom God has given. The sadness gradually eases as the light of Christ fills the spaces that were once occupied by darkness, and as you continue to

learn how to walk in the new identity He has for you. Resting in God's presence, journaling, prayer, and processing your emotions are all part of integrating the deliverance into your life full.

And this is where the Lord began to show me something deeper about deliverance, that what happened that night was not the end of the story but the beginning of one.

Deliverance as a Tool: Walking in Freedom and Discipleship

Over time, I began to understand something crucial about deliverance: it's not just about the dramatic moments or the intense spiritual encounters. In today's culture, there is an obsession with the quick fix. People want to feel better fast, to be free instantly, or to numb the pain with a temporary solution. I've seen this in my own journey and in the journeys of others. Deliverance without discipleship can fall into this trap. You can cast out a spirit, but if the heart and mind are not being renewed and the soul is not learning to walk in God's truth, the old patterns will creep back in. Jesus didn't only cast out demons. He taught people how to live free. Deliverance is a doorway, a powerful tool that kickstarts people on the journey, but discipleship is the pathway to lasting freedom.

I've realized that one of the most effective strategies the enemy uses is to target our identity. If he can distort, steal, or confuse who we believe we are in Christ, the battles never truly end. Fear, guilt, shame, false identities, limiting beliefs, and self-sabotage thrive when we are unclear about who God says we are. Most access the enemy has is not by force but by agreement, the doors we unknowingly leave open, the lies we believe, the patterns we accept as truth. Learning how to stop making agreements with the enemy and how to renounce and break the ones we've already made is critical. It is here, in our understanding of

identity and authority in Christ, that real and lasting deliverance takes root.

Listening and Walking in the Spirit During Deliverance

During a deliverance session, the focus is always on hearing the Holy Spirit. There are intentional pauses to discern His voice, notice His movement, and observe what He brings to light. Deliverance is not simply casting out spirits - it is allowing God in to work, guide, and heal. Through prayer, guided exercises, and encounters with His presence, people often experience comfort, receive insight, release lies, and feel His peace in tangible ways.

Authority in Jesus' name is exercised when necessary to remove spiritual oppression, but it is always led by the Spirit. Sometimes, questions may be addressed to a spirit - not for theatrics or drama, but to expose the ground it has claimed and help reclaim what the enemy tried to steal. This is never a power struggle; Jesus is always in control, and His authority flows through the session.

On a particular friend's deliverance, I observed this truth firsthand. The session was intense, with multiple manifestations occurring. At one point, it appeared as though she might be having a stroke. Yet the Holy Spirit spoke clearly, revealing the word "heart" and guiding me to a Bible passage about the heart. The passage illuminated generational patterns that had been influencing her life. The leaders were also guided by the Spirit, and it was profoundly moving to witness layers of generational trauma surfacing and falling away under God's power. What might have seemed frightening became a beautiful demonstration of God's redemptive work - showing that deliverance is not just about what is happening in the moment, but also about uncovering deeper roots, breaking cycles, and restoring what has been carried across generations.

Manifestations often signal what lies beneath - unhealed trauma, generational patterns, or lies that have been accepted unknowingly. Recognizing this allows deliverance to address both present oppression and the deeper spiritual roots that feed it. The Spirit brings clarity, peace, and healing as these areas are exposed and surrendered.

Deliverance is ultimately a process of restoration and empowerment. It strengthens discernment, deepens trust in God, and connects spiritual authority with personal and generational freedom. Every session, every moment of listening, and every breakthrough points to the truth that God's work is intentional, relational, and redemptive. Deliverance is not an isolated event - it is the beginning of a lifelong walk in freedom, discipleship, and alignment with God's truth. What might appear overwhelming or even frightening in the moment becomes a profound encounter with His love, His authority, and His restoration, leaving hearts open to continued transformation and healing.

This emphasis on listening and walking in the Spirit sets the stage for understanding one of the most critical aspects of deliverance: addressing the generational patterns and spiritual doors that often underlie the battles we face.

Deliverance as Spiritual Surgery

Deliverance often functions like a form of spiritual surgery. It goes beneath the surface to remove what has been harming or shaping us in ways we didn't fully recognize. Just as a surgeon locates an infection, removes it, 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 the places that have been wounded, weakened, or distorted. It is precise, intentional, and fully guided by God.

He knows exactly where pain has been stored, where lies took root, and where generational influences have lingered. Deliverance doesn't just remove what doesn't belong - it creates space for Christ to rebuild, strengthen, and bring wholeness where brokenness once lived.

This emphasis on listening and walking in the Spirit sets the stage for understanding one of the most critical aspects of deliverance: addressing the generational patterns and spiritual doors that often underlie the battles we face.

Breaking Generational Patterns and Closing Spiritual Doors

One of the most eye-opening parts of my own deliverance journey was realizing that not everything I carried started with me. Some battles were mine, but others had been in my bloodline long before I was born. The enemy loves familiar patterns. When a door stays open through generations, he assumes he has permission to remain, and the cycle continues until someone finally stands up and shuts it in Jesus' name.

Here is the hope I learned firsthand: generational cycles can be broken. Freedom is not limited by what we inherit. Jesus already paid the price for complete restoration, but we still participate in the process. Just like salvation requires us to confess and believe, freedom requires us to renounce what was influencing our lives, refuse the enemy's claims, and come into full agreement with God's truth.

During my deliverance, the Lord showed me that healing the present wasn't enough. I had to go deeper. I intentionally walked through prayers that severed unhealthy ties, addressed patterns that were passed down, and invited the Holy Spirit to cleanse my bloodline from anything that did not belong to Him. I didn't rush through

it. I wanted every door closed, every old agreement broken, and every generational weight lifted. I felt layers come off me, things I had carried for years without realizing they weren't even mine.

Going through that process changed the way I see my calling. Deliverance wasn't only about my freedom. It was about protecting whatever God is building through my life. It was about setting a new tone for the generations that will come after me. I wanted the spiritual inheritance that begins with me to be one of blessing, clarity, healing, and wholeness, not the patterns that once tried to shape me.

Walking in Freedom: Applying Deliverance Daily

I've also learned something practical from experience. If you invest everything only in deliverance, it can feel overwhelming and discouraging. That's why viewing deliverance as a tool, an on-ramp to the highway of discipleship, makes so much sense. Deliverance isn't the destination, it's the starting point. The key is having disciple-making pathways in place so that people can grow, walk in freedom, and build a lasting relationship with God. Without those pathways, it's easy to become frustrated, feel defeated, or get stuck on one aspect of the journey. God has taught me that deliverance is just the beginning, and discipleship is where transformation really takes root.

Walking with God sincerely since 2020 has shown me that no matter how much we grow or how long we follow Him, there is always more to learn. Even after a lot of inner healing, deliverance sessions, and studying spiritual warfare, I am still a student. But each step teaches me humility, sharpens discernment, and strengthens my trust in God's process. True freedom requires ongoing renewal of the mind, surrender of the heart, and continual closeness with Jesus. Deliverance opens the door, but the

journey of walking in that freedom requires discipleship, identity, and intentional daily surrender.

This revelation transformed the way I see spiritual warfare and healing. It's not about the moments of intensity alone, but about cultivating a life anchored in God's truth, walking in authority, and embracing the identity He has given us. Only then can freedom be fully lived, fully sustained, and fully glorifying to Him. Looking back, I can see how much God used every deliverance session, every lesson, and even every setback, to teach me this truth, a lesson I carry with me every day.

Fruit of Deliverance

The night after my deliverance, I had an incredibly rewarding assignment from God. I arrived at my venue, and some of my supporters and now friends from Texas were in town to see me. Only a few months earlier, the grandfather had shared that he gave his life to Christ and that my music and testimony helped him along that pathway. He had started attending church too. This particular night, he and his wife brought along their adorable 5-year-old granddaughter, Grace Lynn.

Gracelynn instantly took a liking to me and soon felt compelled to share 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 He would protect her. She explained that she surrounded herself with teddy bears for comfort and admitted she was afraid of the dark. I assured her that Jesus is her friend, and that He would confront the evil woman on her behalf.

I shared a simple prayer with her and explained how she could call on Jesus when fear came. I also encouraged her grandparents to join her in prayer 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 isn't only about what God removes from us - it's about what He pours through us. The freedom I received that day overflowed into the life of a child, planting seeds that may grow for generations. That's 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 realized that deliverance alone isn't enough. Lasting freedom requires discipleship, identity in Christ, and daily surrender.

Deliverance: The missing piece of modern discipleship and why it matters for every believer

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 and Freedom Are Related but Different.

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 in Scripture: A Foundational Ministry

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.

Why It Is Often Neglected in Modern Churches

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. Our 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.

On top of that, 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 I experienced true freedom, quietly remain in cycles of bondage, thinking that 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 doesn't replace counseling, medical care, or support, but I discovered it was often the piece I didn't 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 connections between my spirit, mind, and body. It brought clarity, strengthened my discernment, and opened the door for deeper, lasting healing that counseling and medication never could in the past.

These experiences also shaped my work as a mental health advocate. I know firsthand how spiritual, emotional, and mental health intersect, and I'm 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 "fixed." Old thought patterns, emotional triggers, and familiar pulls

may surface, testing our response. Daily reliance on the Holy Spirit is essential.

Practical ways to walk in freedom include pausing to evaluate thoughts and emotions before reacting, identifying the source of what arises, and bringing everything before Jesus. Engaging in prayer, Scripture, worship, and supportive community helps reinforce freedom.

Freedom often shows up quietly as peace in place of anxiety, clarity instead of confusion, and a heart settled in the midst of triggers. It grows steadily with each step of obedience and alignment with God's truth.

Awareness and Discernment After Deliverance

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

When thoughts, memories, or emotions surfaced, I reminded myself not to overreact. I began asking the Spirit, "What am I feeling? Where is this coming from? How should I respond?" Over time, I recognized what was leftover trauma, what might be projection from others, and what was true Spirit-led discernment. Walking through this process strengthened my awareness and helped me embrace the authority Jesus has given me. I've learned to walk confidently in freedom, testing everything against God's truth and letting His Spirit guide each step.

I also realized that deliverance is never just personal. The freedom God gives radiates outward. When one life is restored, it can bring healing to relationships, break generational patterns, positively influence people, and even spark revival in churches and communities. I've seen firsthand how God's work in one person can inspire

transformation in many lives. True freedom doesn't stop with us - it points others to the living power of Jesus and glorifies Him in ways we often don't fully see.

Deliverance is not optional. It is a core part of the gospel, a ministry of Jesus, and a natural expression of discipleship. It reclaims what the enemy has attempted to steal and enables believers to experience abundant life in Christ. Freedom is not just for survival; it is for thriving. Every believer has access to it, and God's Spirit faithfully guides, restores, and equips as we walk in that freedom daily.

Demons Are Persistent, Not Creative

After learning to discern and respond to the Spirit, I also began to understand more deeply how the enemy operates in our lives. I realized that demons are not creative - they are persistent. They work through access points, and if no one closes the door, they assume they can stay. Thankfully, I've discovered that we can choose to stop the cycle, eliminate negative patterns, and break generational influences.

Just as I had to confess and believe to receive salvation, I've had to actively partner with Jesus to experience deliverance. He paid for my freedom, but I needed to renounce what was giving the enemy a foothold in my life. Choosing to follow Him, walking through deliverance, and confronting the enemy's claims has changed patterns in my family line and in my own life. I've seen firsthand how what was once passed down can be broken, and how walking fully in alignment with Christ allows the freedom He already purchased for me to take root in my daily life.

This freedom doesn't stop with the spiritual realm; it flows into every part of us - our emotions, our mind, and even our body. When strongholds of fear, trauma, stress, and spiritual oppression are broken, the body can begin to respond in ways that reflect God's restoration. I've

experienced moments where anxiety lessened, clarity emerged, and even physical tension lifted as I walked through the process with Jesus. Deliverance opened doors for holistic healing, showing me that God's work in our spirit often brings renewal to every part of who we are.

A New Kind of Healing

Deliverance is not only about freedom from spiritual oppression; it can also bring profound physical change. When strongholds of fear, trauma, stress, and spiritual oppression are broken, the body can begin to respond in ways that once seemed impossible. Chronic pain, stiffness, and dysfunction may gradually ease or even disappear. God's restoration touches every part of us - spirit, mind, and body alike. True freedom in Christ is holistic, and the changes we experience in the body are a visible sign of that truth.

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 stiff and painful. Adjustments provided only temporary relief, and the stiffness always returned. I had accepted this discomfort as part of life - until that day.

After deliverance, I immediately noticed a difference. My back and neck felt lighter, freer, and more mobile than they had in years. Even the smallest stiffness that had plagued me for so long had softened, and my overall mobility was remarkable.

My chiropractor was visibly surprised. Because their practice integrates faith, I was able to share what had happened. We discussed the spiritual dimension of healing and how deeply connected the body and spirit can be. That day reminded me that deliverance often restores not just the soul, but the body as well. My chiropractor expressed

genuine joy at seeing such visible results and appreciated understanding the spiritual roots behind the change.

Walking out of that office, I felt lighter in every way. There was a tangible sense of release and renewal, a reminder that God's work in deliverance impacts the whole person. This was a milestone in my journey toward wholeness, showing that freedom in Christ reaches every part of our being.

Digestive Healing

As previously mentioned, my initial deliverance also brought a complete transformation in my digestive health. For decades, IBS, EPI, and celiac disease controlled my life. Meals often led to pain, bloating, or discomfort, and even minor dietary mistakes could set me back physically and emotionally.

During deliverance, the Holy Spirit revealed the deeper spiritual roots connected to these chronic conditions. Generational patterns, past trauma, and ongoing stress were identified and broken. As these spiritual chains were removed, my body began to respond. Digestive pain, bloating, and inflammation gradually subsided. Over time, I could reintroduce foods I had avoided for years, including gluten, without little to no pain.

This restoration of my digestive system is a powerful example of how deliverance impacts both spirit and body. God's work does not stop at the unseen realm. Freedom in the spirit allows the body to function as it was designed, without the weight of past afflictions. Experiencing this firsthand strengthened my faith and deepened my understanding of God's holistic work in deliverance.

As I continued walking in this freedom, subtle but undeniable changes became apparent - my energy improved, sleep became more restful, and stress-induced symptoms that had lingered for decades began to fade.

Each adjustment in my spine and every moment of healed digestive function serves as a tangible testimony to God's power. Deliverance is more than spiritual liberation - it is a path to restored living, demonstrating that body, mind, and spirit are designed to thrive together when God's work is allowed to take hold.

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

Authority Over the Body

Not all physical healing I have experienced through deliverance has been gradual. Some moments have been acute and unmistakable.

A few months into this journey, I experienced severe food poisoning. The symptoms were intense and debilitating - persistent nausea, weakness, and physical distress that did not ease over the course of a few days. I did what I knew to do naturally, expecting my body to recover in time, but the symptoms remained severe and unrelenting.

By the third day, I recognized that something more was required. Not out of panic or denial, but out of discernment, I chose to take authority over my body in the name of Jesus. I prayed in the Spirit and deliberately 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, no lingering discomfort. I went to sleep that night, and when I woke the next morning, there was no sign that I had been ill at all - no after-effects of poisoning.

This experience reinforced a truth I had already begun to understand through deliverance: Christ's authority is not limited to the spiritual realm alone. When exercised with discernment, that authority can bring swift and complete restoration to the physical body as well.

Moments like this remind me that spiritual authority is not theoretical - it has real, tangible power in our everyday lives.

The Danger of Ungodly Media and Spiritual Doors

Even after major deliverance, I quickly learned that freedom is not a one-time event. Not long after I had been delivered from lustful spirits, I experienced this firsthand. I was watching a show that had an intimate scene in it, and all of a sudden my body was overtaken by a spirit. The effect lasted for almost 2–3 weeks until it was finally kicked out in my next deliverance session. The sexual thoughts I was having were ungodly, and I felt the enemy had such a hold on me because I accidentally let it in. It was a stark reminder of how easily we can open doors without even realizing it.

Common Media That Can Open Doors:

- **Horror films (especially those involving trauma, gore, intense fear, demonic themes, paranormal activity, the undead, or occult rituals)**
- **Fantasy or sci-fi media (many have real spells or incantations, romanticize darkness, and encourage partnerships with demons throughout)**
- **Games that involve violence, sexual acts, conjuring spirits, or role-playing as witches, wizards, or dark beings**

- **Books that normalize or glamorize the demonic, sexual perversion, or rebellion**
- **Music rooted in curses, lust, self-hatred, death, or anti-God messages**
- **Anime or animated content with seductive spirits, false gods, or spiritual distortion**
- **YouTube, TikTok, and streaming content where curses, “spell talk,” or witchcraft trends are rampant**

In my own experience, I discovered that even media that seems “harmless” can influence the heart and spirit. That show I watched didn’t seem overtly evil - but it opened a door that allowed a lustful spirit to gain access. This is why discernment is so crucial. What entertains us will eventually influence us. What influences us can, over time, lead us, shape our affections, and disciple us - often in ways we don’t immediately recognize. Left unchallenged, this can invite confusion, spiritual dullness, or even direct demonization. That’s why Paul says in Philippians 4:8 to focus on what is true, pure, lovely, and of good report. We do this not to be legalistic, but to protect our hearts, minds, and atmospheres.

How the Enemy Works

Demons don’t just want your permission - they desire your participation. Participation doesn’t always look like invoking a demon’s name. Sometimes, it looks like passive agreement: staying silent, indulging “just a little,” or excusing it because “it’s just a movie.” That’s how the enemy works. It is not always through oppression or fear; it can be subtle deception, slowly creeping in.

If you realize you’ve opened a door through media, here’s a way to respond:

- 1. Ask the Holy Spirit: “Have I watched, listened to, or participated in something that gave the enemy access?”**
- 2. Repent: “Lord, forgive me for engaging with content that welcomed darkness into my life.”**
- 3. Renounce: “I renounce every agreement I made, knowingly or unknowingly, through that content. I break all influence from it and every spirit that had a hold on me.”**
- 4. Remove it: Delete, discard, or destroy anything tied to that door, like in Acts 19:19. This could include devices, games, books, or media.**

You are not made to dwell in guilt or fear. The Spirit of God comes to fill you with light and strength. You don’t need to obsess, but you do need to actively guard your heart, mind, and surroundings.

How Do I Know I’ve Truly Been Delivered – Recognizing When Freedom is Real

One of the questions I found myself asking early in my journey was, “How do I really know I’ve been delivered? I especially wrestled with this after not feeling any major difference the day after my first significant session, and again a couple of months later when the enemy tried to attack me at night. I think this question comes from a genuine desire to understand God’s work in our lives and to make sense of the shifts taking place inside us.

For me, the evidence of freedom didn’t arrive in one big dramatic moment. Instead, it revealed itself in subtle, yet profound ways. Sometimes the change is immediate - peace replacing pressure, clarity replacing confusion.

Other times, it's gentler, like a soft internal reset or a quiet shift in how you relate to your thoughts and emotions.

Freedom often showed up in small but meaningful ways. I noticed myself responding differently to situations that once overwhelmed me. Patterns of anxiety or intrusive thoughts that had dominated my mind began to quiet. The heaviness I had carried for years slowly lifted, and even my physical body seemed lighter and was healing.

It's important to remember that even after deliverance, learning to walk in that freedom takes time. Just because a spirit leaves doesn't mean the habits, thought patterns, or emotional reactions it influenced vanish instantly. If old thoughts resurface or familiar pulls arise, it doesn't mean deliverance failed - it means you're in the process of learning a new rhythm, now with Jesus. That process can feel awkward or uncomfortable at first.

Deliverance isn't about perfection; it's about partnership. It's about staying responsive to God, aligning with His voice, and choosing truth when lies or old patterns try to creep back in. The proof of freedom isn't always dramatic - it's in the fruit: calmer reactions, a clearer mind, a lighter heart, and a deeper connection with Jesus. Look for subtle changes, the places that feel softer, and the peace that settles in spaces once filled with chaos. That is deliverance at work. Even if progress is slow, it is real, and the same God who began this work will faithfully complete it.

New Doors Opening

Since my deliverance, God has been opening doors into places I never imagined, including addiction recovery centers, jail ministries, and rehab programs. I have been commissioned to write songs and create content for various organizations, bringing truth, hope, and freedom to those in need. He has called me back into spaces where

darkness once had a grip, so that I can now bring His light, healing, and love to others.

As I step into a deeper role of discipleship and evangelism, the opportunities are limitless. Whether it is connecting with people He divinely places in my path at shows, or encountering strangers who suddenly open their hearts, I see His hand at work in every encounter. Each door that opens is an invitation to walk boldly in His authority, to proclaim freedom, and to demonstrate the reality of His love through both word and action.

Deliverance is not only personal, it is meant to flow outward. Every person set free, every heart touched, and every life restored becomes a testament to God's power. But the impact does not stop there. Each encounter is also a doorway to discipleship. Deliverance opens the on-ramp, and discipleship provides the pathway for lasting transformation. By guiding others in their journey, equipping them to walk in freedom, and helping them grow in Christ, the cycle of restoration multiplies. This is the fruit of God's work: freedom that leads to growth, growth that leads to maturity, and maturity that leads to the building of His kingdom.

Freedom From Oppression and tormenting spirits

Another powerful fruit of deliverance has been the near-complete end of demonic activity in my life. Since that first session, there has been no more choking at night and only minimal attempts from spirits to enter my body. I have occasionally sensed watchers or different spirits around - but even those have significantly lessened, and they no longer have the access or control they once did.

Deliverance doesn't just affect the soul - it can also bring restoration to the body and everyday life in ways you might not expect.

And with every subsequent session, it has lessened further and further. I no longer feel the need to purge my home or environment of demonic influences, because it is as though whatever once tormented me has been completely removed. This freedom is something I don't take lightly. For years, I lived under the weight of oppression and torment, but now there is peace - a peace that only Jesus can give. My nights are more restful, my days are filled with clarity, and I can move forward without fear of what once tried to destroy me.

Does this mean Satan has stopped attacking me? No. He still tries, and temptation continues, but I am standing firm on God's promises. The difference now is that I recognize the battle, walk in authority through Christ, and refuse to give him the foothold he once had.

Freedom From the Target & Beacon Spirits

In one of my later deliverance sessions, Jared discerned and confronted two spirits that had been affecting my life in ways I did not fully understand until they were named: Target and Beacon. These spirits are often associated with people who have dealt with stalkers, addiction, trauma bonds, ritualistic or occult exposure, or persistent unwanted attention. Their purpose is deeply oppressive.

The Target spirit draws harmful, predatory, or manipulative people toward an individual, almost as if the person carries an invisible mark that attracts unhealthy fixation or harassment.

The Beacon spirit acts like a spiritual "signal," amplifying that pull even further, broadcasting vulnerability or spiritual openness to those who operate in darkness. Together, they create a cycle where a person feels repeatedly singled out, watched, pursued, or spiritually exposed without fully understanding why.

For years, I had struggled with patterns that reflected exactly this, especially with unwanted attention and stalking. These were not coincidences. They were spiritual assignments. Being delivered from Target and Beacon was a turning point for me. Jared firmly and prayerfully confronted them, and once they were broken off, I felt a noticeable shift, like a pressure I did not know I had been carrying had finally lifted.

That does not mean everything magically disappeared overnight. I still have to deal with certain stalkers, and I still face moments where the enemy tries to provoke fear or intimidation. But now I walk in God's full authority, covered constantly by the blood of Jesus, refusing to give fear a foothold. The difference is that those spirits no longer have the legal right or spiritual power they once held. Their assignment over my life has been canceled.

My job now is to stay alert, stay aligned, and stay anchored in God's truth, because freedom is not just what happens in the moment of deliverance. It is the daily walk of protection, discernment, and staying under His covering.

Stepping Into Deliverance Ministry

Since my own breakthrough, I've begun working alongside my deliverance team to help set others free. What God has done in me, He is now doing through me, and it's been amazing to witness the bondage people are walking out of. Each session is a reminder that deliverance is not just about personal healing, but about multiplying freedom in the lives of others.

Watching chains break off people, addictions, generational curses, lies they've carried for years, is one of the most humbling and powerful things I've ever experienced. It affirms the truth Jesus declared:

"The Spirit of the Lord is upon 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

Deliverance is never about our strength. It's about His authority. To now walk in that authority and partner with God in the healing of others is a privilege I don't take lightly. Every testimony is proof that the same God who met me in my brokenness is still in the business of setting captives free.

I am very careful now, because during my journey of deliverance, I had to take a step back at times. In the early stages, I experienced spiritual manifestations and realized I was opening myself up to vulnerability with other spirits. This path of breaking free from the occult and false spiritual practices is not easy, and it's not for everyone. It comes with hard days, deep reflection, and moments that test your faith.

But the process is worth it. Each step toward surrendering to Jesus, releasing what doesn't belong, and inviting His protection brings greater freedom, peace, and clarity. It's a journey that requires patience, discernment, and reliance on God, but it leads to true wholeness that no worldly practice or spiritual shortcut can offer.

As God brought me into deeper freedom, He began showing me that deliverance isn't just personal, it's meant to flow through us to others. That night was the first glimpse of that reality unfolding, leading directly into the fruit of what God was doing through me.

With healing in place, God began opening new doors - opportunities to serve, minister, and share His freedom with others. Finally, I want to leave you with a prayer you can use to invite God's healing and freedom into your life.

Maintaining Your Freedom – Walking in Deliverance Daily

After experiencing deliverance, I quickly realized that freedom doesn't automatically mean life suddenly feels "fixed." Old thought patterns and familiar pulls still try to sneak in, testing me at unexpected times. Walking in freedom is a daily choice, and it requires intentionality, discernment, and reliance on the Holy Spirit.

One of the most important habits I developed was pausing to evaluate my thoughts, feelings, and spiritual impressions. Just because something feels intense or spiritual doesn't automatically mean it's from God. The enemy loves to sow confusion, accusation, and fear, especially as you begin to step into the freedom God has given you.

When a thought, emotion, or temptation arises, I ask myself:

- Does this align with God's Word and character?**
- Is it rooted in peace or in fear, shame, or control?**
- Does it draw me closer to Jesus or pull me into isolation, self-effort, or anxiety?**

Regularly assessing these moments strengthens discernment and keeps me aligned with God's truth. Maintaining freedom also involves creating new habits and patterns. Old reactions may attempt to resurface, but now you have the authority in Christ to respond differently. Prayer, Scripture, worship, and accountability in community become tools for reinforcing freedom.

Sometimes the test comes in unexpected ways, stressful conversations, triggering memories, or challenging situations. How you respond in those moments is proof that deliverance is taking root.

Keep in mind, the Holy Spirit doesn't operate through fear, guilt, or panic. His guidance is always gentle, clear, and rooted in peace. When thoughts, emotions, or memories come up after deliverance, don't run from them or make them bigger than they are. Instead, bring them to Jesus and allow Him to show you what's really going on. Just because something surfaces doesn't mean a spirit has returned. Often, it's old wounds, unresolved feelings, or memories that weren't ready to be faced before, now rising so healing can continue.

Sometimes what you feel isn't coming from you at all. It could be projection - impressions, emotions or thoughts coming from another individual or even an environment trying to influence you. And sometimes it's discernment - God helping you recognize what's happening and how to respond.

You are no longer the same person you were before deliverance. Your awareness is sharper now, and that clarity is a gift, not a burden. You're more attuned to truth, not to fear. Deliverance doesn't just set you free - it strengthens your spiritual awareness and gives you the confidence and authority Jesus has provided. Stay grounded, test what comes up, and keep walking in the freedom you've been given.

Ongoing Work of Freedom

Maintaining freedom is a lifelong rhythm, not a one-time event. There will be seasons when old patterns return, but with Jesus, you can choose truth and respond differently each time. Every step you take in obedience strengthens your freedom, making it more natural and visible in everyday life.

Freedom isn't always dramatic, it's often quiet, steady, and subtle. It shows up in small victories, in a lighter heart, and in the peace that sustains you when circumstances feel

chaotic. The God who began this work in you is faithful to continue it, growing your freedom, deepening your intimacy with Him, and shaping your life to reflect His love and truth.

Even after a powerful deliverance, freedom is not automatic or complete. Deliverance removes demonic influence, but it does not automatically dismantle the strongholds, beliefs, agreements, and patterns that were built in partnership with that influence. Walking in lasting freedom requires daily surrender, renewing the mind with truth, and staying anchored in God's Word and prayer.

Questions People Often Ask About Spiritual Freedom

Many people have questions about deliverance and spiritual authority, especially after experiencing oppression or spiritual attacks. These are common concerns and misunderstandings, and knowing the answers can help you walk in greater clarity, protection, and peace.

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

Deliverance removes demonic influence, but it does not automatically dismantle the strongholds that were built in partnership with that influence. Strongholds include beliefs, agreements, and patterns. Understanding them, renouncing lies, and embracing God's truth are key to lasting freedom.

2. Can a Christian have a demon?

Christians cannot be possessed or owned by demons, but they can be oppressed or influenced by them, especially in areas where doors have been opened through sin, trauma, or agreements with lies. The Holy Spirit seals your spirit, but your soul, which includes your mind, will, and emotions, can still be a battleground.

3. What if I am skeptical about the deliverance ministry?

It is normal to feel skeptical. Deliverance is always rooted in Scripture, guided by the Holy Spirit, and focused on practical steps for walking in freedom. You do not have to embrace every method or practice to benefit from identifying destructive patterns, renouncing lies, and renewing your mind.

4. Is deliverance only for charismatic or Pentecostal believers?

No. The principles of deliverance are biblical and accessible across denominational lines. Repentance, forgiveness, renouncing lies, declaring truth, and walking in obedience are practices all believers can use to experience freedom.

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

Yes. Daily prayer is essential for protection and alignment with God's authority. Even Jesus taught us to pray, "And lead us not into temptation, but deliver us from evil" in the Lord's Prayer, showing that deliverance is a continual, daily reliance on God for freedom and protection.

6. Why do strongholds sometimes come back after deliverance?

Strongholds can persist if the heart and mind are not continually renewed. Deliverance opens the door for freedom, but faith, daily surrender, discipleship, and obedience are what keep the door closed and prevent the enemy from returning.

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

You will notice peace, clarity, and a decrease in spiritual oppression, fear, and unhealthy patterns. Freedom also grows as you actively walk in obedience, discernment, and

identity in Christ. True freedom is a process, not just a one-time event.

8. Can deliverance affect physical health?

Yes. Spiritual, emotional, and physical well-being are interconnected. Removing tormenting influences and walking in freedom can bring peace to the body, restore energy, and sometimes even facilitate physical healing.

9. What steps should I take if I feel targeted or oppressed?

Stay aligned with God through prayer, Scripture, and faith in Jesus. Renounce lies, cut off unhealthy soul ties, close doors that allow spiritual influence, and seek counsel from Spirit-led believers if necessary. Remember, authority in Christ is your shield, and daily surrender maintains your protection.

10. Is freedom permanent after one deliverance session?

Freedom is ongoing. Deliverance is a powerful tool, but lasting transformation comes through continued renewal, discipleship, and walking in obedience. Daily reliance on the Holy Spirit, prayer, and God's Word sustains freedom and strengthens your spiritual foundation.

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

Some attacks are spiritual assignments, like the Target and Beacon spirits. They are often linked to trauma, unhealthy relationships, or exposure to darkness. Deliverance can remove these influences, but staying spiritually alert and walking daily in God's protection is key to preventing repeated oppression.

Prayer for Deliverance and Healing

Heavenly Father,

I come before You on behalf of the one reading or listening right now. Lord, You know every wound, every torment, every open door. Nothing is hidden from You. You see the battles they've been fighting - the fear, the shame, the torment, the confusion. And yet, You are not a God of confusion, but of peace. You are not distant. You are near to the brokenhearted and You rescue those whose spirits are crushed.

Father, in the mighty name of Jesus, I pray that every stronghold the enemy has tried to build in their life would be torn down by Your power. I ask that every tormenting spirit be silenced in the authority of Jesus Christ. I speak peace into their mind, healing into their body, and restoration into their soul.

Lord, expose every open door. Shine Your light on the cracks where the enemy has snuck in, and give them the wisdom and strength to close those doors for good. Seal them with Your Holy Spirit. Break every soul tie, every generational curse, and every assignment of the enemy.

I thank You, Jesus, that Your blood is enough. That You are the Deliverer. That who the Son sets free is truly free. And I declare over them today: You are not too far gone. You are not too broken. You are loved, chosen, and covered.

Holy Spirit, fill every empty place. Flood them with Your presence. Surround them with truth. May they walk in freedom, boldness, and joy from this day forward.

In Jesus' powerful name, Amen.
