

# SELF- DELIVERANCE

Deliverance is progressive in our lives; as we grow and mature in the Word, we are delivered in many areas. Although many people receive complete deliverance the moment they invite Jesus to come into their hearts, this is not a common occurrence. Most people receive deliverance as they grow in the knowledge of the Word and in God.

**What is bondage?** Bondage is a demonic oppression that prevents people from doing what is right. While in bondage, people are still to distinguish between right and wrong but unable to act upon that knowledge because the demonic influence operating in their lives prevents them from doing what is right.

**What is self-deliverance?** Self-deliverance is when a believer repents of his wrongdoings and renounces to any demonic spirit that is operating in his life. The believer is able to do this because of his authority in Christ and the power of the Holy Spirit, without the help of another individual.

**Why does self-deliverance have varied results for different people?** One reason that self-deliverance might fail could be that the individual is under a powerful demonic control.

Another reason is that the person might be controlled by familiar spirits. In simple terms, the spirits operating and controlling this person have been in his family for generations and will not give up their territory easily or without a fight. In this case, it is not just a question of casting them out. These demons will defend what they believe to be their territory because legal rights were given to them long ago by a member of the person's ancestry.

**Who receives the benefit of self-deliverance?**

Those who are absolutely convinced that deliverance is the "children's bread".

People who live in remote areas.

Leaders and believers that hold high positions in the ministry but lack the spiritual Father who can minister to them.

Believers that have been through deliverance sessions several times with the help of another person.

Believers that received deliverance but failed to resist temptation; their sin opened doors to the enemy once more.

Believers that still need deliverance. (The root of the problem needs to be dealt with prior to ministering self-deliverance.)

Believers who received deliverance but continue to feel there is a particular or specific oppression still operating in their lives.

**How should we prepare for self-deliverance?** Before a person practices self-deliverance, he must be absolutely sure that Jesus is the Lord and Savior of his life; he must be born-again. Other important factors that need to be taken into consideration are total repentance and living a pure, holy, righteous life.

**Three obstacles that prevent believers from receiving deliverance:**

1. Lack of repentance
2. Unforgiveness
3. Doubt

**What steps must be taken for a successful self-deliverance?**

1. Make a list of the things in your life that you feel the need to be delivered from and then practice self-deliverance; for instance:

- Lust
- Rejection
- Lies
- Unforgiveness
- Fear
- Gluttony
- Anger
- Generational Curses
- Sickness
- Depression
- Passiveness
- Doubt
- Prescription Medication
- Alcohol
- Cigarettes
- Drugs
- Pornography

Homosexuality  
Lesbianism  
Anxiety  
Sterility  
Loneliness  
Cancer  
Pills

## **Repentance and renouncing**

Once you have finished your list, begin to repent of each one individually and finally renounce them.

### **Repeat the following prayer out loud:**

“I confess that Jesus Christ is my Lord and Savior. Of my own choice, I voluntarily renounce to all of Satan’s activities in my life that came because of my parents, grandparents, or my own iniquity and transgressions.”

“I repent from every thought, word, or action made consciously or unconsciously, which dishonored Jesus. Lord, I ask you to forgive me, and I ask you to cleanse and deliver me from these evil strongholds.”

“Jesus, I renounce the devil, the demons and his works, his influence in my life, the strongholds against me, and all oppressions, curses, and sickness that are present in my life. I renounce every demonic influence that operates me from your path. I ask for total deliverance because I believe that your death and resurrection makes my deliverance possible. I ask that you become the Lord of my entire life. Amen!”

## **The process of self-deliverance**

Since this is a matter between the Lord and yourself, it is recommended that you do this in private. As soon as you finish confessing the previous prayer and declaration, begin to name each spirit. If you don’t know what to call the spirits that are manifesting in your life, then order the spirit behind the oppression or influence to loosen you. You can say:

I order every spirit behind that evil influence to loosen my body right now in the name of Jesus!

If you know exactly what spirits are oppressing you, then you can say: “Spirit of rejection, I bind and order you, in the name of Jesus, to get out of my life, right

now! You should go through every spirit, area by area. Renounce it, bind it, and order it to leave in the name of Jesus. It will leave your life.

At the time, you are probably experiencing the desire to cough, to yawn, or perhaps to vomit; this happens as the Holy Spirit begins to deliver you. If you don't have a spontaneous evidence of deliverance, then begin to cough and to breathe deeply. You will find that the voluntary act of coughing will continue until the spirits responsible for your condition leaves your body. Coughing, whether it is voluntary or deliberate, is a step of faith that you take, but demons recognize it is a sign to leave; the results are the same as if someone else were casting them out.

**Important words of advice that must be remembered at the time of self-deliverance:**

1. Never talk to the spirit that is speaking into your mind. Order it to remain silent and to leave in the name of Jesus. Once you have commanded it to leave, begin to cough deliberately until you feel that it has left.
2. Demons might try to distract you by making you cry. This is their usual tactic to try to delay the process. Therefore, don't give into it. Begin to cough deliberately or to yawn until they have no choice but to obey; at this time, you will notice that the desire to cry disappears.
3. Remain seated the whole time and refuse to surrender to any force that might want to make you scream or fall to the floor. When you refuse, in the name of Jesus, to obey these demons, they are quick to understand that you are the one in control.
4. Declare that you are free; claim it and take hold of it by faith. Sometimes, the demons will try to convince you that nothing happened, especially when there is no physical evidence to back up your deliverance. The first couple of days and weeks after your deliverance, the spirits will try to convince you that you are not free and that your deliverance was not complete. They will strike back at you with the same symptoms and make you feel the same desires that operated in you before your deliverance, but now you have the authority to take total control over them and to rebuke them.
5. If you tried self-deliverance for the first time and you were not totally delivered in certain areas, then do it again, only this time be more specific in those areas that still need deliverance.

6. You must believe that this act of faith is really happening. The key to loosening your faith is your confession and it must be spoken with authority.
7. Work together with the Holy Spirit. He will show you those areas in which you need deliverance. He will constantly remind you which ones they are.
8. Be patient because some strongholds are stronger than others. A weak stronghold can be broken instantly, but a strong one could take longer.
9. Pray for a cleansing and renewal. Begin to pray. Ask for the Lord to cleanse every area of your body, soul, and spirit. Ask Him to fill those areas that the spirits left vacant. One way a person can receive total cleansing is to breath deeply; this is an act of faith.

I would like to leave you with the final word of advice. Hold on to your deliverance, decide to live in holiness (without sin), pray every day, read God's Word, and rebuke every thought that the enemy puts in your mind. Be filled with the Holy Spirit, assist a spirit filled church, and resist the devil.

**Important principles you should know:**

1. Strongholds are demonic influences that prevent you from doing what is right.
2. Self-deliverance can be done by any believer.
3. Unforgiveness, doubt, and not repenting are great obstacles that stand in the way of your deliverance.
4. Deliverance occurs instantaneously or progressively.
5. Self-Deliverance is successful when you work together with the Holy Spirit.