



Four Steps To Deliverance

Have some water, tissues, a bag or wastebasket on hand.

Spirits are tangibly compared to wind or breeze in scriptures; this is the best explanation for a material form of a spirit. So when an individual is expelling an unclean spirit they are likely to expel air from their bodies. This is in the form of burping, passing gas, throwing up, gagging, spitting up, coughing, choking, screaming, talking, cursing, speaking in another language, contortion of face or body (expels force through movement, similar to stretching expelling tension), yawning, etc.

Stay persistent and begin to blow out like you're trying to blow out a demon if you do not experience common signs of deliverance.

Below are 4 steps you can follow to ensure deliverance.

1. **Reflect**– it is necessary for you to take some time and think about your life, shortcomings and struggles, and how they can be categorized spiritually. This will shed light on what you are dealing with and how to approach it. Is it a soul tie? Is it anger? Is it generational? Is it unforgiveness or bitterness? During your time of reflection you spend time with the Lord and this can go on for days, weeks, or months, as you pray and fast and ask the Holy Spirit to bring to mind any areas of sin, trauma, bondage, etc. in your life.
2. **Renounce**– to give up, refuse, or resign usually by formal declaration; to refuse to follow, obey, or recognize any further. After reflecting on your ways it is important for you to come out of agreement with, or renounce them with a verbal declaration. Your words have power and what you decree will be established. During this step, please forgive those who've hurt you. Forgiveness is crucial to successful and lasting deliverance.
3. **Repent**– now that you've come out of agreement with it, it's important for you to declare through repentance that you are changing your ways. Sometimes we can know something is wrong, and even say we'll never do it again however, still not be ready to turn from our ways. Repentance says, I am ready to turn from my old ways.
4. **Release**– This is when you release or loose yourself from demons and their assignment through attacking specific things in prayer, and then casting the demons out.

Below is a literal guideline which can be used when going through incubus and succubus bondage.

However, it can also be used as a guideline when fighting other battles. Use the prayer points literally, and also take them as a guideline on how to pray when going through other battles making them unique to the warfare you're going through. In, "What Are Dreams and How Are They Used?" And "How Do Incubi and Succubi Enter Our Lives?" We spoke about how various ways covenants are established in dreams; these ways do not only apply to incubi and succubi, it applies to demons in general so, I highly recommend watching those videos so you can use the knowledge to pray more effectively. As you read along you will notice some prayer points are very similar, this is because it is important to be as specific as possible with bondage to ensure you are attacking every possible area.

Reflect

Reflection is the first step to deliverance. Many people miss true deliverance because they want to deal with what they want to deal with without allowing the Holy Spirit to have total control of the process. Reflection takes time and honesty; there is a reason why we are in the bondage we are in and we have to be willing to accept our role in our issues if we truly want help. Reflection is a personal work of the Holy Spirit in your life. It is when you are honest with yourself about the way you are and why you've been that way. This begins to cause the demons you are dealing with, and the bondage you're in to become clear. During reflection take time to reflect, and forgive whoever you've had unforgiveness towards. This is the first and most important step to deliverance. You must forgive to be forgiven. Without true forgiveness, you leave doorways open for the demons to come back in because unforgiveness is active sin. When forgiving, take the time to audibly say who you forgive and what you forgive them for., no one else needs to hear you but you do need to speak loud enough to hear yourself clearly because you are decreeing this. Remember, this step (just like every other step) requires the help of the Holy Spirit. It takes time and may take a few days of forgiveness before you move on to the next steps. Deliverance is not a race, it is a process that has to be tailor-made to your unique set of circumstances. Unforgiveness of yourself, meaning you have not forgiven yourself for sins or past mistakes, can also hinder successful deliverance. As you seek to forgive others, you cannot neglect to forgive yourself. Another aspect of reflection which may apply to you is confession. Scripture tells us this concerning confession:

James 5:16

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

Proverbs 28:13

He who conceals his transgressions will not prosper, But he who confesses and forsakes them will find compassion.

1 John 1:9

If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

The proper way to confess your sins is to find a trusted, mature brother or sister in Christ, or ministry leader and confess the things the enemy has held over your head, the things you feel shame and guilt about, the things you've kept secret which have been eating away at you preventing you from progressing spiritually, and the things which have been causing you to wear a mask. You have to reject pride, humble yourself and confess; according to scripture, this is the way to healing. Confession is an act of liberation. Your time of confession does not have to become a counseling session, and it is not a time for you to expect a person to make you feel better about what you've done. This is the time for your Heavenly Father to step in, cleanse you from all unrighteousness and move you forward into deliverance, as your sibling (who you've confessed to) in Christ prays for you. Once you've taken time to forgive or to confess your sins, you should move on to the next 3 steps.

Sidebar: reflection may result in repressed memories surfacing.

Renounce

In the name of Jesus I renounce:

Perversion

Sexual immorality

Sex with demons

Incubus and succubus spirits

Every form of sodomy; oral sex, anal sex, and bestiality

Pornography

Lust

Lustful thoughts and fantasy lust

Masturbation

Anger

The influence of the marine kingdom

Every false way

Now tell them to name things that are unique to their lives.

Repent

In the name of Jesus, I repent for all sexual immorality that I have willingly and unwillingly, engaged in.

In the name of Jesus, I repent for all sexual immorality that I have willingly and unwillingly, engaged in within my dreams .

In the name of Jesus, I repent for every satanic dowry that I've accepted, and every satanic transaction that I have been a part of.

In the name of Jesus, I repent for every gift, whether it was a car clothing, monetary jewelry, or any other type of gift I repent for every gift that I've received from a demon.

In the name of Jesus, I repent for enjoying spiritual sexual encounters.

In the name of Jesus I repent for welcoming Spiritual sexual encounters.

In the name of Jesus, I repent for all lust, fantasy, lust, pornography, and masturbation in my life .

In the name of Jesus, I repent for engaging in form of sodomy anal sex, oral, sex, and bestiality.

In the name of Jesus, I repent for having sex with a woman during her period, and for a woman I repent for having sex during my period

In the name of Jesus, I repent for swallowing another persons or my own bodily fluid, vaginal secretions and semen feces and blood.

In the name of Jesus I repent for every time I was molested.

In the name of Jesus, I repent for each time I was raped.

In the name of Jesus, I repent for incest.

Release

In the name of Jesus I return every gift and dowry I received from an unclean spirit.

In the name of Jesus I loose the Blood of Jesus upon satanic marriage certificate, license cabinet and altar, and I blot my name off of it, in the name of Jesus

In the name of Jesus I loose the fire and wrath of God upon every satanic pregnancy and child in the realm of the spirit. In the name of Jesus I reject those children, I renounce them and I abort them now in the name of Jesus. In the name of Jesus I command them to die now, along with every satanic assignment they represent and empower.

In Jesus's name I take back all the money I gave away or that was taken from me in my dreams, and I take it back washed and cleansed with the Blood of Jesus.

In the name of Jesus I loose the fire of God to destroy every gift, dowry, marriage license and certificate with my name and bloodline attached to it.

In the name of Jesus overthrow and destroy every satanic altar erected against me naturally, and spiritually.

In the name of Jesus, I bind every demon attached to those altars, and I cancel their assignments, in the name of Jesus.

In the name of Jesus, I blot my name off of every satanic agenda, assignment, book, inscription, tablet, and writings of any kind, because Jesus has blotted out every handwriting and ordinance that was written against me, and was contrary to me, and he took it and nailed it to His cross. Right now, in the name of Jesus I nail every satanic assignment the enemy has planned for my life and for my bloodline, to the cross of Jesus.

In the name of Jesus, I take back all of my DNA that is in the possession of the enemy. I take back my hair, nails and nail clippings, skin, and everything else used for my DNA back washed and purified with the Blood of Jesus.

In the name of Jesus, I loose the Blood of Jesus over myself naturally, and spiritually to purge myself from all satanic DNA.

In the name of Jesus, I loose the Blood of Jesus to wash out all satanic DNA in my mouth, reproductive system, and every other system of my body both naturally and spiritually.

In the name of Jesus, I loose the blood of Jesus over every system in my body naturally, and spiritually to purge out, cleanse out and wash out all satanic seed, viruses, sicknesses, impregnation, implantations, and assignments.

In the name of Jesus, I take back all of my clothes, underwear, bras, shoes, virtue, prophecies, time, ministry, finances, and everything else that belongs to me from the hands of the enemy, and I take it back, wash and purified with the Blood of Jesus in Jesus's name.

In the name of Jesus I reverse every satanic exchange.

In Jesus's name I reject and return all the property of the enemy that's in my possession.

In Jesus's name I loose confusion into every camp of the enemy fashioned against me.

In the name of Jesus, I separate every demonic army that is fighting me from each other, and I strip them from their rank.

In the name of Jesus, I sever every lay line, silver cord, connecting rope, chain, or any other tool and instrument of bondage, connecting me to a demon, or connecting a demon to me. I sever those chains and chords by the Blood of Jesus, in the name of Jesus.

I loose myself from every curse that is functioning in my life.
Christ has redeemed me from the curse of the law being made a
curse for me as it is written cursed is everyone who hangs from a
tree.

I sever all lines of communication between the demons within me
around me and their chief demons, in the name of Jesus.

In the name of Jesus, I cancel every satanic assignment against me
that's connected to the elements, the stars and constellations, shapes,
as well as incantations, spells, various types and bodies of water, the
sun, the cycle of the moon, specific hours of the day, evening,
morning and night.

In the name of Jesus, I cancel every satanic assignment, connected
to specific ages and seasons in my life.

In the name of Jesus, bind every strong man and I cast you out.
In Jesus's name start speaking blessings over your life which are
contrary to what you've experienced and speak the Word of God
concerning His children. (Ex. If you are casting out poverty- "In the
name of Jesus I decree all of the money that has been stolen from
me naturally and spiritually is being restored to me 100 fold quickly
in Jesus's name. I am the head and not the tail, I am the lender and
not the borrower in Jesus's name.)

If you have followed these for steps as the Holy Spirit has led you
to, the demons have no more legal rights. You can begin to cast
them out with complete faith that they **MUST** go since they no
longer have any legal rights or spiritual ground to stand on.
With this in mind, you should begin to confidently cast the demons
out.

Follow these 4 steps are often as you are led to by the Holy Spirit. If
you receive this, Godspeed!!!