

Sample (Session Three) from *The Leader's Freedom*

This sample session is taken from the Learner's Guide, which every learner is required to obtain. The Instructor's Guide has the exact same content but also includes PowerPoint Slides, Exams, Leader's Notes and Instructor Tips for teaching each session.

Look For These Unique Design Features In This Session:

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|-----------------------------|---|
| Session Outline | – Listed on the first page to provide a brief overview. |
| Objectives | – A primary educational objective, plus detailed supporting objectives for each main concept. |
| Main Diagram | – Each module has a main diagram to provide a “You Are Here” visual for the learner. |
| Diagrams & Boxes | – Many diagrams and visuals to enhance and support the teaching concepts. |
| Bolded Key Points | – The key points are bolded in a concise way for the Instructor and Learner to easily grasp the essential concepts. |
| Outline Format | – All sessions use an easy-to-follow outline format to make the lesson easy to teach and easy to learn. |
| Point to Ponder | – Summary or climactic thoughts placed in a shaded oval area to provide emphasis or interaction. |
| Group Application | – Every session has a Group Application at the end for small group activity, interaction, and assessment. |
| Discussion Questions | – Further questions for discussion and reflection. |
| Appendices | – Added material to study the topic further or provide assessments and resource tools. |



The Leader's Freedom

Contains Seven Sessions

Teaching Sessions

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There are seven sessions in *The Leader's Freedom* module. The circled session shown above is printed in this book to provide a sample for you.

SESSION OUTLINE

A. Eight Common Bad Fruits of Spiritual Bondage.

1. Unrighteous anger.
2. Hatred and prejudice.
3. Sexual impurity and immorality.
4. Substance abuse.
5. Fear and anxiety.
6. Self-hatred.
7. Gossip and slander.
8. Envy and jealousy.

B. Nine Common Bad Roots of Spiritual Bondage.

1. Unforgiveness.
2. Unhealed wounds.
3. Bitterness.
4. Denial.
5. Wrong reasoning.
6. Rebellion.
7. Rejection.
8. Grief.
9. Remorse.

C. Exposing Bad Roots.

1. Reflection.
2. Revelation.
3. Identification.

SESSION OBJECTIVES

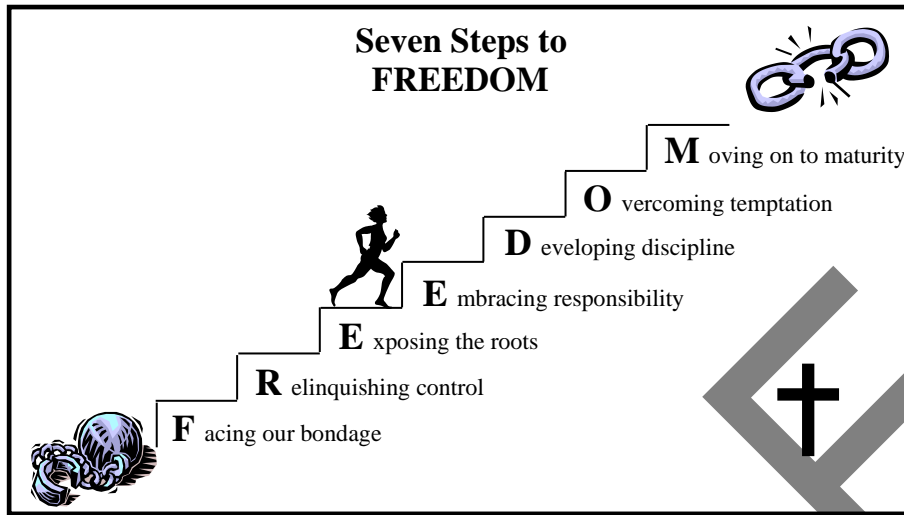
Primary Objective:

To recognize that bad fruit in our lives comes from bad roots of bondage and then realize practical ways to expose the bad roots, so that the participants can turn bad fruit into good fruit.

Supporting Objectives:

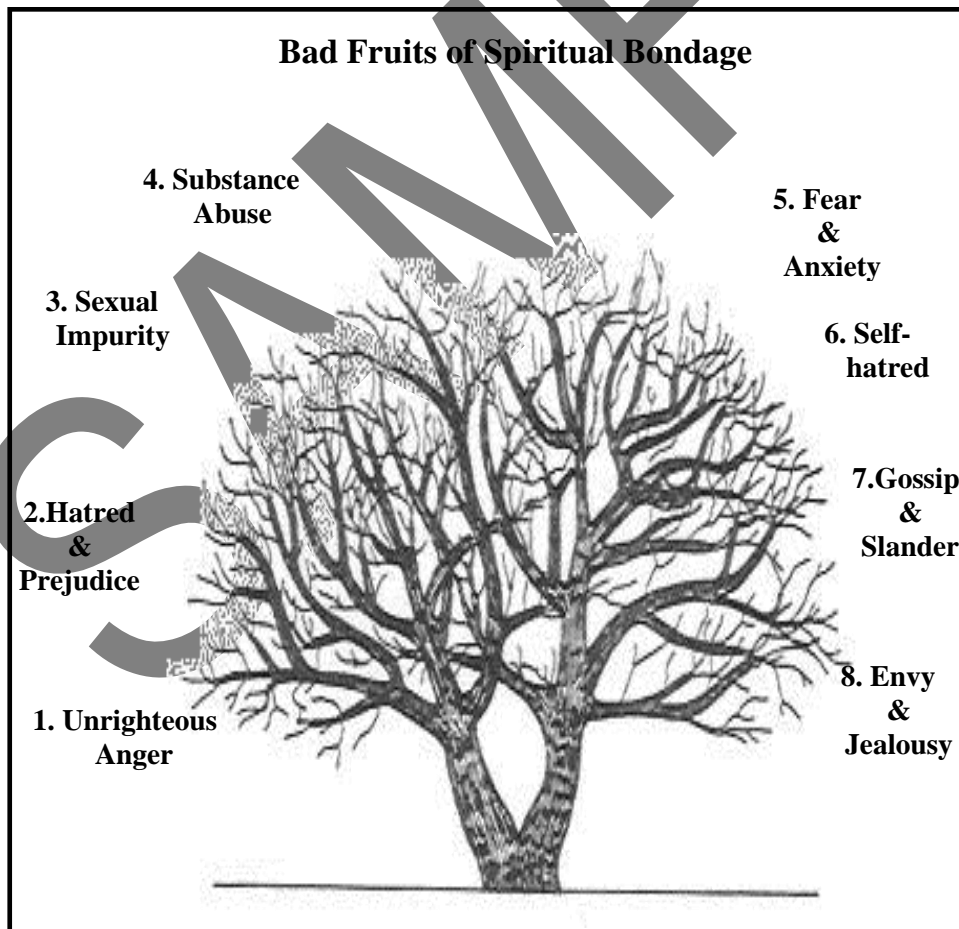
- A. Participants will identify eight common “bad fruits” that accompany spiritual bondage.
- B. Participants will identify nine common “bad roots” of spiritual bondage.
- C. Participants will learn three practical suggestions of how to expose bad roots.

SAMPLE



To deal with bad roots, we must first learn to recognize bad fruit. Discovering bad fruit leads to exposing unhealthy root systems.

A. Eight Common Bad Fruits of Spiritual Bondage.
[See Appendix 3A]



1. **Unrighteous anger.**

Many people are controlled by unrighteous anger; some express it externally while others rage internally. The consistent presence of anger indicates a deeper problem, often related to unresolved pain in the soul or bitterness of the heart.

2. **Hatred and prejudice.**

While the hateful and prejudiced person is usually angry, this anger is more of a mindset than a reaction. It is a stronghold of thought. Such a person is hardened and fixed in their position toward someone or some group of people.

3. **Sexual impurity and immorality.**

This includes involvement with pornography, adultery, fornication, and homosexuality. The practice of such things is very often connected to deep heart issues.

4. **Substance abuse.**

Millions of people depend upon various substances to provide them with confidence to face the realities of life. Relief from pressures and pain is often found through substance abuse.

5. **Fear and anxiety.**

While a certain amount of fear and worry are a normal part of life, some individuals are completely disabled by it. They are ruled by tormenting thoughts, anxiety, and fearful feelings.

6. **Self-hatred.**

Some people are confined and restricted in life by their own bad feelings about themselves. They may be angry about the way they look or may just not like themselves, leading to a poor self-image.

7. **Gossip and slander.**

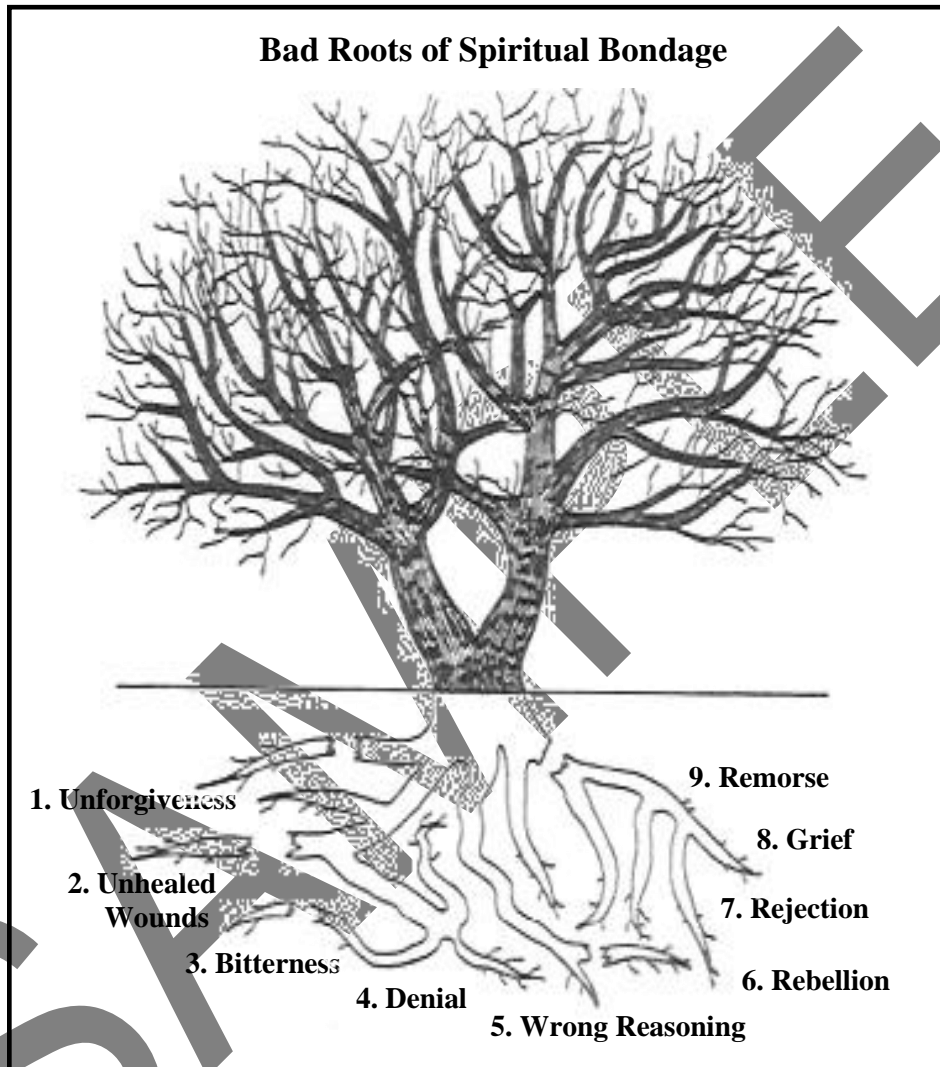
Some individuals constantly gossip about others. They seem to enjoy interjecting tantalizing or damaging information about people – propagating division in relationships and ruining the reputations of many.

8. **Envy and jealousy.**

Envious and jealous people are hypersensitive about what others have and do. They live in a world of constant comparison. They are easily offended because of their need for recognition and prominence, and don't rejoice when others are blessed

B. Nine Common Bad Roots of Spiritual Bondage.

Overcoming spiritual bondage is not just a matter of dealing with things that are evident (bad fruit). We must deal with the things that are not immediately evident to us – the roots beneath our behavior.



1. **Unforgiveness.** [See Appendix 3B]

- Unforgiveness is probably the cause of more spiritual bondage than any other bad root. There is no greater cause of broken relationships than withholding forgiveness from others.
- The magnitude of unforgiveness as a bad root is so huge that it has eternal consequences: Jesus says that if we don't forgive others, His Father will not forgive us (Mt 6:15).

2. Unhealed Wounds.

- Many spiritual bondages start as a result of emotional trauma and pain that are not properly dealt with or healed. We have a tendency to internalize our emotional unhealed wounds.
- We may repress our pain by pushing it out of our conscious memory. But unfortunately, the buried hurt continues and leads to many wrong reactions: drugs, alcohol, immorality, etc.

3. Bitterness.

- When individuals do not properly process the hurts, disappointments, conflicts, and misunderstandings that come with relationships, they will inevitably retain anger.
- Anger, if it is not resolved in a timely manner, ferments into bitterness and resentment. *See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.* (Heb 12:15)

4. Denial.

- There are people who are unwilling to acknowledge the reality of their problems or try to minimize or explain away the impact of them. Their root problem is denial and rationalization.
- As experts at justifying why they behave the way they do, they look for opportunities to place blame and responsibility on anyone but themselves.

5. Wrong Reasoning.

- At the root of many of our spiritual bondages is false belief or wrong reasoning. We think falsely about God, others, and ourselves, and this always affects our actions and our emotions.
- When our thinking process is skewed, we become vulnerable to unbelief, distrust, wrong values, unbalanced priorities, and improper perspectives.

Point to Ponder

So many things we struggle with in our pursuit of spiritual growth are nothing more than bad fruit connected to bad, damaged, or diseased spiritual roots.

6. Rebellion.

- People in rebellion have never learned to accept God's authority in their lives, and no less important, to accept the authority of those whom God has put over them.
- A rebellious spirit makes a person resistant, untrusting, skeptical, cynical, and angry. It leads to much disorder and feeds numerous spiritual bondages.

7. Rejection.

- Rejection is the perception of being unwanted, undesirable, unloved, or not good enough.
- Rejection will paralyze people from taking action, making decisions, and entering into relationships, and most times it is a faulty perception based on the fear of not being accepted.

8. Grief.

- Life is filled with losses. Over time we may lose opportunities, people, relationships, and health—all kinds of things. If we do not properly process our losses, we become stuck in the quagmire of grief.
- Grief is a normal emotional response to a loss. But we must work through our sorrows lest we become mired in the misery or memory of what used to be.

9. Remorse.

- Remorse is deep regret over something in the past and is often related to feelings of shame and guilt. Unresolved guilt creates terrible bondage in people's lives.
- When our conscience is tarnished, when we have certain skeletons in our mental closets, or when we continue to battle the raging flames of shame and guilt about who we are and what we have done, bad fruit will always be the result.

Point to Ponder

The ax is already at the root of the trees, and every tree that does not produce good fruit will be cut down and thrown into the fire. Mt 3:10

C. Exposing Bad Roots.

To change our spiritual fruit, we must be willing to deal with root issues. We must be willing to allow Christ to have access to the hidden areas of our hearts. Getting rid of spiritual bondages involves dealing with the sinful and painful roots that feed them.

1. **Reflection.** [See Appendix 3C]

- We must slow down and take time to prayerfully think through the patterns of our life. We must ask God for insight, and seek the help of Godly friends, spiritual leaders, or Godly counselors.
- They will help us to remove the layers that cover unhealed pain, bitterness, denial, wrong thinking, rebellion, unresolved grief, and unhealthy guilt. Do not rush; take the necessary time to reflect on your life.

2. **Revelation.**

- The Holy Spirit wants to help us in the process of uncovering root issues. The Spirit of God knows everything about you. He knows why you do the things you do. He understands what you think and why you think the way you do.
- He wants to guide you to the roots that need to be exposed and dislodged. Trust Him, listen for His still small voice. Ask Him to guide you through this process, and then wait expectantly for Him to bring to the surface hidden issues in your heart.

3. **Identification.**

- As we spend time in reflection, seeking the assistance of the Holy Spirit, we can be sure that the Lord will help us see the bad root system that is feeding our spiritual bondages.
- Only when the roots are identified can we lay the ax of repentance to them and find healing and deliverance.

[See Appendices 3D, 3E, 3F]

Point to Ponder

Until the bad roots are dealt with, there will be no long-term victory over the bad fruit.

Group Application

How Jesus Dealt with Bad Roots

In John 4 we find a great story from the ministry of Jesus. We see how the Lord dealt with bad spiritual roots in the life of a Samaritan woman. This lady was in great spiritual need. According to the story, she had a repeated pattern of failed relationships with men—evidence of bad spiritual roots. When she encountered Jesus, she had been married five times and was presently living with a man who was not her husband. She was caught in a lifestyle of sexual immorality based upon deep spiritual and emotional needs.

What was her need? Jesus saw that this woman was thirsting for something. She longed for love and acceptance. She thought her need was physical, something that could be satisfied by a relationship with a man, but it was really spiritual and therefore physically insatiable. Jesus never condoned her behavior. He simply addressed her real need. Discuss what the Lord did to expose the bad spiritual roots in her life.

Discussion Questions for Session 3

1. Explain the difference between spiritual roots and spiritual fruit. What Scripture passages describe the connection between these two parts of our lives?
2. Review the seven roots of bondage presented in section B. Have any of these ever affected your spiritual fruitfulness? In what way?
3. How would you assess your present spiritual root system?

APPENDIX 3A

The Relationship Between Roots and Fruits

It is important to understand that the Bible has much say about the relationship between our spiritual roots and our spiritual fruit. Both explicitly and implicitly, Scripture speaks of the connection between the two and provides several examples from which we can learn.

Job 18:16.

Job is being lectured by one of his friends, Bildad, who describes the results of sin, *roots dry up below and his branches wither above*. Without going into a detailed analysis of this verse, the connection and interaction between the roots and fruit is evident. A dry and diseased root will produce nothing more than a withered branch, and a withered branch will produce nothing good. There are many Christians like this. Because of certain events in their lives or choices they have made throughout their lives, they are trying to live the Christian life with a dry and diseased spiritual root system. Until the roots are restored, the fruit of their life will not change.

Jeremiah 17:8.

The prophet Jeremiah is painting a beautiful portrait of the effects of a healthy spiritual root system when he says, *He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit*. When our spiritual root system is healthy, vitality and fruitfulness will be evident.

Romans 11:16.

The Apostle Paul is passionately describing Israel's place in the plan and purposes of God. Here, Paul unveils a powerful spiritual principle concerning roots and fruit: *...if the root is holy, so are the branches*. While the context of this statement is Israel's relationship with God, it still provides us with a biblical principle that has broader application. When the spiritual roots in our lives are holy and whole, the branches will also be holy and whole. Again we see that the health of the root system affects the health of the branches.

Matthew 12:33-35.

Jesus is talking to the Pharisees and makes the same observation. He says, *Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit. You brood of vipers, how can you who are evil say anything good? For out of the overflow of the heart the mouth speaks. The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him*.

Jesus gives us insight into the origin of good and bad spiritual fruit. The fruit of our life is really a symptom or manifestation of what is resident in our heart. We have the capacity to store up good or evil in our hearts. What is stored in the heart is eventually expressed through our lives.

The Relationship Between Roots and Fruits

Getting to the Root of It.

There are many people who are tormented by impure thoughts, destructive attitudes, sinful practices and debilitating emotions. Scripture characterizes these as bad fruit. All of these things proceed from internalized pain, trauma, shame and sin. These same people struggle with their spiritual growth, constantly attempting to cut off the bad branches and annihilate the bad fruit, only to find it returning to trouble them over and over again. Until the bad roots are dealt with, there will be no long-term victory over the bad fruit.

Jesus Transforms our Roots.

We know from Scripture that when we accept Christ as Savior and Lord of our life, we are born again and given a new heart. Jesus transforms our spiritual root system when He saves us by His grace. Ezekiel prophesied about this internal transformation when he said, *I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws* (Ez 36:25-27).

It Takes Time.

If we are given a new heart—a new spiritual root system—when we meet Christ as Savior and Lord, why then do we continue to struggle with certain manifestations of bad fruit? The reason is quite simple: because the saving power of Christ has to penetrate the deepest levels of our soul, and this takes time.

More Spiritual Freedom.

The saving of our soul is both an instantaneous event and a life-long process. When we meet Christ as Lord, we are saved. As we walk with Him and allow Him access into the various crevices of our mind and emotions, we are able to experience the practical impact of His saving and healing grace. The more we understand the process and surrender to it, the more spiritual freedom we will experience.

We Must be Willing.

To change our spiritual fruit, we must be willing to deal with root issues. We must be willing to allow Christ to have access to the hidden areas of our hearts. Getting rid of spiritual bondages involves dealing with the sinful and painful roots that feed them.

APPENDIX 3B

Consequences of Unforgiveness

by Bill Bright

If you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins. (Jesus, Mt 6:14-15)

It is interesting that this exhortation from our Lord comes immediately after what we call “the Lord’s prayer” in Matthew 6, just following the words “deliver us from the evil one.” Unforgiveness is an evil that can invite other evil into our lives.

Since God our Father has forgiven us, we must also forgive others. When we pray the Lord’s prayer we actually condemn ourselves if we pray the prayer without forgiving those who may have offended us.

Whenever we hold a grudge, we are asking for trouble. One friend who was very dear to me had a grudge that was just consuming him. I pleaded with him about his problem, because I knew it was affecting his health. He was sick constantly. He went through all kinds of difficult operations.

With great compassion for my friend, I spoke to him with love but honesty, “Your problem is that you are filled with hate, and unless you get rid of this hatred in your heart, you’ll kill yourself.” I really believe that. Fortunately, as far as I know, when he died he had cleared up all accounts and had made the profession of his faith in Christ, which is very encouraging.

Experts say that bitterness and unforgiveness can, indeed, make us sick and kill us. Some believe that unforgiveness can even cause cancer. I do not doubt that. It can eat at us spiritually like a cancer. I have no trouble believing that it can affect our cells because our spirit, soul and body are so interrelated.

Unforgiveness can also hinder our faith and prayers. It is no accident that following His powerful prayer and faith exhortation, our Lord ended it with another reminder about forgiveness: *Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins (Mk 11:24-25).*

It helps us to forgive when we remember that God forgave us even when we do not deserve it. We must look upon others with the same compassion with which God looks upon us.

APPENDIX 3C

Bob Out of Bondage

Appendix 1B introduced the story of Bob. His story helps to explain the practical impact of bad roots.

Bad Relationships.

Bob struggled with a number of issues, particularly with the inability to get close to people. He could not develop lasting, meaningful relationships. This resulted in the break-up of his first marriage and a number of turbulent relationships with other women through the years. He had several children and loved them dearly, but his ineffectiveness in relationships had rendered him ineffective as a parent. He could not connect with his kids, and as a result, he was estranged from them.

Deep Scars.

To meet his emotional needs, Bob filled his life with sexual encounters and was addicted to pornography. He felt terrible guilt about this hidden life, and though he tried to quit, he kept falling into the same trap of sin. Now he really wanted out—he wanted spiritual freedom.

As we talked, Bob started opening his heart. I asked him about his family background and inquired about his relationship with his father, mother and siblings. Over the next few weeks Bob told me about a terribly painful childhood. His relationship with his dad had been extremely devastating. Bob's father was a big man with a hot temper who did not express affection. He never gave Bob any loving affirmation, nor communicated to him any approval for his achievements. The only time Bob got much attention was when he was punished. As a result, he was deeply scared by the lack of love and the abundance of rejection that came his way as a child.

Removing the Soil.

I asked Bob to do something he had never done before. I challenged him to deal with the roots of hurt and anger buried in his heart. To help him in this process, I asked him to write a letter to his father, communicating his emotional pain, disappointment and confusion over their relationship. Although his dad was dead and would never see the letter, I knew this would help uncover the bad roots that needed to be dealt with in his life. It was clear that Bob was carrying a great deal of emotional baggage, and it was affecting his spiritual growth.

Bob drafted the letter several times, each time becoming more specific with his feelings. With each new letter he seemed to be more in touch with the deep hurt that had been lodged in his soul for decades. Along with his pain, feelings of anger, grief and regret surfaced. I encouraged him to take the time to look at everything he was feeling. Our goal, I reminded him, was to address the bad roots that were feeding sinful patterns in his life. Time taken removing the soil to get to the roots was necessary and important.

Roots of Bondage Exposed.

As he slowly worked through his anger, grief and regrets, he eventually came to the point of really forgiving his father—from his heart. He had forgiven him from his head many times, but this time his heart released genuine forgiveness. With this step, he was able to ask Jesus Christ to be Lord over his pain. He asked Jesus to heal his heart. The Lord began a new work in Bob's life that day.

As we continued to work through the healing process, Bob also discovered some roots of wrong thinking. He saw how he had internalized negative thoughts about God, himself and others from his family experience. The "light went on" as he started to understand God's truth about himself. He began to experience freedom from the sense of inferiority and cynicism that had plagued him for years.

Breakthrough!

Bob experienced a tremendous breakthrough when the roots of his bondages were exposed. His life changed. He still had his spiritual challenges, but he also had a new power and a new level of spiritual liberty. He began to grow in his walk with Christ and in his relationships with others. He was a different man!

APPENDIX 3D

Seven Ways to Determine the Need for Deliverance¹

The presence and nature of evil spirits can be known by two principle methods: 1. Discernment (1Co 12:10 lists “discerning of spirits” as one of the nine supernatural gifts of the Holy Spirit) and 2. Detection: This is simply observing what spirits are doing to a person. When Jesus was here on earth he did not have to teach of the existence of evil spirits or explain how they can indwell; this was common knowledge. We can learn today to detect evil spirits by observing what they are doing to a person. Indications of indwelling demonic activity are shown by intense displays of the following:

1. Emotional Problems.

Disturbances in the emotions ~~that persist~~ that persist or recur. Some of the most common disturbances are resentment, hatred, anger, fear, rejection (feeling unwanted and unloved), self-pity, jealousy, depression, worry, inferiority and insecurity.

2. Mental Problems.

Disturbances in the mind or thought life, such as mental torment, procrastination, indecision, compromise, confusion, doubt, rationalization and loss of memory.

3. Speech Problems.

Outbursts or uncontrolled use of the tongue. These include lying, cursing, blasphemy, criticism, mockery, railing and gossip.

4. Sex Problems.

Recurring unclean thoughts and acts regarding sex. These include fantasy sex experiences, masturbation, lust, perversions, homosexuality, fornication, adultery, incest, provocativeness and harlotry.

5. Addictions.

The most common addictions are to nicotine, alcohol, drugs, medicines, caffeine and food.

6. Physical Infirmities.

Many diseases and physical afflictions are due to spirits of infirmity (See Lk 13:11). When a demon of infirmity is cast out there is often the need to pray for healing of the resulting damage. Thus, there is a close relationship between deliverance and healing.

7. Religious Error.

Involvement to ANY DEGREE in religious error can open the door for demons. Objects and literature from sources of religious error have been known to attract demons into houses.

a. False religions.

Eastern religions, New Age, pagan religions, philosophies, and mind sciences. Note: This can include such popular interests as yoga exercises and karate, which cannot be divorced from heathen worship.

b. Religious Cults.

Mormonism, Jehovah's Witnesses, Christian Science, Rosicrucianism, Theosophy, Unity and many more. Such cults deny or confuse the necessity of Christ's blood as the way of atonement for sin and salvation. Cults also include some lodges (i.e. Masonic), societies that use religion (scripture and even God) as a foundation, but omit the blood atonement of Jesus Christ. All such cults may be classified as *having a form of godliness but denying its power. Have nothing to do with them* (2Ti 3: 5).

c. Occult and Spiritism.

Séances, witchcraft, magic, ouija boards, levitation, palmistry, handwriting analysis, automatic handwriting, ESP, hypnosis, horoscopes, astrology, divination, etc. Note: Any method of seeking supernatural knowledge, wisdom, guidance and power apart from God is forbidden! (See: Dt 18:9-15)

d. False doctrine.

1Ti 4:1 warns of great increase of doctrinal errors promoted by deceiving and seducing spirits in the last days. Such doctrines are designed to attack both the humanity and deity of Jesus Christ; to deny the inspiration of Scripture; to distract Christians from the move of the Spirit; to cause disunity in the Body of Christ; to puff up with a sense of superiority in revelation, making the one in error unteachable.

APPENDIX 3E

Seven Steps to Deliverance²

1. Honesty.

One must be honest with himself and with God if he expects to receive God's blessing of deliverance. Lack of honesty keeps areas of one's life in darkness. Demon spirits thrive on such darkness. Honesty helps bring them into the light. Any sin not confessed or repented of gives the demon a "legal right" to remain. Ask God to help you see yourself as He sees you and to bring to light anything that is not of Him. *Search me, O God, and know my heart; test me and know my anxious thoughts.* ²⁴ *See if there is any offensive way in me, and lead me in the way everlasting.* (Ps 139:23,24)

2. Humility.

This involves a recognition that one is dependent upon God and His provisions for deliverance: *God opposes the proud but gives grace to the humble.* ⁷ *Submit yourselves, then, to God. Resist the devil, and he will flee from you* (Js 4:6-7) It also involves a complete openness with God's servants ministering in deliverance: *Therefore confess your sins to each other and pray for each other so that you may be healed.* (Js 5:16)

3. Repentance.

Repentance is a determined turning away from sin and Satan. One must hate all evil in his life and fall out of agreement with it. Can two walk together, except they be agreed? (Am 3:3) One must loathe his sins. Deliverance is not to be used merely to gain relief from problems but in order to become more like Jesus through obedience to all God requires. Repentance is a turning from all that hinders spiritual growth, ministry and fellowship. Repentance requires open confession of all sin. It takes away the legal rights of demon spirits.

4. Renunciation.

Renunciation is the forsaking of evil. Renunciation is action resulting from repentance. When John the Baptist saw many of the Pharisees and Sadducees come to his baptism, he said to them, *You brood of vipers! Who warned you to flee from the coming wrath?* ⁸ *Produce fruit in keeping with repentance.* (Mt 3:7,8) Bringing forth fruits of repentance involves more than words. It is demonstration of repentance...evidence that one has truly turned from his sins. For example, if one repents of lust he may need to destroy some pornographic materials. If one has repented of religious error he may need to completely renounce it by destroying all literature and items associated with that error: *...any of those who believed now came and openly confessed their evil deeds.* ¹⁹ *A number who had practiced sorcery brought their scrolls together and burned them publicly* (Ac 19:18,19). Renunciation means a clean break with Satan and all his works.

5. Forgiveness.

God freely forgives all who confess their sins and ask forgiveness through His Son. (See: 1Jn 1:9). He expects us to forgive all others who have ever wronged us in any way. *For if you forgive men when they sin against you, your heavenly Father will also forgive you.* ¹⁵ *But if you do not forgive men their sins, your Father will not forgive your sins.* (Mt 6:14,15) Willingness to forgive is absolutely essential to deliverance. (See: Mt 18:21-35)

6. Prayer.

Ask God to deliver you and set you free in the name of Jesus. *And everyone who calls on the name of the LORD will be saved; for on Mount Zion and in Jerusalem there will be deliverance.* (Joel 2:32)

7. Warfare.

Prayer and warfare are two separate and distinct activities. Prayer is toward God and warfare is toward the enemy. Our warfare against demon powers is not fleshly but spiritual. (See: Eph 6:10-12; 2Co 10:3-5) Use the weapons of submission to God, the blood of Jesus Christ, the Word of God, and your testimony as a believer. (See: Js 4:7; Rev 12:11; Eph 6:17) Identify the spirits, and in faith command them to go in the name of Jesus. Enter the battle with determination and assurance of victory. Christ cannot fail! He is the Deliverer! *And these signs will accompany those who believe: In my name they will drive out demons* (Mk 16:17a). *I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you* (Lk 10:19). *The LORD is my rock, my fortress and my deliverer* (Ps 18:2a).

²¹Excerpted from *Pigs in the Parlor* by Frank & Ida Hammond. Used by permission of Impact Christian Books.

APPENDIX 3F

Seven Steps for Retaining Deliverance³

1. Put on the Whole Armour of God.

The Christian's spiritual armor is given in Eph 6:10-18. There are seven pieces of armour: (1) Belt of truth, (2) The breastplate of righteousness, (3) Feet fitted with the readiness that comes from the gospel of peace, (4) The shield of faith, (5) The helmet of salvation, (6) The sword of the Spirit which is the word of God, and (7) Praying in the Spirit. Pay special attention to the "helmet of salvation" for the guarding of your thought life. Most demons seeking to re-enter assail the thoughts. Become watchful of any thoughts that could be considered negative; they are from the enemy. Separate their thoughts from your own. Refuse the thoughts they give you and replace them with positive spiritual thoughts. (See: Php 4:8) Resist the devil at the first sign of his attack.

2. Confess Positively.

Negative confessions characterize demonic influence. Positive confession is faith expressed. Confess what God's Word says. Any other confession will open the door for the enemy. *I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for him (Mk 11:23).*

3. Stay with the Scripture.

Jesus withstood Satan's temptation by using Scripture. The Word is a mirror to the soul (Js 1:22-25); it is a lamp unto the feet for guidance (Ps 119:105); it is a cleansing agent (Eph 5:25,26); it is a two-edged sword, laying bare the heart (Heb. 4:12); it is food for the spirit (1Pt 2:2; Mt 4:4). No person can long maintain deliverance apart from the Word of God as a primary factor in his life. *Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. ²But his delight is in the law of the LORD, and on his law he meditates day and night. ³He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers (Ps 1:1-3).*

4. Crucify the Flesh.

Take up your cross daily and follow Jesus. (Lk 9:23) Break old habit patterns set up in league with evil spirits. If fleshly appetites, desires and lusts are not brought to the cross, a way for demons to return will be left open. (Gal 5:19-21,24)

5. Develop a Life of Continuous Praise and Prayer.

Praise silences the enemy. Praise is not an attitude of heart; praise is the expression unto God of thankfulness, adoration and joy by speaking, singing, shouting, dancing, leaping, playing musical instruments, clapping the hands, etc. Pray in the Spirit (in tongues) and also in the understanding (1Co 14:14). *Pray without ceasing (1Th 5:17).*

6. Maintain a Life of Fellowship and Spiritual Ministry.

It is the sheep that wanders from the flock that is most endangered. Find and fulfill your function within the body of Christ. Desire spiritual gifts and yield to their operation through you within the body of Christ. (See: 1Co 12:7-14). Keep yourself under authority.

7. Commit Yourself Totally to Christ.

Determine that every thought, word and action will reflect the very nature of Christ. Abide in Christ that the fruit of the Spirit might come forth in abundance. Demon spirits are enemies of the fruit of the Spirit. Faith and trust in God is the greatest weapon against the devil's lies. *...take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one (Eph 6:16).*

Doing these seven things will insure that your "house" (life) is filled after having been cleansed. No demon will be able to return, much less bring any others in with him. If a spirit should trick you and regain entrance, see that he is cast out as soon as possible, either by yourself or with the help of other believers. If other areas of demon activity in your life are subsequently brought to light, seek deliverance. Jesus has made possible complete deliverance. Walk in daily deliverance. Do not settle for anything less! *For if, when we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life! (Ro 5:10)*

³Excerpted from *Pigs in the Parlor* by Frank & Ida Hammond. Used by permission of Impact Christian Books.