



# SPIRITUAL WARFARE

**Overcoming Strongholds and Living in Victory**

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GLC**3**LED

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# INTRODUCTION

Welcome to the **Spiritual Warfare** module!

This GLC 3 LEAD Upgrades module provides a Biblical overview and balanced understanding of spiritual warfare. It is designed to equip believers on how to put Biblical truth into action and to gain victory over personal battles, the devil and the world.

This module aims to give a reasonable understanding of the enemy, his tactics and the spiritual warfare that every believer needs to face and deal with. This also aims to help each believer to be freed from strongholds and bondages through the power of God that is now in us.

This module will help believers gain the confidence in Christ to walk through any attacks of the enemy or find openings which we might have allowed in our life for the influence of the enemy.

# HOW TO USE THIS WORKBOOK

This workbook is the GLC 3 LEAD: Spiritual Warfare small group study guide. It is designed to equip and train those who have completed GLC 1 and 2 Essentials in leading Dgroups.

Please note that this workbook and the videos saved in the USB (with the training kit) is the most updated version of Spiritual Warfare and the answer key found in the last pages of this workbook corresponds with the blank spaces found in the sessions.

Remember that the learning process is more than just knowing the right answers to the blank spaces in this workbook. Obedience to God's truth through life application is much more important. As we apply the lessons from Spiritual Warfare, by His grace, we will experience greater intimacy with Jesus Christ and others as we become better spiritual leaders.

## **Some reminders for facilitators:**

Make sure that you do a personal Bible study using this workbook and the video ahead of your Dgroup meeting. Encourage your members to have their own workbooks and to watch the video either before your meeting, or during your meeting. Do not divert the teaching topic – stick to what is in the workbook. The workbook includes the Bible lesson and individual and small group learning activities to help you get the most out of your meetings. There are four parts in the sessions: Explore, Examine, Express and Experience.

- **Explore** — contains individual and Dgroup activities that help prepare you for the Bible study.
- **Examine** — this is where you go through the Bible lesson with your Dgroup.
- **Express** — this is where Dgroup members get a chance to express more of their insights, questions and thoughts

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about the Bible lesson. They can do it in writing, doodling or drawing, and sharing to the rest of the group.

- **Experience** — this section is accomplished outside the Dgroup meeting time. There are suggested individual or group Life Apps that will hopefully help you experience life transformation as you apply God's truth in practical ways.

As you begin, please remember that this workbook is just a tool designed to help us in becoming effective disciplers. We need to depend on the Holy Spirit to teach us God's truth and transform our hearts as we go through the module.

SESSION 1

# THE REALITIES OF SPIRITUAL WARFARE

# EXPLORE

Read Ephesians 6:10-18. What is the Armor of God?

Find the hidden armor pieces in the puzzle below.

E B S H R E P R A Y S L A D N A S  
S R D A E A P L N T S S L A A E B  
A E S L Y A B S M S E W P T A A R  
L A L H X F A I T H N R O E U H P  
V S B T I T Y H T E S I J R A A E  
A T S A R E D D T E U H T V D C H  
T P B R L U L A L S O E A E S R E  
I L L A I C T D N E E L H L L L E  
O A A B E A T H I B T M G E E E W  
N T E E B N V S A P H E T R P F R  
D E E M L R R E E I G T L V S W E  
B I B L E B P P E L I E E T O F O  
F P E E P S B D P L R E B C G A S

Bible	Righteousness	Shield
Salvation	Gospel	Faith
Breastplate	Sandals	Truth
Sword	Helmet	Belt
Peace	Pray	

## LEARNING NUGGET

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How aware are you of the realities of spiritual warfare? How prepared are you to face these realities? Each day we face the different attacks from the enemy of our soul. This module will provide a Biblical overview and balanced understanding of spiritual warfare. It will equip us on how to put biblical truth into action and to gain victory over personal battles, evil and the world.

## SPIRITUAL WARFARE

### I. The Reality of 2 Kingdoms

When we trusted in Christ, we have been **transferred** from the domain of darkness into the kingdom of God's Son.

“He (God) rescued us from the domain of darkness and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sin.”

COLOSSIANS 1:13

#### A. Two Kingdoms

1. Kingdom of \_\_\_\_\_

2. Kingdom of \_\_\_\_\_

#### B. Enemies of our Soul

1. The \_\_\_\_\_ (Romans 12:2)

2. The \_\_\_\_\_ (Romans 7:14-25, 8:1-2)

3. The \_\_\_\_\_ (Ephesians 6:12)

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### C. The Reality of Warfare

1. Satan is our \_\_\_\_\_. (1 Peter 5:8)
  
  
  
  
  
  
  
  
  
  
2. We are in a \_\_\_\_\_. (Ephesians 6:10-12)

### D. Where did Satan come from?

He is a created being and a fallen angel, who fell from heaven because of his pride.

- Ezekiel 28:12, 14-15, 17
  
  
  
  
  
  
  
  
  
  
- Isaiah 14:12-15

## E. Different Names of Satan

<b>Abaddon/ Apollyon</b>	<b>Revelation 9:11</b> “They have as king over them, the angel of the abyss; his name in Hebrew is <b>Abaddon</b> , and in the Greek he has the name <b>Apollyon</b> .”	<b>Destroyer, Destruction</b>
<b>The Accuser of the Brethren</b>	<b>Revelation 12:10</b> “... <b>the accuser of our brethren</b> has been thrown down, he who accuses them before our God day and night.”	<b>Gk: katorg</b> One who brings condemning accusations against others; maligns God’s character and His plans
<b>The Adversary</b>	<b>1 Peter 5:8</b> “...Your <b>adversary</b> , the devil, prowls around like a roaring lion, seeking someone to devour.”	<b>Gk: antidikos</b> Opponent, arch-enemy
<b>Angel of Light</b>	<b>2 Corinthians 11:14</b> “No wonder, for even Satan disguises himself as an <b>angel of light</b> .”	Copies as much of God as he can, but will distort, pervert, substitute, or leave out key ingredients of truth.
<b>God of this World</b>	<b>2 Corinthians 4:4</b> “...the god of this world has blinded the minds of the unbelieving...”	
<b>Lucifer</b>	<b>Isaiah 14:12</b> “How you have fallen from heaven, O star of the morning, son of the dawn!”	The shining one; refers to his pre-fall condition and the cause of his fall: pride
<b>The Tempter</b>	<b>Matthew 4:3</b> And the tempter came and said to Him, “If You are the Son of God, command that these stones become bread.”	<b>Gk: ho peirazon</b> Entice

<b>Devil</b>	<b>Revelation 12:9</b> And the great dragon was thrown down, the serpent of old who is called the devil and Satan, who deceives the whole world; he was thrown down to the earth, and his angels were thrown down with him.	<b>Gk: diabolos</b> Slanderer, defamer, divider
<b>Satan</b>		Adversary, one who withstands
<b>Father of All Lies</b>	<b>John 8:44</b> “...he is a liar and the father of lies.”	Deceiver, promotes false doctrines in the name of God

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## F. Kinds of Spiritual Attacks

1. \_\_\_\_\_ (Luke 4:13)
2. \_\_\_\_\_ (Zechariah 3:1,4)
3. \_\_\_\_\_ (2 Corinthians 4:4)
4. \_\_\_\_\_ (Revelation 12:9, John 8:44)
5. \_\_\_\_\_ (2 Corinthians 10:3-5)
6. \_\_\_\_\_ - Pornography, Computer Games, Sex, etc.
7. \_\_\_\_\_ (Ephesians 6:26-27)
8. \_\_\_\_\_ - Influenced, Controlled  
(1 Corinthians 5:1-5)

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## G. Satan's Schemes

**How?** Deception and Lies

**Where?** In the Mind

**When?** Whenever he can, when we are weak,  
when we are unguarded,  
when pride sets in

### Examples of Spiritual Warfare:

- Genesis 3:3:1-7 (Eve)
  - Matthew 16:23 (Peter)
  - 1 Chronicles 21:1,3 (David)
  - Acts 5:1-6 (Ananias)
- 
1. \_\_\_\_\_ – Ephesians 4:26-27  
It gives Satan access or right of way to us  
to build strongholds
  2. \_\_\_\_\_ – Revelation 12:9;  
2 Corinthians 11:14
  3. \_\_\_\_\_ – John 8:44; Genesis 3:1-7  
(Lies of Satan)

### Examples of Satan's Lies:

- “There is no absolute truth.”
- “The Bible is not reliable.”
- “Everyone is doing it, so it’s okay...”
- “You only live once.” (YOLO)
- “Follow your heart.”
- “God does not really care or want me to be happy.”
- “I need \_\_\_\_\_ to be happy.”

**"In spiritual warfare, once you know the enemy, once you know his technique, then you are prepared. Confront the enemy with the truth."**

PETER TAN-CHI

#### H. The Truth Encounter not a Power Encounter

Confront the enemy with the **truth**. (John 8:32)

LIE: “Many are doing it, so it must be okay.”

TRUTH: “Enter through the narrow gate; for the gate is wide and the way is broad that leads to destruction, and there are many who enter through it. <sup>14</sup>For the gate is small and the way is narrow that leads to life, and there are few who find it.”

MATTHEW 7:13-14

#### I. The Battle is in the Mind

Take every thought \_\_\_\_\_.

(2 Corinthians 10:3-5)

**"To believe and not to obey is not yet to believe. So, don't deceive yourself, be a real follower of Jesus."**

PETER TAN-CHI

## EXPRESS

In your small group, discuss the following points and share your insights with one another:

1. Which among the realities of spiritual warfare is most relevant to you now?
2. What are some of the ways you see Satan's influence on believers in the world?
3. What will you do to prepare yourself for spiritual battle?

SESSION 2

# OVERCOMING STRONGHOLDS

FOCUS ON JESUS  
GLANCE AT SATAN

# EXPLORE

Last session we talked about the realities of spiritual warfare.

On a scale of 1 to 10, how “aware” would you say you are of the spiritual forces at work in this world? What are its manifestations or examples? What do you think has contributed to your perspective?

## LEARNING NUGGET

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It has been said that there are two main ways the enemy seeks to get us distracted from the truth about this battle. The first is for us to deny that a spiritual battle exists and the second is for us to become fascinated or obsessed with dark spiritual forces. It is important for us to be discerning and to test the spirits as 1 John 4:1 says.

## GUIDELINES FOR FACILITATORS

How to prepare yourself to help a follower of Christ to go through the Steps to Overcoming Strongholds in their lives.

- 1. Be there to assist them to be strong in the Lord and in the strength of His might.** To put on the full armor of God that they may be able to stand firm against the schemes of the devil (Ephesians 6:10-11). They need to understand the authority they have in Christ, to resist the devil and assume responsibility for overcoming their strongholds and maintaining their victory.
- 2. Be aware that as they go through overcoming strongholds, Satan may destroy their thoughts and tell them lies.** Encourage them to share those thoughts with you when it happens so that they can rebuke those lies in Jesus' name and you can pray with them.
- 3. Confess all known sin in your own life. If you are in sin you will have no power.**

*Lord, I confess that I have been guilty of \_\_\_\_\_.  
I repent and renounce these and claim Your forgiveness and deliverance. In the Name of the Lord Jesus Christ, I command all evil spirits that are in me or around me as a result of these sins/bondages, to leave me, to never return, to not send any similar spirits, or any reinforcements. I claim that any evil influences that were in my life are rendered powerless and cleansed from my life in the Name of the Lord Jesus Christ, Amen.*

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**4. Be controlled and empowered by the Holy Spirit.**  
(Galatians 5:16-17)

**5. Put your confidence in the authority and power of the Lord Jesus.** (Acts 19:11-16; Acts 16:16-17)

*Jesus - "...All authority has been given to me in heaven and on earth."* (Matthew 28:18)

*"10So that at the name of Jesus every knee will bow, of those who are in heaven and on earth and under the earth, 11and that every tongue will confess that Jesus Christ in Lord, to the glory of God the Father."* (Philippians 2:10-11)

**6. Don't be afraid for greater is He who is in you than He who is in the world.** (1 John 4:4)

*"The power is in the name of the Lord Jesus Christ. Nothing is greater than Jesus Christ. He has power to set people free." -Peter Tan-Chi*

**7. Be prayerful – Ask others to pray also.** It is better to have another person there with you to be praying. (Mark 9:29; Matthew 17:19-21)

**8. Don't talk with the demons, they are liars.**

**9. Pray with and for the person then encourage them as they go through each stronghold to confess and repent of all their sins from their heart.** If they don't confess all their sins, Satan will still have a hold on them and influence them.

**Until a Christian confesses their sins, Satan and the evil spirits will often resist leaving.**

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10. If there is a manifestation of an evil spirit **such as the person speaking in different voice, shouting, becoming catatonic,** or if the spirit threatens you or tries to hurt you, then bind the evil spirit in Jesus' name not to hurt you and to be silent. They have no power over you in Jesus' name. Isaiah 54:17
11. When demons leave a person, they will usually leave quietly. However, in some cases there may be coughing or vomiting or shouting when they come out. If that happens, be calm and just assist the person. **Pray and observe.**
12. Don't shout at the demons to cast them out of the person. It's not your power, it's Christ's power that you depend on. Be calm and confident that the demons must come out in the name of the Lord Jesus Christ. Speak in a firm but normal voice.
13. Very important: Do not speak in tongues while helping the person overcome their strongholds. This can scare and confuse them because they do not know what you are saying. Use the language the person speaks and understands.
14. Be discerning as to what may be causing their problem (Deuteronomy 18:20, 22)
- Spiritual "demonized" – sometimes normal, at times incoherent; will not confess Jesus as LORD Test the spirits. If they can't say, "Jesus is Lord," a demon controlling them. 1 John 4:1-3
  - Is it Physical?
  - Psychological – consistently crazy, consistently incoherent

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## How to help unbelievers who are demonized with manifestations of being controlled by Satan or evil spirits:

- Say to the Satan and the demons: “In the name of the Lord Jesus Christ, Satan and all demons who are controlling this person, be bound. I command you to come out of this person. Do not return to them or send similar or replacement spirits to them.
- If the demons resist, repeat the command and stand firm in the truth of God’s word, that they must obey the Lord Jesus Christ. Recite bible verses as you tell them they must obey the Lord Jesus Christ: Philippians 2:9-10; Matthew 28:18
- If the demons still resist, ask the demonized person, if they are coherent, whether they or their ancestors were involved in the occult or spiritism or were witchdoctors. If they were, tell the person to repeat after you: “In the Name of the Lord Jesus Christ, I renounce all the occult practices of my ancestors and myself. I cancel all control of Satan and the demons in life because of these.
- Then command the evil spirits to leave in Jesus’ name. If they don’t, continue to command them to leave in the Name of the Lord Jesus Christ until they do.
- When the evil spirits leave and the person is normal, ask the person if they have trusted in Jesus Christ to be their Lord and Savior. If they have not, share the gospel with them and have them pray to receive Jesus Christ. Explain to them that they need Jesus Christ to protect them from evil.
- Then have them go through the Steps to Overcoming Strongholds and how to live in victory

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### **Our Confidence in Christ**

“You are from God, little children, and have overcome them; because greater is He (Christ) who is in you than he (Satan and demons) who is in the world.”

When you trusted in Jesus Christ to be your Lord and Savior, He set you free from the power of sin and death through His death and resurrection. At the cross, He defeated Satan. But if we live with unconfessed sin in our lives and believe the lies of Satan, instead of believing the truth in God’s word, Satan and demons have access or a right of way to us and can build strongholds in our minds and our flesh through which they influence and control us. The biblical term for this is Demonization and not demon-possessed as commonly described. But we have power in the name of the Lord Jesus Christ to repent of these sins, to break these Satanic strongholds and to live in victory by the power of the Holy Spirit in us. No one can do this for us. We need to assume responsibility for overcoming the strongholds in our lives and walking in victory. It is good to have a person with you to pray for you and encourage you as you through the process.

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## GUIDE TO OVERCOMING STRONGHOLDS

*Pray as you begin:*

*(Leader) Pray: Dear Heavenly Father, we acknowledge Your presence in our lives. We stand in the truth that all authority has been given to the resurrected Christ in Heaven and on earth, and because we are in Christ, we share that authority. We ask you to fill us with Your Holy Spirit, and we pray for your complete protection and guidance. Do not allow the evil one to cause disturbances. In Jesus Christ's name. Amen.*

### WHAT WE MUST KNOW:

- **Know who you are in Christ:**

#### **Colossians 1:13**

*He (God) rescued us from the domain of darkness and transferred us to the kingdom of His beloved Son, in whom we have redemption and forgiveness of sin.*

- **Know that you are protected by the power of God**

#### **1 Peter 1:5**

*...who are protected by the power of God through faith for a salvation ready to be revealed in the last time.*

- **Know that we are in a Spiritual Battle**

#### **1 Peter 5:8**

*“Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.”*

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### **Ephesians 6:12**

*For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

#### **• Know we have victory in Christ**

### **1 Corinthians 15:57**

*...but thanks be to God who gives us the victory through our Lord Jesus Christ.*

#### **• Know Jesus Christ's Authority**

### **Matthew 28:18**

*All authority has been given to Me in heaven and on earth.*

### **Philippians 2:9-11**

*For this reason, God highly exalted Him and gave Him the name that is above every name, so that at the name of Jesus every knee will bow, of those who are in haven and on earth and under the earth, and that every tongue will confess that Jesus Christ is the Lord to the glory of God the Father.*

### **1 John 4:4**

*You are from God, little children, and have overcome them; because greater is He who is in you than he who is in the world.*

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- **Know your authority in Christ**

**Luke 10:17-18**

*The seventy returned with joy, saying, “Lord, even the demons are subject to us in Your name.” And He said to them, “I was watching Satan fall from heaven like lightning.”*

**Luke 10:19-20**

*Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing will injure you. Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven.”*

**James 4:7**

*Resist the devil and he will flee from you*

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# STRONGHOLDS INVENTORY

## 1. UNFORGIVENESS AND BITTERNESS

**Ephesians 4:26-27, 31-32** – “26 BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, 27 and do not give the devil an opportunity. 31 Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. 32 Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.”

**2 Corinthians 2:10-11** – “10 Anyone you forgive, I also forgive. And what I have forgiven — if there was anything to forgive — I have forgiven in the sight of Christ for your sake, 11 in order that Satan might not outwit us. For we are not unaware of his schemes.”

Unforgiveness	Bitterness/ Anger	Hatred
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**Unforgiveness and Bitterness** are major strongholds of Satan. We are to forgive because God has forgiven us. Even though we may not feel like it, we are to forgive. This is called motion or action before emotion. Forgiveness is an act of our will in obedience to Christ by His power.

It is not forgetting the person's sins but rather it is no longer holding the sin against them and no longer wanting them to suffer for it. It is leaving them in God's hands to work in their life.

Forgiveness from the heart acknowledges the hurt and the pain. It is agreeing to live with the consequences of the person's sin and trusting God to cause what happened to work out for our good and the good of others who were hurt.

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## OUR ASSURANCE

**Romans 8:28** And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.

To be set free from the stronghold of unforgiveness, anger, bitterness and hatred, ask the Lord to reveal to you any person whom you haven't forgiven. List down their names and their offenses against you. Then in obedience to the Lord through the power of the Holy Spirit, forgive them one by one by praying the following prayer:

*Dear Heavenly Father, because You have forgiven me all my sins through the blood of Jesus Christ and by the power of the Holy Spirit, I now forgive \_\_\_\_\_ (person's name) \_\_\_\_\_ (what they did) and the emotional pain of \_\_\_\_\_ (list how it affected you) that it caused me as You have forgiven me. I now trust in You to use this experience for good in my life and in the lives of others. I claim in Jesus' name and based on His shed blood that any evil influences that were in my life are now rendered powerless and cleansed from my life. In the Name of the Lord Jesus Christ, Amen.*

## 2. SEXUAL IMMORALITY

**1 Corinthians 6:9-11** Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived; neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor homosexuals, nor thieves, not the covetous, nor drunkards, nor revilers, nor swindlers, will inherit the kingdom of God. Such were some of you but you were wash, but you were sanctified, but you were justified in the name of the Lord Jesus Christ...

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**1 Corinthians 6:18–20** – “Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore, glorify God in your body.”

- Lustful thoughts (opposite or same sex)
- Pornography (including internet)
- Adultery (married person having sex outside marriage)
- Homosexuality (having sex with a person/people of the same gender)
- Abortion
- Fetishes (abnormal sexual desire linked to an object)
- Fornication (sex outside of marriage)
- Molesting a child
- Raping another person
- Incest
- Others

**List down every person, including prostitutes, with whom you had immoral sexual relationship. When you have an immoral sexual relation with another person, there is a literal bonding which needs to be renounced and broken in Jesus’s name.**

**Pray:**

*Dear Heavenly Father, please forgive me for having a sexual relationship with \_\_\_\_\_ (name each person’s name). I repent and claim Your forgiveness and Your cleansing from these*

*sins. In the name of the Lord Jesus Christ, I renounce these sinful sexual relationships and I break any bonding between me and those persons and cancel any stronghold of Satan in my life. In the name of the Lord Jesus Christ, I command all evil spirits that are*

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*in me or around me as a result of my sinful sexual relationships, to leave me forever, to not send similar spirits, or replacement or reinforcement spirits to me. In Jesus' name and based on His shed blood, I claim His victory over these sins. In the Name of the Lord Jesus Christ, Amen.*

**If you were sexually abused, or raped, you were a victim. God grieves with you, but He promises to heal you. Pray the following prayer:**

*Dear Heavenly Father, I was \_\_\_\_\_ (sexually abused, raped) by \_\_\_\_\_ (person's name). I renounce having my body used in this way. I claim cleansing and healing of my mind, body, soul and spirit by the blood of Jesus Christ. In the name of the Lord Jesus Christ, I cancel any ground that Satan has gained in my life by this and I command any evil spirits that were transferred to me to leave me forever, to not send similar, replacement or reinforcement spirits. I trust You to use this experience for good as you promised. I now dedicate my body to you to be used for your glory. In the Name of the Lord Jesus Christ. Amen.*

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Although you were a victim, if you feel guilty or that you should have done something to stop the abuse, then pray:

Lord Jesus Christ, I know that I was a victim. But I feel I should had done something to stop the abuse/rape or I did something to cause it. I now want to be released from this nagging guilt. In the name of the Lord Jesus Christ, I ask for your forgiveness and claim Your healing. Please cancel all strongholds that Satan and the demons have built in my life. I am a new creation in you, washed and cleansed by the blood of Jesus Christ. I dedicate my body to you. In Jesus' Name

#### **FOR THE SIN OF ABORTION:**

(David after the death of his baby said, "I shall go to him but he shall not return to me." – 2Samuel 12:23) You will see your child in heaven because he/she is with the Lord.

Pray: Dear Heavenly Father, life is a gift from You. Only you have the right to take it. I realize that aborting my unborn child was a sin against the child and against you. I am very sorry. Please forgive me for taking the life of my child. I look forward to seeing my child in heaven when I see You and spending eternity together. Thank you for your healing in my life. I now cancel all the ground that Satan and evil spirits have gained in my life as a result of this sin, in the Name of the Lord Jesus Christ.

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### 3. OTHER SINS AND BONDAGES

**Galatians 5:19–21** – “Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God.”

- Temper
- Violent Tendencies
- Spouse Beating
- Profanity
- Anger
- Stealing
- Swindling
- Envy
- Jealousy
- Depression
- Cutting Wrists
- Disobedient to Authority
- Rage
- Unbelief
- Blasphemous Thoughts against God
- Lying
- Slander
- Covetousness
- Greed for Power
- Greed for Money
- Gossiping
- Gambling
- Sarcasm
- Quarreling
- Cheating
- Anorexia
- Bulimia
- Addiction to:
  - o Drugs
  - o Alcohol
  - o Computer Games
  - o Music
  - o Television
  - o Internet/FB
  - o Social Media
  - o Masturbation
- Laziness
- Procrastination
- Ungrateful
- Grumbling
- Inferiority Complex
- Fear/Worry
- Others

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## OTHER SINS THAT LEAD TO STRONG BONDAGES

### **PRIDE:**

**God is opposed to the proud but gives grace to the humble. (1 Peter 5:5-6)**

### **For the sin of pride pray:**

*I have lived independently of you, sought self-glory instead of your glory. I have taken pride in my accomplishments, my abilities, my possessions instead of acknowledging you as the source of all that I am and all that I have and all that I have accomplished. I have reacted to correction and looked down on others. Please forgive me. I repent and renounce this sin of pride. In your name, I cancel all strongholds that Satan and demons have gained in my life because of my pride. By the power of the Holy Spirit, may I glorify you in all I am and do and regard others as more important than myself. (Philippians 2:3)*

### **REBELLION:**

We live in a rebellious generation. God commands us to be subject to our authorities. Rebellion to authority is described by God in 1 Samuel 15:23 as serious as the sin of divination and insubordination as the sin of idolatry. It opens us to demonic influence.

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**Pray:**

*Dear Heavenly Father, You have instructed me to be in submission to all the authorities in my life: Parents, Husband, Civil Government, Church authorities, employers. I acknowledge that in my attitude and actions I have sinned against you with my rebellious heart towards \_\_\_\_\_(name the authority). You have said that rebellion to authority is a sin. Please forgive me. I repent. In the name of the Lord Jesus Christ I cancel all strongholds in my life gained by Satan and evil spirits because of my rebellion. I now choose to be submissive to my authorities from the heart. In Jesus' Name, Amen*

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## **SUICIDAL THOUGHTS:**

For a Child of God, suicidal thoughts are Satan's implants. He comes to kill, steal and to destroy. (John 10:10a) He wants us to kill ourselves and by so doing to dishonor God and thwart God's plan for our lives. We believe these thoughts because Satan implants his lies in our brain using the 1st person pronoun "I". Example: "I want to kill myself." So, don't own this thought. It solves no problem and creates a bigger problem for eternity. Renounce and rebuke the thought of suicide in the name of the Lord Jesus Christ. Trust in Him to solve your problems and to cause all things to work out for your good in His time as He promises. Romans 8:28. He came to give you an abundant life. (John 10:10b)

## **DEPRESSION:**

It is natural to feel sad and to grieve for a time when there are trials, death of a loved one, sickness, regrets or setbacks. However, depression occurs when these feelings are prolonged. Our focus is deflected from God to the problem and the pain. There is loss of faith and hope because of believing Satan's lies. But, no problem is too big for our powerful God who loves us and who promises that He has good plans for us, not for destruction but to give us a future and a hope (Jeremiah 29:11). He commands us to cast all our cares on Him because He cares for us and has all the power to solve our problems. When we do that we resist the devil and his plans for our destruction. God will strengthen you. (1Peter 5:7-10)

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If you are believing these lies of suicide and hopelessness, **pray:**

*Dear Heavenly Father, I have believed the lies of Satan. I now disown and renounce any thoughts of suicide and hopelessness in the name of the Lord Jesus Christ. I choose to believe Your word, the truth. Jesus said that if we know the truth then the truth will set us free. (John 8:32) I surrender all my problems to you and thank you in advance for how you will solve them. I declare that you have come to give me abundant life and to give me a future and a hope (Jeremiah 29:11). Please forgive me for not trusting in you. In your name, Lord Jesus, I repent and cancel all ground that Satan has gained in my life as a result of my lack of faith. In Jesus' Name*

**For the other sins and bondages that you checked, pray:**

*Lord, I confess that I have been guilty of \_\_\_\_\_ (say each one you checked). I repent and renounce these sinful acts and strongholds and claim Your forgiveness and victory. In the name of the Lord Jesus Christ, I command all evil spirits that are in me or around me as a result of these sins and bondages, to leave me, to never return, to not send any similar spirits, or any reinforcements. I claim in Jesus' name and based on His shed blood that any evil influences that were in my life are rendered powerless and cleansed from my life. In the Name of the Lord Jesus Christ, Amen.*

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## 4. PERSONAL COUNTERFEIT SPIRITUAL EXPERIENCES

### • Occult practices

#### **Begin by praying:**

*Dear Heavenly Father, I ask You to guard my heart and mind, and reveal to me all the cult or occult practices, false religions, and idolatry in which I have knowingly or unknowingly been involved. In Jesus' name I pray, Amen.*

**Deuteronomy 4:15-16** – “You saw no form of any kind the day the LORD spoke to you at Horeb out of the fire. Therefore, watch yourselves very carefully, so that you do not become corrupt and make for yourselves an idol, an image of any shape, whether formed like a man or a woman,”

**Deuteronomy 4:19** – “And when you look up to the sky and see the sun, the moon and the stars—all the heavenly array—do not be enticed into bowing down to them and worshipping things the LORD your God has apportioned to all the nations under heaven.”

**Deuteronomy 18:10-12** – “Let no one be found among you who sacrifices their son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, or casts spells, or who is a medium or spiritist or who consults the dead. Anyone who does these things is detestable to the LORD; because of these same detestable practices the LORD your God will drive out those nations before you.”

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**Leviticus 19:31** – “Do not turn to mediums or seek out spiritists, for you will be defiled by them. I am the Lord your God.”

- Spirit of the Glass
- Ouija Board
- Fortune Telling
- Palm Reading
- Tarot Cards
- Horoscope
- Consulting Mediums
- Feng Shui
- Dwendes
- Arbolaryo/ Witchdoctor
- Witchcraft/ Kulam
- Astrology
- Séance
- Anting-Anting / Amulet
- Faith Healing
- Transcendental Meditation
- Astral Projection
- Speaking in Trance
- Animal Sacrifice
- Clairvoyance
- Spirit Guides
- Gayuma/Love Spells
- Automatic Writing
- Idolatry
- Praying to the dead, ancestors, images, saints, idols or any other being besides the Living God (the Father, Son, and Holy Spirit)
- Others

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**Pray:**

*Lord, I confess that I have participated in \_\_\_\_\_  
(say each one you checked above or listed). I repent  
and ask for Your forgiveness, and I renounce these.  
In the name of the Lord Jesus Christ, I command any  
evil spirits that are in me or around me as a result of  
these things, to leave me right now, to never return, to  
not send any other similar or replacement spirits to me.  
Amen.*

- **Prayer to or worship of anything or any being other than the Living God (God the Father, God the Son, God the Holy Spirit)**

**Romans 1:25** – *“They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator—who is forever praised. Amen.”*

**Exodus 20:4-6** – *“You shall not make for yourself [a]n idol, or any likeness of what is in heaven above or on the earth beneath or in the water under the earth. You shall not worship them or serve them; for I, the Lord your God, am a jealous God, visiting the iniquity of the fathers on the children, on the third and the fourth generations of those who hate Me, but showing lovingkindness to thousands, to those who love Me and keep My commandments.”*

**Isaiah 42:8** – *“I am the LORD, that is My name; I will not give My glory to another, Nor My praise to graven images.”*

**2 Corinthians 11:2-3** – *“I am jealous for you with a godly jealousy. I promised you to one husband, to Christ, so that*

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*I might present you as a pure virgin to him. But I am afraid that just as Eve was deceived by the serpent's cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ."*

**1 Timothy 2:5–6** – *"For there is one God, and one mediator also between God and men, the man Christ Jesus, who gave Himself as a ransom for all, the testimony given at the proper time.*

**PRAY:**

*Lord Jesus, I confess that I have venerated and prayed to other gods, images and idols. etc. I ask for your forgiveness and repent and renounce having done this. You are the only true God. In the name of the Lord Jesus Christ, I command any evil spirits that are in me or around me because of these things, to leave me right now, to never return, to not send any similar or replacement spirits to me. I claim that any evil influences that were in my life are rendered powerless and cleansed from my life. Amen.*

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**Note: Remove idols that have been worshipped and all other occult items in your possession. If you are living with family members and in-laws who own the idols and occult items, pray over these objects and cast out any demons residing in them in the name of Jesus Christ and bind them not to come back.**

## **5. FAMILY HISTORY - SINS OF ANCESTORS**

**Demonic strongholds can be passed on from one generation to the next. The cure for generational sins is salvation in Jesus Christ, repentance and renunciation.**

**Exodus 20:4-6** You shall have no other god before Me. You shall not make for yourselves an idol...You shall not worship them or serve them; for I, the LORD your God, am a jealous God, visiting the iniquity of the fathers on the children, on the third and the fourth generations of those who hate Me, 6 but showing loving-kindness to thousands, to those who love Me and keep My commandments.

**Pray:**

*Lord Jesus Christ, please help me to recall any occult practices, idol worship and addictions in my parents and grandparents.*

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1. Occult Practices:

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2. Idol Worship of:

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3. Addiction in the Family:

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4. Immorality

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**Declaration:** In the name of Jesus Christ, I reject and disown all the sinful practices of my ancestors. I do not agree or approve of their activities. I pledge my allegiance to Jesus Christ and I cancel any claim that Satan has over me through the occult and sinful practices of my ancestors or any curses placed on me.

**CLOSING DELARATION:**

As one who has been delivered from the power of darkness and transferred into the kingdom of God's Son, Jesus Christ, I cancel all Satanic and demonic strongholds in my life. I belong to the Lord Jesus Christ, who purchased me with His own blood. By the power and authority of the Lord Jesus Christ, I command Satan and all evil spirits that are in me or around me to depart now. I bind them not to return to me and not to send any replacement or similar spirits. I declare myself to be eternally and completely committed to the Lord Jesus Christ in body, soul, and spirit. I will faithfully follow Jesus and do His will by the power of the Holy Spirit in me, from this day forward. I am His and I love Him!

**Prayer:**

*Dear Heavenly Father, I am your child through faith in Jesus Christ, my Lord and Savior, the King of Kings and Lord of Lord. Now I submit myself and my body to you as a living sacrifice to be used for righteousness. Glorify Yourself through me. Please fill me now with Your Holy Spirit and enable me to grow in Christlikeness,*

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## The Devil's Destiny

**Revelation 20:10** *“And the devil who deceived them was thrown into the lake of fire and brimstone, where the beast and the false prophet are also; and they will be tormented day and night forever and ever.”*

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## LIVING IN VICTORY

You have just won a victory over the strongholds in your life, but the spiritual battle is still raging. To live in victory, assume responsibility to maintain your victory. Say “No!” to sin and Satan’s lies and Say “Yes” to God. If you do sin, immediately confess your sin to God.

Repent and claim His forgiveness (1 John 1:9), This is very important because if you continue in sin, Satan will gain strongholds in your life again from which he will control and influence you.

- Be continually controlled and empowered by the Holy Spirit. If you live by the power of the Holy Spirit you will not carry out the desires of the flesh. – Ephesians 5:18, Galatians 5:16-17
- Put on the full armor of God daily – Ephesians 6:11-17
- Be part of a discipleship group for Christian fellowship, accountability, mentoring and serving together. – Hebrews 10:25
- Read your bible daily. Memorize and meditate on bible verses – Joshua 1:8, Psalm 1:1-3
- Don’t believe Satan’s lies, believe the truth of God’s word. – 2 Corinthians 10:5, Romans 12:2

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- Pray to God the Father in the name of Jesus Christ as a way of life – Colossians 4:2
  - Flee from sin and the places and people that tempt you to sin - James 4:7, 1 Corinthians 6:18, 2 Timothy 2:22
  - Worship the Lord in private and corporately on Sundays in a church that teaches God's word. – Psalm 100:2-5

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## **READ THIS DECLARATION OF FAITH OFTEN:**

I recognize that there is only one true and living God (Exodus 20:2-3), who exists as the Father, Son, and Holy Spirit, and that He is worthy of all honor, praise, and worship as the Creator, Sustainer, and Beginning and End of all things (Revelation 4:11; 5:9-10; Isaiah 43:1, 7, 21).

I recognize Jesus Christ as the Messiah, the Word who became flesh and dwelt among us (John 1:1, 14). I believe that He came to destroy the works of Satan (1 John 3:8), that He disarmed the rulers and authorities and made a public display of them, having triumphed over them (Colossians 2:15).

I believe that God has proven His love for me, because when I was still a sinner Christ died for me (Romans 5:8). I believe that He delivered me from the domain of darkness and transferred me to His kingdom, and in Him I have redemption, the forgiveness of sins (Colossians 1:13-14).

I believe that I am now a child of God (1 John 3:1-3), and that I am seated with Christ in the heavenlies (Ephesians 2:6). I believe that I was saved by the grace of God through faith, that it was a free gift and not the result of any works on my part (Ephesians 2:8).

I choose to be strong in the Lord and in the strength of His might (Ephesians 6:10). I put no confidence in the flesh (Philippians 3:3), for the weapons of my warfare are not of the flesh (2 Corinthians 10:4). I put on the whole armor of God (Ephesians 6:10-17), and I resolve to stand firm in my faith and resist the evil one.

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I believe that Jesus has all authority in heaven and on earth (Matthew 28:18), and that He is the head over all rule and authority (Colossians 2:10). I believe that Satan and his demons are subject to me in Christ because I am a member of Christ's body (Ephesians 1:19-23). I, therefore, obey the command to resist the devil (James 4:7), and I command him in the name of the Lord Jesus Christ to leave my presence.

I believe that apart from Christ I can do nothing (John 15:5), so I declare my dependence on Him. I choose to abide in Christ in order to bear much fruit and glorify the Lord (John 15:8). I announce to Satan that Jesus is my Lord (1 Corinthians 12:3), and I reject any counterfeit gifts or works of Satan in my life.

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I believe that the truth will set me free (John 8:32), and that walking in the light is the only path of fellowship (1 John 1:7). Therefore, I stand against Satan's deception by taking every thought captive in obedience to Christ (2 Corinthians 10:5). I declare that the Bible is the only authoritative standard (2 Timothy 3:15-17). I choose to speak the truth in love (Ephesians 4:15).

I choose to present my body as an instrument of righteousness, a living and holy sacrifice, and I renew my mind by the living Word of God in order that I may prove that the will of God is good, acceptable, and perfect (Romans 6:13; 12:1-2).

I ask my heavenly Father to fill me with His Holy Spirit (Ephesians 5:18), to lead me into all truth (John 16:13; Psa. 25:5), and to empower my life, so that I may live above sin and not carry out the desires of the flesh (Galatians 5:16). I crucify the flesh (Galatians 5:24) and choose to walk by the Spirit.

I renounce all selfish goals and choose the ultimate goal of love (1 Timothy 1:5). I choose to obey the greatest commandment, to love the Lord my God with all my heart, soul, and mind, and to love my neighbor as myself (Matthew 22:37-39).

I believe that Jesus has all authority in heaven and on earth (Matt. 28:18) and that He is the head over all rule and authority (Col. 2:10). I believe that Satan and his demons are subject to me in Christ since I am a member of Christ's body (Eph. 1:19-23). Therefore, I obey the command to resist the devil (James 4:7) and command him in the name of Christ to leave my presence.

(Source: Bondage Breaker, Neil Anderson)

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**REMINDE YOURSELF OF WHO YOU ARE IN CHRIST DAILY  
IN CHRIST...**

**I AM ACCEPTED...**

John 1:12	I am God's child.
John 15:15	As a disciple, I am a friend of Jesus Christ.
Romans 5:1	I have been justified (declared righteous).
1 Corinthians 6:17	I am united with the Lord, and I am one with Him in spirit.
1 Cor. 6:19-20	I have been bought with a price and I belong to God.
1 Corinthians 12:27	I am a member of Christ's body.
Ephesians 1:3-8	I have been chosen by God and adopted as His child.
Colossians 1:13-14	I have been redeemed and forgiven of all my sins.
Colossians 2:9-10	I am complete in Christ.
Hebrews 4:14-16	I have direct access to the throne of grace through Jesus Christ.

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## I AM SECURE...

Romans 8:1-2	I am free from condemnation.
Romans 8:28	I am assured that God works for my good in all circumstances.
Romans 8:31-39	I am free from any condemnation brought against me and I cannot be separated from the love of God.
2 Cor. 1:21-22	I have been established, anointed and sealed by God.
Colossians 3:1-4	I am hidden with Christ in God.
Philippians 1:6	I am confident that God will complete the good work He started in me.
Philippians 3:20	I am a citizen of heaven.
2 Timothy 1:7	I have not been given a spirit of fear but of power, love and a sound mind.
1 John 5:18	I am born of God and the evil one cannot touch me.

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## I AM SIGNIFICANT...

John 15:5	I am a branch of Jesus Christ, the true vine, and a channel of His life.
John 15:16	I have been chosen and appointed to bear fruit.
1 Corinthians 3:16	I am God's temple.
2 Cor. 5:17-21	I am a minister of reconciliation for God.
Ephesians 2:6	I am seated with Jesus Christ in the heavenly realm.
Ephesians 2:10	I am God's workmanship.
Ephesians 3:12	I may approach God with freedom and confidence.
Philippians 4:13	I can do all things through Christ, who strengthens me.

(Source: Freedom in Christ Ministries, [www.ficm.org](http://www.ficm.org))

## EXPRESS

In your Dgroup, discuss the following points and share your insights with one another:

1. According to the message, what are the guidelines we should remember in helping a person go through the Steps to Overcoming Strongholds out evil. Discuss each.
2. What are the misconceptions we usually have with regard to casting out evil spirits?

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## EXPERIENCE

Encourage each member to go through the Overcoming Strongholds Guide.





