

# LIVING FREE

*A practical guide  
to help you live out  
your full freedom  
in Christ after deliverance.*

**I**f you've been delivered of unclean spirits, you are free! But unfortunately that doesn't mean those spirits won't challenge you again! Casting out demons is actually the easy part because they must submit to you when you command them to leave; but your work isn't over, it's actually just beginning! After deliverance, you might be feeling like things are actually getting worse, and that's because the demons are doing everything they can to attack and frustrate you so you'll give up and give them back their territory. They considered you their "home" and may have been in your family line for many generations, so they won't give up easily and you can be sure they'll return to see if they can find an open door to re-enter.

Getting free of demons through deliverance is just the starting point. It's like a reset button, so that you can now learn to stand your ground against the enemy and live your life from a place of victory. Those demonic spirits are no longer holding you back, so it's up to you to move forward with different thoughts, reactions, and behaviors. Everyone wants a quick fix, but it doesn't work that way. You will have to rearrange your whole life and pursue God with everything you've got. You can't be passive, now it's up to you to start fighting back!

After deliverance, it's common to feel light headed or a little disoriented for the first day or two. It would be good to take a day or two if possible to just think about everything that took place. Then begins the process of the Lord healing your mind and emotions. He will finish the work he started. Remember that Jesus won this victory for you over 2000 years ago. You are not fighting *for* victory, but *from* victory! If you commit yourself to following these steps after your deliverance, you can be sure that the attacks will become less and less, and your progress will be more and more steady. The more you know how to fight, the more victory you will walk in!

Don't be surprised when more attacks come. It's common to experience thoughts stemming from the specific strongholds you were delivered from. For instance, if it was fear or anxiety or depression that you let in before, those demons will try to give you the same thoughts and feelings that caused you to be afraid or anxious or depressed. If they used it before, they will try it again. Or they will get you to doubt and think to yourself, "I'm not really delivered," "I just made it all up," "Maybe I still have more demons," "I'll never be fully delivered." They are just trying to prey on your ignorance and are waiting for you to speak the word to come back into agreement with them so they can re-enter. Do not partner with these thoughts – they are lies! You will experience greater freedom as you learn to discern the lies of the enemy from the voice of your good Father.

James 4:7 says, *"Submit yourself to God. Resist the devil and he will flee from you."* Your job is to continue to fight and not let them in by resisting them. Usually the demons will try to come back after deliverance, but if they are successfully resisted, the attacks will eventually diminish and stop after a few times. When James wrote this verse and chose the word "resist", it was implied to be something of force or violent in nature. Think about this way: If a man tried to grab you with the intent of assaulting you and stealing your wallet, you would use all your strength to resist him. You would be very angry that he was trying to hurt and rob you! That's the mindset you will need to resist the enemy. You need to get mad that the enemy is stealing, killing, and destroying – his every intention for your life is evil!

It's so important that you don't allow the enemy any open doors back into your life. You must close every door that allowed those spirits to be there in the first place. You give them consent when you live in disobedience or believe their lies and accusations. Some of the most obvious open doorways are unforgiveness, fear, anger, rejection, sin, sexual impurity, dishonoring your own body (smoking, drinking, drugs, etc.), lying, occult or occult objects, pornography, depression and doubt. You can keep doorways closed and the enemy from gaining access by keeping your spiritual house clean. This happens by building an intimate relationship with Jesus by the power of the Holy Spirit through the Word of God. It's up to you to maintain your deliverance by making new choices!

Here are 8 steps to keep the enemy out of your life and stay free:

## I. MAKE JESUS CENTRAL

Every day you must surrender every area of your life to the authority and Lordship of Jesus; your time and resources, everything you are and all that you have! You can make this deliberate declaration with your mouth and say, “Jesus, be Lord in every area of my life. I submit to you my emotions, my attitudes, my sex life, my finances, my home, my marriage, my work, my leisure time, and my entertainment.” By making Jesus Lord in every area, he will help you keep all doors closed to the enemy and not re-open any through sin or ignorance. No other remedy, medicine, counsel, therapy, or religion has the power to kick out evil spirits and keep them out. Where Jesus is Lord, no demon can come in. This happens through obedience and submission to the Lord.

Surrender is a choice you make NOW! It is not a lifelong process where you slowly decide whether you will give up certain things to God. Believers in other countries who are persecuted for their faith have to sign a written statement agreeing to lose their property, be thrown in jail, and be martyred for their faith before they can join the church. If you live in America, you don’t normally think like this. But you must count the cost and surrender everything up front because someday you will most likely be facing persecution for Jesus’ sake. In Matthew 16:24-25 Jesus lays down two requirements for following him. *“Then Jesus said to his disciples, ‘Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it.’* You must give Jesus your “Yes!” and say no to everything in you that is self-seeking and self-serving; all of your own desires, preferences, comforts, dreams, and priorities. This is not some trite “Christian duty.” When you are truly IN LOVE with Jesus, it is a joy and an honor to live your life fully and completely sold-out to him. Jesus isn’t looking for “church members,” he’s looking for disciples who are willing to lay down their own lives to follow him.

I Corinthians 6:20 *“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.”* NIV

Galatians 2:20 *“I have been crucified with Christ and I no longer live, but Christ lives in me.”* NIV

Acts 20:24 *“I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me – the task of testifying to the good news of God’s grace.”* NIV

## 2. RENEW YOUR MIND IN THE WORD

If you have mice in your house and call an exterminator, he will remove them and your house will be free of mice. But you will still have to get rid of the mouse tracks and droppings that still remain and repair any damage that’s been done by their chewing or gnawing. It’s the same after deliverance. You have cast out the demons, but your mind still has habits and ways of thinking that will need to be cleaned up. This happens through renewing your mind with God’s Word. This is your greatest tool and must have a place of great importance in your life. This process of rebuilding (renewing) won’t happen all at once, it’s a process that will take months and years. You make time to meet with God every day so that you can read, learn, and meditate on the Word in order to reprogram your thoughts. Get

yourself a version of the Bible that is easy to understand and start with the gospels (Matthew, Mark, Luke and John). God's Word is living and active and God-breathed, so you can know that when you are reading it, something is happening even if you don't understand or comprehend it completely.

The enemy will constantly try to assault you by planting thoughts in your mind. You can't always control the thoughts that enter, but you can control what you do with them. You have to learn to take charge of your thoughts and you can do this by looking up scriptures that are relevant to you and apply to what you were delivered from. Write them down on index cards that you can carry with you. If you were delivered from fear, you could write out John 4:18 and personalize it: "God's perfect love has cast all fear out of my life." You could memorize several scriptures on fear and start constantly repeating them to yourself. Then when the enemy tries to bring a situation or thoughts of fear, you can resist him by declaring the Word out loud. The Word is your weapon and when you speak it through your mouth in faith, the enemy must go! Be specific in your commands and say out loud, "Fear, leave me now in Jesus' name." You must speak out loud because demons can't read your mind. The more you take authority over your life and your emotions by applying the Word and actively resisting the enemy, the freer you will become and the freer you will remain! You will also need to spend time praying and worshipping, and you can also try fasting. All of these things will help strengthen and build up your faith, and will create an atmosphere for the presence and power of the Holy Spirit to move. And the more God's truth, love, and Spirit fills you, the more the demons will run!

Matthew 4:4 *"It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God."* NIV

Romans 12:2 *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."* NIV

### 3. CONTINUALLY BE FILLED WITH THE HOLY SPIRIT

Once you are delivered and the evil spirits are gone, you don't want to be empty – you must fill this spiritual vacuum with the Holy Spirit! You can pray for the Holy Spirit to fill every space that was formerly filled with evil spirits and this starts with receiving the baptism of the Holy Spirit. But this is not just a one-time experience, you must have a lifestyle of being continually filled. Acts 1:8 says that *"you will receive power when the Holy Spirit comes on you."* The Holy Spirit is a person and lives inside of you! He is your helper who is available 24/7. The Holy Spirit is God's power given in order for you to become like Jesus. You will need this power because you cannot hope to defeat Satan with your small human intelligence, figure out his deceptions, or overcome his temptations. If you stay totally dependent on the Holy Spirit, he will help reveal Satan's strategies for your life, and then give you the power to stand against and overcome those strategies! It is an essential part of God's provision for you to live in victory over the enemy!

One of the signs of being filled with the Holy Spirit is that you will produce his "fruit" in your life: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control (Galatians 5:22-23). Do a "fruit inspection" of your life and ask the Holy Spirit to help you produce fruit that honors and pleases him. This isn't something you're trying to *get*, the fruit is what the Holy Spirit wants to give you so all you have to do is *receive* it. Another very important result of being filled with the Holy Spirit is that you will speak in tongues. You can simply ask for this gift and God says he will give it to you. Just begin by opening your mouth and start speaking and trust that the Holy Spirit is giving you the ability to receive this gift. This will not come from your mind, but from your Spirit. According to Ephesians 6:18 this is part of the

armor you put on to stand against the devil's schemes and is a weapon you can use against demonic attacks. You can start with 5 minutes a day a day and then continue to increase in order to build yourself up and become strong in your spirit! (Jude 1:20-25).

Ephesians 6:18 *"And pray in the Spirit on all occasions and with all kinds of requests."* NIV

John 3:34 *"For the One whom God has sent speaks the words of God, for God gives the Spirit without limit."* NIV

## 4. FIND FELLOWSHIP

**I**t is very important to have godly relationships in your life so that you will be encouraged in your new freedom and not be tempted to go back to your old life. The enemy always wants to isolate you and make you feel alone; but God designed fellowship so that you would be supported, stand firm, and win battles. It is imperative that you find a church or home group or Bible study that teaches the Word of God, understands demons and spiritual warfare, and honors the Holy Spirit and believes that all of His gifts are still active today. You will need to surround yourself with mature believers who love the Lord and his Word, and will encourage you and help you grow. You must not miss a week – you will need to stay committed and accountable to growing and transforming!

One of the most powerful influences in your life are the people you spend time with. If you sincerely desire to keep your deliverance and live in freedom, you must break off relationships that have a wrong or negative influence on you. It may be very painful to sever unhealthy relationships with friends or family for a time, but you must be willing to do whatever it takes to stay away from anything or anybody that would distract you or pull you away from your new life in Christ. Pray that God would bring new friends and mentors into your life, ones who are fully surrendered to the Lord and living a holy life, that can pray with you and help you grow in the Lord. In Luke 14:25 Jesus makes a very bold statement: *"If anyone comes to me and does not hate his father and mother, wife and children, brothers and sisters, yes, and his own life also, he cannot be My disciple."* NKJV

Hebrews 10:24-25 *"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together as some are in the habit of doing, but encouraging one another – and all the more as you see the Day approaching."* NIV

I Corinthians 15:33 *"Do not be misled: 'Bad company corrupts good character.'"* NIV

## 5. LIVE A HOLY LIFE

**W**hen you went through deliverance, you repented and renounced all sin in your life. Now you will have to make changes in the way you live because you cannot continue in a sinful lifestyle and expect to stay free. You must get rid of any negative attitudes, words, behaviors, hobbies, interests, movies, shows, books, recreations, sexual relationships, pornography; anything that does not please and honor the Lord. Your eyes and ears are gates to your soul, so what you read, watch, listen to, and invest your time in all matter! If you do sin, don't stay there! You can immediately confess it, repent (turn back to God) and receive God's forgiveness and cleansing. It's only when it is unconfessed and

it becomes a lifestyle that the enemy can come back in. The enemy will try to trip you up, but if you continue to get up and fight, you will defeat him one battle at a time!

Continue to walk in love and forgiveness and release everyone who has hurt you. Be quick to let go of any offense. Also, continue to forgive yourself of past sin and failures. Do not allow guilt, shame or condemnation to be part of how you feel – if Satan accuses you of being a sinner, just tell him that you *used* to be a sinner, but you’ve been forgiven and have been made the righteousness of God in Christ Jesus (II Corinthians 5:21). You are now righteous and set apart! You don’t need a set of rules to show you how to live; God has given you a new nature – the old sinful nature is gone, and now you have a nature that desires to obey and honor God.

Whenever you are tempted, you can take your authority over the spirit of temptation and in the name of Jesus, tell it to leave. Before deliverance, you were trying to fight off the temptation and torment and compulsive pressure of sin coming from evil spirits that were on the *inside* (which was impossible to overcome no matter how hard you tried!). But now you are fighting a temptation coming from the *outside* that can be resisted. You have the Holy Spirit living in you to give you the power to say no to sin and temptation. You can just call on him – it’s his job to help you speak, think, and act like Jesus. It’s what he likes to do! What used to feel like a hopeless battle is now a battle that you can win every time!

Philippians 3:8-9 *“I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ – the righteousness that comes from God on the basis of faith.”* NIV

Romans 6:11-13 *“Count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.”* NIV

## 6. KNOW YOUR IDENTITY

**K**nowing who you are in Christ is absolutely necessary if you are to be successful in spiritual warfare. This is what will give you the confidence to walk in authority and use your power over the enemy. You must not listen to any of the old lies you believed about yourself. You must speak the truth to your mind and believe who you really are! This doesn’t come naturally because it’s hard for our rational mind to believe that we are loved and accepted by God after we become born again and then mess up or experience failure. It’s so much easier to believe that we need to perform well so that we can earn God’s approval and acceptance. But the truth is, we’re already loved and accepted – we aren’t performing to *get love*, our performance is what happens because we’re *already loved*! The enemy does not want you to know your identity because when you do, you are a threat to him. When you move beyond what you thought you were and into who you really are, you will carry out your assignment in this life with confidence! Look up each of these scriptures over the next few weeks (mediate on one each day). Write out the verses in a journal and believe them about yourself. Declare each of these truths about who you are out loud, making sure the enemy hears you! Replace the lies with these true statements about what God says about you.

I Corinthians 6:17  
Galatians 3:26

I am one spirit with God  
I am God’s child

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|---------------------|--|
| Ephesians 1:4       | I am chosen  |
| II Corinthians 5:17 | I am a new creation                                |
| Hebrews 13:5        | I am not alone                                     |
| I John 1:7-10       | I am forgiven and washed clean                     |
| Galatians 5:1       | I am free  |
| II Corinthians 5:21 | I am righteous                                     |
| I John 5:18         | I am born of God and the evil one cannot touch me  |
| I John 3:1          | I am loved   |
| Romans 8:38-39      | I am safe in the love of God                       |
| Colossians 1:14     | I am in Jesus' kingdom                             |
| Romans 8:1          | I am free from condemnation                        |
| Hebrews 10:14       | I am perfect in Christ                             |
| Ephesians 2:10      | I am God's workmanship                             |
| Romans 8:17         | I am an heir of God and co-heir with Christ        |
| Ephesians 2:6       | I am seated with Christ                            |
| I Corinthians 15:57 | I am a victor                                      |
| Romans 8:37         | I am a conqueror                                   |
| I Peter 2:9         | I am a priest                                      |
| II Corinthians 5:20 | I am an ambassador for Christ                      |
| Luke 9:1            | I have power and authority over demons and disease |

## 7. DO NOT LIVE BY YOUR FEELINGS

**Y**ou are not righteous because you feel righteous. You are not forgiven because you feel forgiven. You are not loved by God because you feel loved. You are actually righteous, forgiven, and loved because God says it in his Word. These are facts and you must start to live by faith in what God says and not by what you feel. Faith comes through hearing the Word and believing what it says. Faith is like a muscle – it has to be exercised to stay strong. You can't expect to stay strong and stay free if you let your feelings dominate your day and your life. You will always have to choose – feelings or faith. And when you say yes to one, you will have to deny the other. When you choose to let your feelings dominate, you are denying your faith. But when you say yes to faith and believe what God says, you will have to say no to your feelings. You might have to make a confession without even feeling it. You might have to look in the mirror and say, "I am loved and chosen. I have been made righteous and my past is forgiven. Thank you Jesus that I am washed clean and I am not living under any condemnation." When you start speaking out the truth, your feelings will eventually follow.

You might "feel" anxious, but now instead of letting anxiety dominate you, you can receive the peace of God by faith. Or you might "feel" like you're having a bad day, but if you let your faith take over, you can actually choose to have a good day and replace any negative thoughts and words with better thoughts and more encouraging words. Or you might "feel" tired, but you can receive the energy of the Holy Spirit when you receive it by faith (Colossians 1:29 *"To this end I strenuously contend with all the energy Christ so powerfully works in me."*).

You can do many things when you don't "feel" like it – you can worship when you don't feel like it. You can forgive someone when you don't feel like forgiving. You can speak in tongues when it feels hard. You can memorize scripture when you feel like you'd rather be doing something else. Everything in life is a choice. And the truth is: You always get the life you choose. If you want a life of freedom, peace and joy, you will have to choose a changed lifestyle, changed beliefs, changed preferences, and changed priorities.

You may also have experienced healing in your body when the demons were cast out. This happened over and over in the New Testament – when a person was delivered, they were also healed at the same time. So if any of the symptoms try to come back on you, you have to

remember that symptoms are *lies*. The enemy doesn't want you to think you are healed and will try to get you to come back into agreement with your symptoms or the doctor's report or what Google says about your sickness or disease. You will "feel" pain or inflammation or any number of symptoms, but you can let your faith dominate and speak the Word: "By his stripes I have been healed."

Psalms 34:1 *"I will extol the Lord at all times; his praise will always be on my lips."* NIV

Romans 1:17 *"For in the gospel the righteousness of God is revealed – a righteousness that is by faith from first to last, just as it is written: 'The righteous will live by faith.'"* NIV

II Corinthians 5:7 *"For we live by faith, not by sight."* NIV

## 8. START SERVING

**Y**ou aren't here to fit in and be average. You are here to change the world and leave a legacy for God's great name! God wants to use you and energize you and do supernatural things through you. He's already written a book about you in heaven and has written down the destiny of your life and what he wants you to accomplish for his kingdom. The enemy knows that you are lethal in this generation so he tries to get you to believe that you're limited. But because you are a son or daughter of God, you now have all of the fullness and abundance and power and unlimited resources available to you.

One of the best ways to love God is to love others. You were not created to live for yourself. When you received the Holy Spirit at salvation, he was given to you *for you* – to help you and give you the fruit of the Spirit. But when you received the baptism of the Holy Spirit, he was given to you *for others*. He gives you power to share the gospel, make disciples, to heal the sick, and cast out demons. He also gives you spiritual gifts so that you will have everything you need for the Holy Spirit to flow through you to affect the world around you.

God desires for you to live up to your full potential. You aren't a Christian just so you can go to church for an hour a week and be part of an audience. You wouldn't go to the gym and let your personal trainer lift the weights for you or run on the treadmill while you sat and watched. It's time for you to develop yourself. Stay connected to the Holy Spirit and listen to him speaking to you. He will help you know what to pursue, how to get equipped, where to serve, and who to love. Look for opportunities and be where the Holy Spirit is moving. Connect with people who are seeking revival and leading people to Christ. Matthew 11:12 says, *"From the days of John the Baptist until now, the kingdom of heaven has suffered violence and the violent take it by force."* You can't just sit back and hope for the best or settle for struggling through this life until you get to heaven. We are living in the end times and it's time to press in, actively pursue, and take hold of the kingdom with passion, enthusiasm, and fervor! Jesus paid such a huge price for you – you owe it to him to be excited about him, and you owe it to the world to show them a new way to live.

Intimacy with Jesus is your highest goal. And now that you have experienced deliverance, it clears the way for this to happen. Everything else you do will flow out of this lifestyle of intimacy. As you draw near to God and grow in your relationship with him, the natural byproduct will be continued freedom, a repelling of the darkness, and then rescuing others from the darkness you yourself were delivered from. If you find that you get stuck again, reread this booklet and ask the Holy Spirit which step you need to learn and become stronger in. Remember – God has given you everything you need for life and godliness. Just keep your heart open and tender to him on a daily basis so that he can pour out his love, miracles, revelation, and power into you!



II Peter 1:3 *"His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness."*

John 10:10 *"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."* NIV

Ephesians 2:10 *"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for you to do."* NIV



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