

STEPS TO SELF-DELIVERANCE

CONNECTED & ALIGNED
MENTORSHIP PROGRAM



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Self-deliverance is the process of seeking freedom from **demonic oppression**, **sinful patterns**, or **spiritual bondage** through prayer, faith in Jesus, and the power of the Holy Spirit. While some people seek deliverance from pastors or ministries, ***self-deliverance is possible for believers who rely on Jesus' authority.***

1. **Strengthen** Your Relationship with Jesus

Deliverance is only possible through Jesus Christ. Ensure that you have a strong, personal relationship with Him by:

- **Repenting of sin** (1 John 1:9)
- **Confessing Jesus as Lord** (Romans 10:9)
- **Reading the Bible daily** (Joshua 1:8)
- **Building a prayer life** (1 Thessalonians 5:17)

2. **Identify** the Root of the Issue

Ask the Holy Spirit to reveal any open doors that have allowed oppression, such as:

- **Unconfessed sin** (habitual sin, unforgiveness, occult involvement, etc.)
- **Generational patterns** (family struggles like addiction, fear, or anger)
- **Trauma or wounds** (past abuse, rejection, bitterness)

Pray and ask:

"Holy Spirit, show me what needs to be broken in my life."

3. **Renounce and Break** Any Spiritual Bondage

Once you identify the strongholds, renounce them out loud:

- *"In the name of Jesus, I renounce and break every agreement I have made with sin, fear, anger, addiction, [insert struggle]."*
- *"I reject every lie of the enemy and declare that I belong to Jesus Christ alone."*

4. **Command** Demonic Forces to Leave

Jesus gave believers authority over demons (Luke 10:19, Mark 16:17). Speak with boldness:

- *"In the name of Jesus Christ, I command every spirit of [fear, lust, anger, etc.] to leave me now and never return!"*
- *"I plead the blood of Jesus over my mind, body, and spirit!"*

**IF YOU FEEL RESISTANCE, CONTINUE IN FAITH.
SOMETIMES DELIVERANCE HAPPENS
INSTANTLY; OTHER TIMES, IT'S A PROCESS.**

5. **Fill Yourself** with the Holy Spirit

Once a stronghold is broken, fill the empty space with God's presence (Luke 11:24-26).

- **Worship and praise God** (Psalm 22:3)
- **Speak and declare Scripture over yourself** (Matthew 4:4)
- **Ask the Holy Spirit to fill you** (Ephesians 5:18)

6. **Maintain** Your Deliverance

Freedom in Christ must be maintained:

- **Stay in prayer and the Word** daily (Psalm 119:11)
- **Surround yourself with strong believers** (Hebrews 10:25)
- **Guard your thoughts and actions** (2 Corinthians 10:5)
- **Avoid old sinful habits** (Romans 6:12-14)

PRAYERS AND SCRIPTURES TO GUIDE YOU THROUGH SELF-DELIVERANCE.



Prayer of Repentance

(Start by repenting and surrendering to Jesus)

Heavenly Father,
I come before You in the name of Jesus Christ. I confess and repent of every sin, known and unknown, that has given the enemy a foothold in my life. I ask for Your forgiveness and cleansing by the blood of Jesus (1 John 1:9). I renounce every sin, every agreement with darkness, and every ungodly thought or action.

I declare that Jesus Christ is my Lord and Savior. I belong to You, God, and I surrender my life completely to You. Fill me with Your Holy Spirit and give me the strength to walk in righteousness.

In Jesus' name, Amen.

Prayer to Renounce and Break Strongholds

(Speak out loud to break agreements with sin or demonic influence)

In the name of Jesus, I renounce and break every curse, stronghold, and generational pattern that has affected my life. I cancel every legal right the enemy has claimed over me through sin, trauma, fear, or past agreements.

I specifically renounce **(name the struggles: fear, lust, anger, addiction, depression, witchcraft, etc.)** and I reject every lie of the enemy. I declare that I am a new creation in Christ (2 Corinthians 5:17). The enemy has no power over me because I am covered by the blood of Jesus (Revelation 12:11).

Satan, I command you and every demonic force that has been oppressing me to **leave me now** in the mighty name of Jesus! I reject every influence of darkness, and I close every door that was opened to the enemy. **I am free in Jesus' name!**

Prayer to Fill Yourself with the Holy Spirit

(After deliverance, fill the empty places with God's presence)

Holy Spirit,

I invite You to take complete control over my life. Fill every area that was once occupied by darkness. Fill my heart, my mind, and my body with Your presence and power.

Help me walk in righteousness and obedience to Your Word. Teach me to discern the enemy's tactics and to stand firm in faith. I receive Your peace, Your joy, and Your strength today.

Thank You, Lord, for setting me free! I give You all the glory and honor. **In Jesus' name, Amen!**