

## Spiritual History Inventory for Evaluating Vulnerabilities to Demonic Influence

If you have troubles in these areas and you don't know why, never sought anything occult, and want to stop it, this may help you figure out why and how. If you DID seek out the occult, and are ready to repent, this may help you do so. Any of these things can weaken one spiritually or cause bondage. The ones involving choice or solicitation to interact with the "spirit world" or the occult must be repented of, renounced and forsaken IN FAVOR OF CHRIST.

The list (on the other page) is for anyone, including Christians who have not had problems. It may help you understand what you are hearing or what to ask when you are talking with someone. Or you might survey your life, understanding now the meaning of things that were unclear before. You don't have to be under demonic attack to learn what things have occult uses and to avoid them. Or that media, books, novels, movies, and fantasies containing the occult are rooted in reality and should have no appeal to a Christian.

I have concluded that demonic influence, "hauntings" and the like, if real, occur in *people* for many reasons including some on the list. They may occur in *places* because of what has occurred there in the past. Great sin or evil can be attended and aided by demons. Occult practices in the place, or the persons who were there, seem to contribute to a sort of "permission" for these creatures to linger there. If we had any way to know, we would likely find that the persons with whom it began had something from the list in their lives.

These things alone do not mean that one is under demonic influence. But they can be gateways for trouble with demons or "ghosts" that may take advantage of the "permissions" granted to them, even ignorantly, especially with the overt things. If you *seek* the occult, the effects can turn horrifying and/or be out of your control. This can lead to sin, alienation, depression, even thoughts of suicide, if one grants a foothold. Demons masquerade, deceive, and may even provide pleasure to start out, but the end of consorting with them is death, morally, spiritually, or physically; or at the least, disinterest, dullness, or hostility, toward things of God.

**The cure is repentance and faith in the Lord Jesus Christ, with a conscious renouncing of past involvement. It is a change of allegiance. A person needs to make a clear choice for Christ, asking His forgiveness and help.**

The saved are not part of the occult anymore! (Christians under *attack* or who have unwittingly been in contact with these things need to confess sin, make things right that they know are wrong, and seek God's close fellowship and protection.)

**IT IS A PREREQUISITE FOR GETTING HELP OR GIVING HELP THAT THE SUBJECT MAKES the DECISION TO BE SAVED AND GET RIGHT WITH GOD. He/she needs to express their WILL to respond to God, and to reject all claims the devil may have on them in favor of Christ. Review and *make* or *obtain* commitment to salvation, and to the following passages or similar verses regarding redemption through the blood of Christ **first**.**

**Col. 1:13-14:** <sup>13</sup> *Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son:* <sup>14</sup> *In whom we have redemption through his blood, even the forgiveness of sins:*

**Eph. 2:13:** *But now in Christ Jesus ye who sometimes were far off are made nigh by the blood of Christ.*

**James 4:14** *Submit yourselves therefore to God. Resist the devil, and he will flee from you.*

These are some things the devil may use. Do any of these things apply to you, or have you done them?

1. Experienced an “alien abduction?” Out of body experiences? Sought a “spirit guide?”
2. Been in a trance, whether from music, drugs, meditation, or hypnotism?
3. Had your fortune told? Palm readings, a horoscope done, had a reading from I-Ching, runes, crystals, stones, or tarot cards, scrying or similar things? Used an Ouija board? Done dowsing?
4. Had Reiki massage, holistic scans using “energy fields” or Eastern/Indian/Hindu techniques?
5. Are you “into” Goth, vampire or zombie culture, or fantasy games?
6. Involved with metal/heavy rock, meditative music, or drum circles?
7. Seen a medium, spiritualist, attended a séance, channeled spirits or been present at such an experience? Consulted a psychic by phone or in person?
8. Prayed to or offered sacrifices to an idol? Prayed to ancestors or “Saints”?
9. Tried to talk with the “dead” or spirits? Seen *and talked* with ghosts as a child?
10. Used magic, cast a spell, used voodoo, or attended a coven or Wiccan meeting?
11. Read the *Book of the Dead* or any other similar book of occult, magic, or Egyptology?
12. Buy, wear, or possess an amulet, charm, or crystals? Possess an idol or “grotto”?
13. Ever practiced “visualization?” Yoga, Transcendental Meditation, Feng Shui, or similar?
14. Attended, participated, or affirmed belief in Hindu, Buddhist, Tao, Shinto, native religion, Tai Chi?
15. Taken to any such religious ceremonies, blessed, or dedicated in them by your parents?
16. Had psychic healing, past life regression, hypnotism?
17. Neurolinguistic programming? Dianetics, Mind Control or other “mind sciences?”
18. Religious spiritual experiences such as “Toronto Blessing,” tongues, trances, faith healings?
19. Is your spouse or teenager doing any of these things in your home?
20. Follow horoscopes or astrology?
21. Iridology, reflexology, or water-witching (dowsing)?

(Do not expect an audible answer to the following, as some of these things may involve illegal or embarrassing acts.)

1. Lived a sexualized, immoral, or pornographic lifestyle?
2. Abused as a child, especially sexually?
3. Committed or taken part in acts of cruelty, torture, or violence toward people or animals?
4. Been sexually assaulted? Committed sexual assault?
5. Used drugs and had a “trip”?

*DISCLAIMER: This is opinion from experience and study, not a substitute for spiritual counsel or medical advice.*

Christian workers: Expect that these questions can provoke spiritual warfare. Be prepared. Consider not counseling alone.