

Self Deliverance

Table of Contents

Self-Deliverance	2
Familiar words/phrases	3
How does Self-Deliverance Work?	5
Suggested prayers to say	6
Repentance:	6
Forgiveness:	6
Renunciation:	6
Soul Ties:	7
Inner Healing:	7
Binding and Casting out:	8
Filling up and closing down:	8
Self-Deliverance Prayer	9
Replace the negative with the positive from heaven	11

Self-Deliverance

Self-Deliverance may be a new experience for you, but I believe it is necessary you learn how to pray for yourself, especially if you've already received deliverance ministry and are in need of follow up.

It is also essential that we rely on Jesus Christ and the Holy Spirit not those people who have ministered to us - they are just vessels that the Lord uses to bring about His healing.

Matthew 15:18 "Then Jesus answered and said unto her, O woman, great is thy faith; and be it unto thee even as thou wilt. And her daughter was made whole from that very hour."

Deliverance is the children's bread; if you BELIEVE and you seek Him with a repentant heart then He will deliver you.

But before you start your prayer of self-deliverance and before you engage in battle you need to know your Godly Authority and you're Godly Identity in the Lord Jesus Christ. Please read and understand the hand-out's on your Godly Authority and your Godly Identity. I would also ask if someone can cover you in prayer during the time you are praying.

Be aware that there are blockages to deliverance, for example you can't be passive - you need to know your authority and you need to use it to fight for your freedom.

Also know that God will never violate your free will - He is a perfect gentleman. If you don't want to give up or let go of those sins, habits and choices then God can't and won't heal you in those areas - you must want them gone for your complete deliverance.

Fear is another common blockage; fearing that the situation will be made worse but once Jesus is involved the situation can only get better! ***2 Timothy 1:7 'God has not given us the spirit of fear; but of power, and of love and of a sound mind'***

The spirits will play games with your mind and will inject thoughts in your mind so you doubt yourself or so that you are really confused. Those spirits may have been there a long time and their thoughts will be confused with your thoughts. Nope you're not going insane. Confusion is not of God. They may even

tell you to do something stupid but don't buy the lies! Know that God has a mighty plan for your life!

Rebuke them in Jesus name: say 'I rebuke the thought of_____ and I make it obedient to Jesus Christ and I plead the blood of Jesus over it.' Simple prayers to say are 'I bind the spirit of confusion in Jesus name' or 'I bind all interfering spirits now in Jesus name'.

Familiar words/phrases

You also need to be familiar with some words/terms that are used in the deliverance ministry and which you will need to use for your prayer of self-deliverance.

Matthew 8:16-17 'When evening came, they brought to Him many who were under the power of demons; and He cast out the evil spirits with a word, and restored to health all who were sick [exhibiting His authority as Messiah], so that He fulfilled what was spoken by the prophet Isaiah: "He Himself took our infirmities [upon Himself] and carried away our diseases."' (AMP)

As in the scripture above the demons (evil spirits or unclean spirits) will not automatically go because you've had a change of heart – they need to be cast out with words, below you will find explanations and meanings of the words you will use and further on you will find prayer suggestions using these phrases.

Repent: Sin separates us from fellowship with God from His blessings, from His benefits and more importantly His protection.

Matthew 3:2 'Repent [change your inner self–your old way of thinking, regret past sins, live your life in a way that proves repentance; seek God's purpose for your life], for the kingdom of heaven is at hand'.

So when we repent it means coming back to a place of humility, back to the one who forgives us – its realising we need Jesus our Saviour, our Redeemer and our Deliverer.

So we repent of any area that we have fallen short of God's glory or any way we have overstepped the boundaries. If there is no true repentance then there will be no deliverance. Repentance is about changing your mind and turning from that which you did before.

Jesus will honour the prayers of the righteous and remember he wants this more than you!

Forgiveness: Forgiveness is a choice, it's a decision you make where by you choose to forgive those who have hurt or harmed you in the past or present. You also have to choose to forgive yourself for anything you've done towards others, towards yourself and towards God.

If you fail to forgive then this will give the enemy a legal right to stay and you won't receive the full deliverance or freedom that Jesus died to give you.

But if you declare with your mouth that you forgive someone, your heart will catch up. Remember this is not a prayer for other people but for yourself, once you let it go you will be able to come to a place of healing.

Renunciation: Renunciation is not a prayer said to God. We are not petitioning him, renunciation is a verbal command to the enemy and it means to give up, refuse to follow/obey and resign by formal declaration.

It's making a formal declaration to not partner with the enemy anymore and your prayer of renunciation is declaring this.

Some activities that cause spiritual bondage will need to be renounced even if you haven't personally be involved such as: Freemasonry and occultic activities. They have spiritual consequences that affect the bloodline and by renouncing you are therefore declaring you are not partnering with it.

(Generational Iniquities and Curses are covered in more depth in an e-booklet I have written. You can purchase a copy from www.shaunatooley.com/shop/)

Soul-Ties: A soul tie is a bond or connection that is formed with another person.

We naturally form ties with our family, relatives and/or close friends- just like David had with Jonathon as it tells us in **1 Samuel 18:1** '***The soul of Jonathan was knit with the soul of David, and Jonathan loved him as his own soul.***'

An ungodly or unhealthy tie will be created whenever someone engages in sexual relations outside the confines of marriage. Also through, vows, commitments, agreements, idolatry, abusive relationships (physically, sexually, emotionally, verbally) and controlling relationships.

Each tie needs renouncing and may need repenting if it was through sexual relations outside marriage or through drug taking or drinking with someone etc.

Please also read the hand-out/post on soul ties for a more in depth explanation.

Using the Sword of the Spirit: I like to prophetically take my Sword of the Spirit to cut away and break that which has had a hold over me! It's a step of faith and to show that you mean business!

So once you've repented and renounced pick your Sword of the Spirit up and use it to break any hold the enemy has over your life: you are prophetically breaking any agreement you had with him! All the enemy's legal rights to oppress, torment or harass you have been cancelled through your repentance, renunciation, forgiveness and soul-ties that have been broken.

Binding and Casting out: Once the prerequisites have been done (as above) then it's time to command the enemy loose by binding and casting him out by the power and authority of Jesus Christ also by His name, death, blood and resurrection you command the enemy to leave immediately.

How does Self-Deliverance Work?

To be delivered you need to say these prayers out loud and do the following steps: (But obviously always listen to the Holy Spirit)

- 1) Repent of the sin that opened the door to the enemy
- 2) Renounce the evil spirit causing the oppression in the name of Jesus
- 3) Forgive those who've hurt you and even forgive yourself
- 4) Break soul-ties with anyone you've had sexual relations with outside marriage or anyone who has controlled you or vice versa
- 5) Bind and cast out the evil spirit(s) in the name of Jesus Christ

The most common ways spirits leave is through coughing, burping, yawning. Sometimes doing a coughing action can start the process of the spirit leaving.

Suggested prayers to say

Father God I come boldly to the throne room of Grace as it tells me in Hebrews 4.

Lord Jesus Christ, I confess you are the only Son of God, that You died on the Cross for my sins and rose again – I ask you to come into my heart anew. I thank you for the beautiful Holy Spirit who dwells within me (Romans 8:9). I ask for the anointing that fell on all in the upper room at Pentecost. Thank you that this day I will be set free from all that plagues me.

Repentance:

Father God please forgive me for [Name sin/sins] I repent and confess this____. I am truly sorry for what I have done.

I ask you Father God to forgive me for all that I have done against you, for all disobedience, unfaithfulness, and idolatry and for not putting you first.

Forgiveness:

As I have been forgiven I now choose to forgive those who've hurt or harmed me in the past or present [Name person e.g. Mum, Dad, siblings, Grandparents, God, teachers, doctors etc.] I choose to forgive them and I release them into my forgiveness. And I also choose this day to forgive myself for all that I have done.

Renunciation:

I renounce____[name the activity/sin/spirit] and for all involvement I have had with the occult, new age practices, or any pacts and agreements I have made with satan or that others have made on my behalf.

In the name of Jesus Christ, I repent and renounce all vows, statements, commitments which I have made, knowingly or unknowingly, against myself or anyone else. I specifically renounce ____ [Name those vows which you have made and which you know to be wrong, it could be that you said you'd never love another person, or that you'd rather die than marry anyone else, or maybe you've said you'll never trust anyone (or God) also mention any ungodly

beliefs if you've said anything like I will fail/I am a failure. Also see handout on ungodly beliefs and inner vows]. Other areas that need to be renounced would be as follows: Fear, hatred, rejection, despair, heaviness and hopelessness etc

I ask You, Lord, to totally cleanse me and set me free.

(Try to renounce each area of spiritual bondage)

Soul Ties:

By the power of Jesus Christ, His death and resurrection, I take the sword of the spirit and I renounce, break and sever any ungodly soul ties formed between myself and *[say the name of the person]*

I break the soul tie from them to me also Lord and I give [insert name] back to you and myself back to you.

(Try to say for each soul tie that has been created, i.e by bringing before the Lord each person you've had sexual relations with outside marriage. Don't worry if you can't name them all - God does jobs lots. Also break the soul ties with anyone (or anything) you have been obsessed with or if anyone has had any form of control over you)

Inner Healing:

Your emotions are a great way to find out what's going on underneath the hood so to speak! If you feel anything coming up within you like anger, sadness, grief, frustration, feeling overwhelmed, depression or whatever ask the Lord where it is coming from. Or how did it enter me?

The Holy Spirit will give you images, words, people or memories; He may even bring conviction. Be open to receiving all that He is showing you. If it's an area of inner healing you could pray like this:

Holy Spirit walk me back to the time when the _____ took place or when they did that to me. Jesus make yourself very real to me at that age and minister to me powerfully. I ask you to lift any trauma/shock from me and minister to all my emotions that were formed through that situation.

I choose to forgive those who've hurt me or I forgive myself for doing_____.

I break the tie with that ____ [place/person/situation etc.] and I ask you Holy Spirit to bring your cleansing rivers of living water to wash me clean, cleanse me of this hurt etc. I ask you Lord to grow any fragmented parts of me up to now.

Fill me up Lord with all the fruits of the Holy Spirit, [also use the negative-positive list from page 11.] In Jesus name I pray.

Know that God does not remove the memory he reforms the memory. He removes all the hurt and replaces it with His love and peace.

After inner healing has taken place you can now go on to expel any spirits.

Binding and Casting out:

In the name of Jesus Christ I take authority over the _____ [name that which needs to go] I cast you out by the power of Jesus Christ, by His Name, Death, Resurrection and Power and I command you to loose me now and immediately go to the foot of the cross of my Lord and Saviour Jesus Christ.

[Place a hand on your heart, or stomach]

I take my Sword of the Spirit and I break the hold of the enemy over me, I break and remove the yoke of bondage in Jesus name.

Because the most common way a spirit will leave is by coughing you may feel phlegm in the back of the throat and a need to cough, try and spit out rather than swallowing.

Filling up and closing down:

When you know that the spirit or spirits have left then you need to fill up with the opposite from the word of God and heaven (examples below.) The area that's been healed must then be sealed in the blood of Jesus and closed down to further spiritual attack.

Prayer to close down: Whatever spirit has been bound and cast out from me pray in the name of Jesus that wherever there was an ungodly opening I close it down and seal it in the blood of Jesus.

Self-Deliverance Prayer

I break all generational curses of pride, rebellion, lust, poverty witchcraft, idolatry, death, destruction, failure, sickness, infirmity, fear, schizophrenia, and rejection in the name of Jesus.

I command all generational and hereditary spirits operating in my life through curses to be bound and cast out in the name of Jesus.

I command all spirits of lust, perversion, adultery, fornication, uncleanness, and immorality to come out of my sexual character in the name of Jesus.

I command all spirits of hurt, rejection, fear, anger, wrath, sadness, depression, discouragement, grief, bitterness, and unforgiveness to come out of my emotions in the name of Jesus.

I command all spirits of confusion, forgetfulness, mind control, mental illness, double mindedness, fantasy, pain, pride and memory recall to come out of my mind in the name of Jesus.

I break all curses of schizophrenia and command all spirits of double mindedness, rejection, rebellion, and root of bitterness to come out in the name of Jesus.

I command all spirits of guilt, shame, and condemnation to come out of my conscience in the name of Jesus.

I command all spirits of pride, stubbornness, disobedience, rebellion, self-will, selfishness and arrogance to come out of my will in the name of Jesus.

I command all spirits of addiction to come out of my appetite in the name of Jesus.

I command all spirits of witchcraft, sorcery, divination and occult to come out in the name of Jesus.

I command all spirits operating in my head, eyes, mouth, tongue and throat to come out in the name of Jesus.

I command all spirits operating in my chest and lungs to come out in the name of Jesus.

I command all spirits operating in my back and spine to come out in the name of Jesus.

I command all spirits operating in my stomach, naval and abdomen to come out in the name of Jesus.

I command all spirits operating in my heart, spleen, kidneys, liver and pancreas to come out in the name of Jesus.

I command all spirits operating in my sexual organs to come out in the name of Jesus.

I command all spirits operating in my hands, arms, legs and feet to come out in the name of Jesus.

I command all demons operating in my skeletal system, including my bones, joints, knees and elbows to come out in the name of Jesus.

I command all spirits operating in my glands and endocrine systems to come out in the name of Jesus.

I command all spirits operating in my blood and circulatory systems to come out in the name of Jesus.

I command all spirits operating in my muscles and muscular systems to come out in the name of Jesus.

I command all religious spirits of doubt, unbelief, error, heresy and false tradition that come in through religion to come in the name of Jesus.

I command all spirits from my past that are hindering my present and future to come out in the name of Jesus.

I command all ancestral spirits that entered through my ancestors to come out in the name of Jesus.

I command all hidden spirits hiding in any part of my life to come out in the name of Jesus.

Replace the negative with the positive from heaven

Un-forgiveness - Forgiveness

Past - present

Guilt - innocence

Sin - grace

Separation - Re-union

Guilt and shame - freedom

Confusion - Certainty

Infirmity - wholeness

Despair - hope

Sickness - health

Weakness - strength

Foolishness - wisdom

Frustration - fulfilment

Failure - success

Addictions - freedom

Poverty - prosperity

Torment, anxiety and depression - peace like a river

Grief and sorrows - Joy

Weariness and discouragement - bring peace and faith

Lust - purity

Loneliness - companionship

Darkness - light

Curses - blessings

Hate - love

Rejection - acceptance

Greed - balance

Hurt - healing

Family failures - heavenly Family

Disharmony - harmony