

simple keys for
self-deliverance
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DENNIS *and* DR. JEN CLARK



STUDY GUIDE

simple keys for

self-deliverance



DENNIS *and* DR. JEN CLARK

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Books

Destiny Image

Live Free: Discover the Keys to Living in God's Presence 24/7
Deep Relief Now: Free, Healed, and Whole
The Supernatural Power of Peace
Releasing the Divine Healer Within: The Biology of Belief and Healing

Destiny Image eBooks

Simple Keys to Heal Loneliness
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Simple Keys for Self-Deliverance

The Great God Quest Series for Children

The Great God Quest: The Beginning
The Great God Quest: Forgiveness and the God Emotions
The Great God Quest: Gold Goes to the School of the Spirit

Xulon Press

Was Jesus a Capitalist?

Preface



“The Protestant Reformation began to restore the truth of the priesthood of the believer. In practice, however, most of the body of Christ is still encouraged to be an audience instead of an army. The times are changing. *Simple Keys for Self-Deliverance* is not intended to be a comprehensive guide on the subject of deliverance, nor do we suggest that the church no longer needs experts in deliverance or deliverance ministries. It just means there are some things we should learn to do ourselves. For example, just because we learn to brush our own teeth doesn’t mean that we never need a dentist.

“God has given all believers spiritual weaponry and authority, but many have never been taught how to use their spiritual equipment. When leaders train their congregations to rely on Christ within for daily “spiritual hygiene,” they can trust more in God and rely less on other people. As pastors, we rejoice to see Christians in our own fellowship taking personal responsibility for growing in spiritual prowess. As far as we are concerned, it is very fulfilling to serve as coaches, equipping the “team to play the game.”¹

ENDNOTE

1. Clark, Dennis and Jen, *Simple Keys for Self-Deliverance* (Shippensburg, PA: Destiny Image Publishers, 2014). 5.

Chapter 1
Hitchhikers



By Dennis

Out of the Blue

We have all had times when a person or circumstance triggered an emotional overreaction that seemed to come out of the blue. When we say someone or something “pushes our buttons,” we are referring to hidden *triggers* in us. Often, the presence of demonic activity will manifest at these times.

- When a button is pushed in us, we feel a *negative emotion*, reacting internally with anger, guilt, fear, or shame, and so forth.
- Most people then react outwardly by engaging in ungodly behavior.
- Sometimes we may also feel the presence of a *demonic hitchhiker* attached to the toxic emotion.

What are some “buttons” you recognize in your own life?

- When we come before the Lord like a child, trusting and teachable, He will reveal the entry point for these triggers and heal and deliver us.
- We don't have to engage in mental analysis but simply go to God in prayer and ask Him.

Our attitude: Trust and a teachable heart.

Our responsibility: Pray and inquire of the Lord.

God's part: Revelation, healing, and deliverance.

Where Did that Come From?

David always asked God for answers and the Lord always responded with the strategy necessary for victory over the enemy. When we want to know when a button was “installed,” we simply ask God to show us. It's that easy!

David inquired... (1 Samuel 23:2, 4; 30:8, 2 Samuel 2:1; 5:19; 5:23; 21:1; 1 Chronicles 14:10, 14).

- David also trusted God to reveal hidden things lurking in his *own heart*.
- The Lord always revealed what David needed to know.
- We, too, should inquire of God and anticipate an answer.

Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way (Psalm 139:23-24).

Self-Deliverance

There is powerful connection between our internal issues and demonic hitchhikers.

“I [Dennis] felt anger and shame in my gut, but I also felt shame draped over me like a “blanket” on the outside. In a flash, I saw myself looking in the mirror but my face was covered by a slimy “stocking mask” with holes for eyes like burglars wear. As I received forgiveness from Christ within (see Colossians 1:27 and John 7:33), the toxic feelings inside me were washed out and I simultaneously felt a spirit of shame lift off me and saw the mask pulled off in my mind’s eye. I instantly felt a deep peace replace the shame and anger.”¹

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness (1 John 1:9).

Two Principles of Self-Deliverance

First. Start with the emotion.

- We feel emotions *inside* of us.
- Carnal emotions are *flesh*.
- Demonic activity hitchhikes on negative emotions.
- Forgiveness washes out negative emotions.
- Negative emotions are then replaced by supernatural peace, which is the fruit of the Spirit.

Second. Demonic hitchhikers leave when we deal with our internal issues.

- We feel demonic hitchhikers on the *outside*.
- Negative emotions give the enemy permission to torment us.

- When we take back the legal ground in our hearts we submit to God and demonic activity must flee.

[S]ubmit to God. Resist the devil and he will flee from you (James 4:7).

- We can rely upon Jesus the deliverer in us for self-deliverance.

I AM, I AM the LORD! Besides Me there is no Deliverer/ Savior (Isaiah 43:11 ONMB).²*

DISCUSSION

Since our negative emotions give the enemy legal ground to harass us, where do you think negative emotions originated?

ENDNOTES

1. Clark, Dennis and Jen, *Simple Keys for Self-Deliverance*, (Shippensburg, PA: Destiny Image Publishers, 2014). 6.
2. “The One New Man Bible uses LORD* to translate the tetragrammaton, the four letter name of God. The name is a Hebrew word meaning, “I was, I AM, I always will be.” He never changes. In the New Testament there is a problem because the authors of the Septuagint used the same Greek word, *Kurios*, that the authors of the New Testament used to translate the name of God, which is always translated in English as Lord. In the New Testament the word *Kurios* is used in reference to both Y’shua or to the LORD* when quoting or alluding to the LORD* in Hebrew Scripture. There is no distinction in the Greek text between the word Lord in reference to Y’shua or to the LORD*.” Therefore, in the One New Man Bible, I AM is always translated as LORD* to make a differentiation. [W.J. Morford, *One New Man Bible* (Traveler’s Rest, SC: True Potential Publishing, Inc., 2011). ii.]

Legal Ground



Displacement

Demonic activity cannot stay in a territory ruled by God. It is the principle of displacement. this includes areas in our own heart.

- Wherever God is ruling, demonic activity is *displaced*, or pushed out.
- The presence of God evicts evil.

When the enemy shall come in like a flood, the Spirit of the Lord will lift up a standard against him and put him to flight (Isaiah 59:19 AMP).

- We grow spiritually as more and more areas of our heart are surrendered to the presence of God.

[J]ust as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness (Colossians 2:6-7 NLT).

How do we grow spiritually? _____

Why do you think that is true? _____

God-Tools

God has given all believers spiritual weapons, or “God-Tools,” so we can live victorious lives.

“To mature spiritually, we must learn how to use our “God-tools,” also known as “*the weapons of our warfare*” (see 2 Corinthians 10:4) and be diligent in applying them to transform our thoughts, emotions, and impulses (choices) “*into the structure of a life shaped by Christ,*” and “*lives of obedience into maturity.*”¹

We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ. Our tools are ready at hand for clearing the ground of every obstruction and building lives of obedience into maturity (2 Corinthians 10:5-6 MSG).

DISCUSSION

God has given every believer the same spiritual weapons, or God-Tools. Why do you think so many believers are living less than victorious lives?

Mind, Will, and Emotions

- God created us as thinking, willing, feeling beings.
- To live in victory, we must be submitted to God in our thoughts, choices, and emotions.
- Prior to salvation, our thoughts, choices, and emotions operated independently from God.
- After salvation, the Holy Spirit begins the *process* of bringing all three under the lordship of Jesus Christ.

What are some examples from your own life when you were ruled by God?

Godly thought _____

Godly choice _____

Godly emotion _____

What are some examples from your own life when you know you were in the flesh?

Godly thought _____

Godly choice _____

Godly emotion _____

The Process of Sanctification

Our thoughts should be filled with God's *revelation*, our will should yield to God's *will*, and our *emotions* should experience a flow of the fruit of the Spirit, which are the supernatural emotions of God. We feel the fruit of the Spirit when we are in communion with God. Communion should rule our emotions.

- *Revelation* should rule in our thoughts.
- *God's will* should rule our will (conscience).
- *Communion* should rule our emotions, with the evidence of the fruit of the Spirit.

DISCUSSION

What does the following passage say about how to live the Christian life?

“At the time of our initial salvation experience, we gain a great deal of freedom. However, many areas of our heart remain “un-evangelized” and don’t yet submit to the lordship of Jesus Christ. The good news is that each time we cooperate with God in the on-going process of sanctification, more and more of our heart is set apart for Him. In every area that comes under the authority of God, evil spirits lose their footholds in our life.”²

As you have therefore received Christ, [even] Jesus the Lord, [so] walk (regulate your lives and conduct yourselves) in union with and conformity to Him (Colossians 2:6-8 AMP).

- As God has more of us, we draw closer to God.
- The Bible calls this process “sanctification,” meaning *set apart for God*.³

Definition of Grace

Grace is often defined as God’s “unmerited favor.” Although that is true, grace includes so much more. Grace is the personal presence of Jesus empowering us to be all that He called us to be and do all that He called us to do.

- We receive grace for salvation at the time of conversion. This gives us the *legal position* of right standing with God.
- We receive grace for living the Christian life so we can live grow up spiritually into Christlikeness. This is grace, or power, for our *living condition*.
- Grace is not license to sin; it is power to overcome sin.

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me (Galatians 2:20).

Fill in the blanks

- When we live by grace, who lives through us?

- When we love by grace, who loves through us? _____
- When we forgive by grace, who forgives through us? _____
- When we are delivered by grace, who delivers us?

Harmony

Prior to sin, the only emotions Adam and Eve felt were God's supernatural emotions. They were in harmony with God and one another because their thoughts, choices, and emotions were *aligned* with the Lord.

- Adam and Eve had no thoughts, choices, or emotions that were in conflict with God.

Fruit of the Spirit

Emotions are designed to be *conduits* of the love of God.

- We can think of our emotions as “pipes” through which either carnal emotions or supernatural love can flow at any given time.

God's love is the fruit of the Spirit: one fruit with various expressions (see Galatians 5:22-23).

- One fruit: Love
- Joy is love rejoicing
- Peace is love resting
- Patience is love enduring
- Kindness is love giving
- Goodness is love motivating
- Faith is love trusting
- Gentleness is love esteeming (“esteem others better” than yourself, see Philippians 2:3)
- Self-control is love restraining (power under control)

Disharmony

When sin entered the picture, Adam and Eve experienced toxic emotions for the first time. Prior to this, they had only known love. Now they felt hurt, fear, lust, anger, guilt, and shame (see Genesis 3:1-24). Negative emotions come from the kingdom of darkness and give the enemy legal ground, or permission, to harass us.

- Every negative emotion signals an area where the enemy has legal ground.
- The banner over the kingdom of God is love.
- The banner over the devil's kingdom is fear.
- God's emotions are *love-based* emotions but negative emotions are *fear-based*.

God “*delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love*” (Colossians 1:13). Through salvation we have been given access to the emotional atmosphere of the Garden of Eden. It then becomes our responsibility to stay in the right kingdom by quickly dealing with negative emotions.

He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes I will give to eat from the tree of life, which is in the midst of the Paradise of God (Revelation 2:7).

Emotions are Signals

Emotions are *signals* that let us know what kingdom is in operation at any given time. Negative emotions let us know that we are temporarily under the influence of the wrong kingdom.

- Forgiveness conveyed us into the kingdom of God when we were saved.

- Forgiveness is the solution for all negative emotions.
- When we forgive, negative emotions are instantly replaced by the supernatural peace of God.
- Supernatural peace is evidence of the presence of God.

[T]he kingdom of God is...righteousness [love in action] and peace and joy in the Holy Spirit [emphasis mine] (Romans 14:17).

DISCUSSION

It has been said that we can describe the kingdom of God in terms of righteousness, peace, and joy...and that two out of these three are emotional. However, righteousness is God's love in action to do good works. That means all three are emotional.

Why can we define righteousness in terms of love?

Legal Ground

Negative emotions are always the products of unforgiveness and always give the enemy legal ground, or permission, to harass us.

- The sin of unforgiveness is a major cause of demonic attacks in the lives of Christians.
- Sin in general gives the enemy legal ground in our lives.

Some common ways people give the enemy legal ground are:

- Unforgiveness
- Unhealed emotional traumas
- Mental strongholds
- Repetitive sin
- Sexual sin
- Idolatry and agendas
- Occult activity
- Religious deception
- Generational sin

Therefore, my dear ones...work out (cultivate, carry out to the goal, and fully complete) your own salvation with reverence and awe and trembling (Philippians 2:12 AMP).

Jesus says, *“If you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses”* (Mark 11:25-26).

- We don't lose our salvation when we fail to forgive.
- We will, however reap harvests of trouble and demonic harassment until we forgive (see Matthew 18:21-35).

ENDNOTES

1. Clark, Dennis and Jen, *Simple Keys for Self-Deliverance*, (Shippensburg, PA: Destiny Image Publishers, 2014).
2. Ibid.
3. “Sanctify” is *hagiazō* in Greek, meaning *consecrate, dedicate, purify, or separate unto God*. The English word sanctification comes from the Greek root *hagios* meaning “holy,” referring to holiness in moral with divine qualities superior to human nature, which is Christlikeness. “Sanctification is...used in the New Testament...of the separation of the believer from evil things and evil ways. This sanctification is God’s will for the believer, 1 Thess. 4:3, and His purpose in calling him by the gospel, ver. 7; it must be learned from God, ver. 4, as He teaches it by His Word, John 17:17, 19; cp. Ps. 17:4; 119:9, and it must be pursued by the believer, earnestly and undeviatingly.... [I]t cannot be transferred or imputed, it is an individual possession, built up, little by little, as the result of obedience to the Word of God, and of following the example of Christ.... The Holy Spirit is the Agent of sanctification...” [*Vine’s Expository Dictionary of Old and New Testament Words* (Old Tappan, NJ: Fleming H. Revell Company, 1981), 315.]

Emotions and Forgiveness



Capacity to Forgive

Jesus paid a tremendous price so that we could be forgiven. We who have received forgiveness should extend the same mercy to others. After salvation, Christ is the forgiver in us.

- Through Christ in us, we have been given the *capacity* to forgive.

But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.... If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness (1 John 1:7, 9).

- Forgiveness occurred *instantly* when we received forgiveness at the time of salvation.
- Forgiveness is still instant whenever we present our heart to Jesus after salvation.
- Therefore, salvation gives us a pattern for how we should live our Christian lives.

As you therefore have received Christ Jesus the Lord, so walk in Him (Colossians 2:6).

DISCUSSION

Why is forgiveness instant and not a process?

Who does the forgiving?

What is our part in forgiveness?

Salvation. When we were saved, we (1) opened our heart and welcomed Jesus in, (2) received forgiveness, and (3) experienced the fruit of peace with God.

Our Christian walk. In living the Christian life, we (1) keep our heart open to Christ within, (2) receive or extend forgiveness whenever we lose our peace, and (3) live in the fruit of peace Jesus gave us as a gift.

A Matter of the Heart

We believe with our heart, connect with God in our heart, receive spiritual revelation in our heart, and forgive in our heart. We locate the following in our heart:

- the seat of grief: John 14:1; Romans 9:2; 2 Corinthians 2:4
- joy: John 16:22; Ephesians 5:19
- the desires: Matthew 5:28; 2 Peter 2:14
- the affections: Luke 24:32; Acts 21:13
- the perceptions: John 12:40; Ephesians 4:18
- the thoughts: Matthew 9:4; Hebrews 4:12
- the understanding: Matthew 13:15; Romans 1:21
- the reasoning powers: Mark 2:6; Luke 24:38
- the imagination: Luke 1:51
- conscience: Acts 2:37; 1 John 3:20
- the intentions: Heb 4:12; 1 Peter 4:1

- purpose: Acts 11:23; 2 Corinthians 9:7
- the will: Romans 6:17; Colossians 3:15
- faith: Mark 11:23; Romans 10:10; Hebrews 3:12
- the capacity to forgive: Matthew 18:35

Location of the Heart

In the original Hebrew and Greek in the Bible, such words as “belly” and “bowels” are used to indicate the heart. We find that the location of our heart, our innermost being, is found in the gut, not in our chest.

Location. “According to the Bible, our spiritual and emotional heart doesn’t reside in our chest (the location of our physical heart) but in our gut. In John 7:38 (KJV), Jesus refers to the heart by the word “belly” in the original Greek, *“He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.”* Our spirit fills us from head to toe, of course, but the epicenter of spiritual and emotional activity is in the gut.”¹

Belly. “In the Old Testament and New Testament alike, words such as belly or bowels are regularly translated heart in English. The Greek word for “belly” is *koilia*, meaning the whole belly, the abdominal cavity, bowels, or may also refer to the womb. It generally denotes the inner self, the center of emotions, will, and conscience and is often translated “heart.”...[T]he Hebrew words most commonly translated “heart” in English are *lev* and *levav*, which mean essentially the same thing.”²

The words of a talebearer are as wounds, and they go down into the innermost parts of the belly (Proverbs 18:8 KJV).

Bowels. “*Splagchnon* is another Greek word commonly translated “heart,” referring to the inward parts, heart, compassion, affections, or the seat of the emotions. Many Greek writers, from Aeschylus (525-456 BC) on down, considered the bowels to be the center of the more violent passions, such as anger and love. However, the Hebrews regarded the bowels as the seat of more tender affections.”³

But whoso hath this world's good, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him? (1 John 3:17 KJV).

The Door of the Heart

The *door* of the heart is the *will* and is located in the belly.

- The Bible tells us that the door of the heart can open or close (see 1 John 3:17).
- When we are “open” to another person, the door of our heart is open to them.
- When we put up a “wall,” we shut our heart’s door with willpower.

Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him (Revelation 3:20).

Do you remember using your willpower to put up a wall?

Do you recall a time when you opened your heart and felt compassion for someone? _____

Distance is a Deception

God is omnipresent. It is true that He inhabits heaven but when we got saved we asked Jesus into our heart. He with us at all times.

- Distance is a deception.
- God is with us.

“Behold, the virgin shall be with child, and bear a Son, and they shall call His name Immanuel,” which is translated, “God with us” (Matthew 1:23).

DISCUSSION

What difference should it make in our lives to have the assurance that God is with us all the time?

- At the time of salvation, we opened our heart and welcomed Jesus in.
- We connect with the presence of God every time we open our heart to pray, worship, and include Him in our everyday life.

Christ in you, the hope of glory (Colossians 1:27).

[T]he kingdom of God is within (Luke 17:21).

PRACTICE
Connect with God

Close your eyes and pray. Place your hand on your belly to remind you to focus on Christ in you. When you change your focus from the thoughts in your head to Christ within, that awareness automatically means you have made a spirit-to-Spirit connection with God. Yield, or relax, even more. Peace feels gentle and subtle most of the time, so don't expect lightning bolts. You are touching the presence of the Lord.

Now, think of something you are grateful to God for doing in your life. A feeling of joy usually accompanies gratitude.

That is the fruit of the Spirit.

The next time you are in a worship service and sense the anointing in the room, it didn't fall out of heaven. It is the product of love toward God released from the hearts of those worshipping.

Peace is Power

Jesus has given us supernatural peace as a gift. Peace is not just calmness or absence of conflict. Peace is power!

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid (John 14:27).

- Peace is always available for us.
- Peace is evidence that Jesus is with us.

He Himself is our peace (Ephesians 2:14).

- When we lose our peace, our own issues have separated us from His presence.

The God of peace will crush Satan under your feet shortly (Romans 16:20).

- As soon as we deal with issues through forgiveness, peace is instantly restored and we are in the place of spiritual power and authority.

The Gift of Forgiveness

At the time of salvation, we received the gift of forgiveness and felt the peace of God for the first time.

- To maintain a walk in the Spirit, we apply forgiveness whenever we lose our peace (see Colossians 2:6).
- Forgiveness sets us free while releasing perpetrators into the hands of God.
- The Word of God commands us to forgive, so it is not optional.
- If part of you wants to forgive and part doesn't, agree with the part that wants to.

Christ the Forgiver

Christ the forgiver Himself forgives through us so we don't "try" to forgive.

- We yield to Jesus in our heart and He does all the work.

[I]t is God who works in you both to will and to do for His good pleasure (Philippians 2:13).

- Forgiveness is not just a choice or thinking certain thoughts.
- Because our heart is our emotional center, forgiveness must include the mind, will, and *emotions*.

Who to Forgive

God: Forgiving God gets our heart right by releasing our judgments against Him. What do you need to forgive God for? _____

Self: If we have judged ourselves, we must receive forgiveness. Is there something you need to forgive yourself for doing or not doing? _____

Others: When we forgive other people it sets us free. Who do you need to forgive? _____

Now you know where to *begin*, but God knows areas of your heart that you have forgotten.

How to Forgive

Close your eyes and pray. You may want to place your hand on your belly to remind you to be aware of Christ within. We are asking the Lord to bring to our mind anything that needs healing in our heart.

PRACTICE *Forgiveness*

First. *What is the first person or situation that comes to mind—an image or memory?*

Feel. *Feel the feeling. Allow yourself to feel. What emotion do you feel in your gut when you picture that person or situation? (Every thought has a corresponding emotion.)*

Forgive. *Yield to Christ the forgiver within and allow a river of forgiveness to flow from the belly until the emotion changes to peace. If you are forgiving yourself, receive forgiveness from Christ in you.*

If you are upset with another person, allow forgiveness to flow out to them.

If you are angry at or disappointed with God, forgive Him.

In most cases, we only need the *first three steps* of First-Feel-Forgive.

Occasionally, in maybe one out of 30 or 40 emotional healings, one or both of the following two additional steps may be needed to complete the work.

Fact. After forgiving and getting peace, if there is a lie, renounce the lie out loud. Next, ask the Lord for the truth (scriptural fact) and receive it. (Lies always come in at the time of emotional wounding. When we forgive and get peace, we are in the place of power with the spiritual authority to dislodge the lie.) Only what God says is reality, or fact. Historical evidence is not necessarily reality.

Fill. 1) Forgive first. 2) Release demands on people to give you what you needed. 3) Receive filling from Christ within.

- Always deal with the emotion first. Negative emotions give ground to the enemy.
- When we forgive and get peace, deliverance is usually automatic.

PRACTICE
Self-Deliverance

Pray. *If you are concerned about the possibility you might need deliverance, close your eyes and pray. If you feel peace and no particular area comes to mind, that's good. We are to let the peace of God rule in our heart.*

First. *Focus on the first person or situation that comes to mind.*

Feel. *If you have opened a door to torment by sinning, picture the sin. Sin might just involve you or another person may be involved.*

Forgive. *Receive forgiveness until it changes to peace in your gut. (If another person is involved, forgive that person, too.)*

Repent. *Now, yield and receive the gift of repentance.*

Yield to Christ the deliverer in your heart. If you still feel external pressure or oppression after you have peace in your heart, yield to Christ the deliverer in you, and welcome Him to rise up within you and push out any religious hitchhiker. Continue to yield to Him until you feel the pressure in the atmosphere lift.

Once the oppression lifts, stay in the peace of God. The enemy can't touch the fruit of the Spirit. If you accidentally lose your peace, receive forgiveness and you will feel peace again.

Generational Sin

Generational sin begins to operate in our life only if we give in to it at some point in time, often in childhood.

- We call the time when an issue began the *entry point*.
- We don't have to do mental analysis to know when something got started.
- We simply pray and ask God to show us when we let it in.

PRACTICE ***Generational Sin***

Pray. You don't have to figure anything out. Simply close your eyes to pray and ask God to show you.

First. Focus on the first person or situation that comes to mind in prayer.

NOTE: If you are concerned about a particular sin that runs in

your family line and believe you may have given in to it, you don't have to guess. Close your eyes and get in an attitude of prayer. Ask the Lord to show you where it got started in your life.

Feel. *When you see a person or situation, feel the feeling attached.*

Forgive. *Receive forgiveness for taking in something God didn't give.*

Allow a river of forgiveness to flow from Christ within to the person. Then release forgiveness back through your family line to ancestors who opened up to that spirit.

DISCUSSION

Why are emotions so important when it comes to revealing what is in our heart?

Why do negative emotions give legal ground to demonic hitchhikers?

How do forgiveness and repentance set us free?

ENDNOTES

1. Clark, Dennis and Jen, *Simple Keys for Self-Deliverance*, (Shippensburg, PA: Destiny Image Publishers, 2014).
2. Ibid.
3. Ibid.

Pesky Thoughts



Taking Thoughts Captive

We must take responsibility for our thoughts to walk in true freedom.

- The Bible instructs us to “*take captive every thought to make it obedient to Christ*” (2 Corinthians 10:5 NIV).
- How do we take thoughts captive and make them obedient to Christ in a practical way?
- We must begin by making two distinctions.

1. Make a distinction: The new creation

The real you is a new creation who loves God and loves His Word. The new creation always agrees with God.

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new” (2 Corinthians 5:17).

- If a thought doesn’t sound like something God would say, don’t accept it.

2. Make a distinction: Inside or outside

- We must differentiate between our own flesh and demonic influence.

Check inside. When we feel something negative, we should first check inside, in our gut.

- We feel our emotions *inside* us.
- When we feel a negative emotion inside, we should deal with our emotions first through forgiveness until we feel peace.

Check outside. When we have peace inside but feel *external* oppression, the pressure is outside us.

- When we have peace inside we have the spiritual authority and strength to resist anything negative in the atmosphere.
- If you accidentally “own” a bad atmosphere outside of you, receive forgiveness and you will feel peace again.

Therefore submit to God. Resist the devil and he will flee from you (James 4:7).

DISCUSSION

Have you ever listened to someone speak when they were nervous and began to feel anxious yourself?

Explain how that happened.

PRACTICE

Inside or Outside

Pay attention to how you feel in your gut right now. What is the feeling? _____

Now pay attention to the atmosphere outside of you. How does it feel? _____

Two Categories of Thoughts

Simple distractions. We give power to what we give attention to. When we lose our peace due to a mild distraction or fleeting worry, we should renounce it (silently or aloud).

- Release the thought into the hands of God until you feel peace again.
- When we “take a thought captive,” we give it to God.

Repetitive thoughts. A repetitive thought with a corresponding negative emotion is a *mental stronghold*. If a lie comes in, it always comes in at the time of emotional wounding. (Most of the time, emotional wounds do *not* have a lie, or mental stronghold, attached to them.)

- When a lie *is* believed, it blocks the truth from being received.
- A lie becomes a repetitive thought we hear again and again but there is also a negative emotion attached.

Some examples of mental strongholds are:

- “I’m unworthy.” What does God say?
- “I can’t do anything right.” What does God say?
- “I never belong.” What does God say?

- “I’m a hopeless mess.” What does God say?
- “I have to be in control.” What does God say?

Is there a repetitive thought that bothers you from time to time? _____

Testing Thoughts

There are three tests we should apply to the thoughts we hear. If a thought is the wrong spirit, is unscriptural, or has bad fruit, don’t tolerate the thought.

1. **Test the thought by the Spirit.** If the thought feels condemning, accusatory, or intrusive, it is not God.
2. **Test the thought by the words.** Does the thought agree with the Bible?
3. **Test the thought by the fruit.** Does it feel like the fruit of the Spirit? If we acted on the thought, what fruit would it produce?

Pulling Down Strongholds

To deal with a mental stronghold, always start with the emotion first through forgiveness.

- When we don’t have peace, we have no spiritual authority.
- When we have peace, we have access to supernatural power that can defeat any lie.

PRACTICE
Start with Forgiveness

***First.** What is the first person or situation that comes to mind—an image or memory?*

***Feel.** Feel the feeling. Allow yourself to feel. What emotion do you feel in your gut when you picture that person or situation? (Every thought has a corresponding emotion.)*

***Forgive.** Yield to Christ the forgiver within and allow a river of forgiveness to flow from the belly until the emotion changes to peace. If you are forgiving yourself, receive forgiveness from Christ in you. Allow forgiveness to flow out to others. If you are angry at or disappointed with God, forgive Him. If you are upset with yourself, yield and receive forgiveness from Christ within.*

Written on the Heart

Once we have peace, the next step is to renounce the lie and let the Lord replace it with the truth. Truth comes up from our spirit in our heart and informs our mind. It becomes revelation which is written on the tablet of our heart.

Write 2 Corinthians 3:3. _____

What does it mean for the Holy Spirit to write on our heart?

PRACTICE

Remove the Stronghold

Fact. After forgiving and getting peace, if there is a lie, renounce it out loud. Next, ask the Lord for the truth (scriptural fact) and receive it. (Lies always come in at the time of emotional wounding. When we forgive and get peace, we are in the place of power with the spiritual authority to dislodge the lie.)

Connect, Own, Express



Our Will

Both God and the devil want our will. God works from the *inside* to get our will when we are born-again believers.

- First God *connects* with our spirit.
- Through the process of sanctification, He *owns* more and more of our heart
- Finally, God *expresses* His nature through us.

Jesus modeled a life that *fully* expressed Father God. As Christians, we should also be expressions of God so others can see Him in us.

He who has seen Me has seen the Father (John 14:9).

The word which you hear is not Mine but the Father's who sent Me (John 14:24).

Most assuredly, I say to you, the Son can do nothing of Himself, but what He sees the Father do; for whatever He does, the Son also does in like manner (John 5:19).

The devil works from the *outside* to try to get our will. The Gadarene demoniac expressed the personality of demons (see Mark 5:1-5; Luke 8:26-39).

- The demonic realm first made a *connection*.

- Then the demoniac *owned* the demonic influence as part of himself.
- Finally, the demons freely *expressed* their personalities through him.

Do you not know that if you continually surrender yourselves to anyone to do his will, you are the slaves of him whom you obey, whether that be to sin, which leads to death, or to obedience which leads to righteousness (right doing and right standing with God)? (Romans 6:16 AMP).

God’s Goal: Connect → Own → Express

Explain how God connects with us, owns us, and expresses Himself through us. _____

The enemy wants bodies in which to live so he can express his evil nature. Evil spirits want to *connect* with us, *own* us, and *express* their nature through us. The devil wants to express himself through us. Evil spirits want to control our thoughts, words, and behavior.

The Enemy’s Goal: Connect → Own → Express

Explain how the enemy can connect with us, “own” part of our heart or life, and express something of Himself through us. _____

DISCUSSION

Give some examples of connect-own-express from the Bible and/or real life.

Three Steps of Self-Deliverance

[S]ubmit to God. Resist the devil and he will flee from you (James 4:7).

1. ***Start with the emotions.*** Toxic emotions must be replaced with supernatural peace.
 - If you recognize an area in which you are being attacked, in an attitude of prayer, ask the Lord, “Where did this get started?”
 - When you see a person or situation and feel a negative emotion, allow forgiveness to wash it out until you have peace. The enemy now has lost permission to stay.
 - When we take back ground from the enemy, deliverance is usually automatic. However, we can

also yield to Christ the deliverer in us and welcome Him to fill us head to toe, and radiate out from us to “push out” any tormenting spirit.

2. ***Guard the doors to your mind and emotions.*** The enemy has two doors through which he tries to make a connection. If he can't connect with you, you have already won the battle.
3. ***Yield to Christ the deliverer within.*** If you have peace in our heart but still feel pressure from the outside, yield to Christ the deliverer in you and welcome Him to fill you from head to toe.
 - As you yield to Christ within, allow His presence to radiate outwardly, pushing back anything oppressive in the atmosphere.
 - Jesus will always “*triumph over His enemies*” (Isaiah 42:13 NIV).

Religious Spirits



Willpower

Religious spirits hitchhike on human willpower. Willpower is a force that can be perceived. In addition, it attracts demonic “help.”

- Anything we do with the force of our own willpower is *control* and borders on witchcraft.
- When an individual is controlling or “pushy,” other people react negatively because it can be *perceived* in the atmosphere.
- Willpower is the *force*, or energy, of our will.

Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery [witchcraft], hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God (Galatians 5:19-21).

Recall a time when you felt someone was pushy or trying to control you in some way. How did it make you feel?

“Witchcraft is the Greek word pharmakia, from which we derive our word pharmacy. In the King James Version of the Bible, pharmakia is translated “witchcraft,” because almost no one but witches and sorcerers used drugs during the time the Bible was written. Drug usage was common in pagan worship to induce hallucinations and get in touch with evil spirits. Notice that idolatry and witchcraft are included as ‘works of the flesh.’”¹

DISCUSSION

Why does Paul include witchcraft in works of the flesh?

- Operating in willpower makes us vulnerable to the demonic realm.

For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry [emphasis mine] (1 Samuel 15:23).

- *Rebellion* means to be contentious, refractory, or disobedient toward authority, including God. All rebellion is ultimately against God. Passive aggression is a subtle form of rebellion.

- *Stubbornness* refers to pressing, pushing, and being insolent. It implies insisting on getting your own way and using willpower to get it.
- *Iniquity* is the working of corrupt desires. It comes from a root word meaning to pant or exert oneself (and implies twistedness). Manipulation is a form of iniquity.
- *Idolatry* is lust for a person, place or thing (including hidden agendas). It is driven by a seducing spirit so a demonic hitchhiker fuels the craving. When a believer has an idol, they worship and pursue it more than God. KEY: If there is anything you can't let go of, it's an idol. Examples: "I've got to have a man," "I have to be rich," "I have to have a certain ministry position."

PRACTICE

Idolatry and Agendas

To dislodge an idol and give that part of your heart back to God you must first acknowledge its reality. Allow God reveal an idol by closing your eyes and prayin.

First. Ask God to show you if you have an idol.

Feel. If something (or someone) comes to mind, feel the feeling in the gut. It will feel like titillation, a "pull," or strong desire.

Forgive. Receive forgiveness from Christ in you.

Release. Release the idol from the gut into the hands of God. Then welcome His presence to fill that area.

- Operating in willpower opens us up to demonic involvement.
For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry (1 Samuel 15:23).
- When we are in the Spirit, we yield to God's will and His life manifests in us and through us.

Choices of the Will

In the natural, our will has three choices when pressured: fight (push back), flight (run away), or "faint," be a doormat and let people "walk all over us."

- Fight
- Flight
- Faint (quit)
- ?

There is a *fourth* option for believers: to yield our will to the will of Father God!

- *The fourth option:* no one can control us when we are submitted to God's control.

The life of Jesus demonstrates the power of living fully submitted to Father God.

- Luke 4:16-30 describes an incident in which Jesus read from the book of Isaiah in the synagogue.
- He concluded by saying, "*Today this Scripture is fulfilled in your hearing.*"
- Jesus shocked them by saying that He Himself was the fulfillment of prophecy and that God had visited gentiles.

So all those in the synagogue, when they heard these things, were filled with wrath, and rose up and thrust Him out of the city; and they led Him to the brow of the hill on which their city was built, that they might throw Him down over the cliff. Then passing through the midst of them, He went His way (Luke 4:28-30).

- The people present were “filled with wrath” and had every intention to throw Jesus over a cliff.
- Jesus didn’t fight them, run from them, or let them shove Him off the hill to His death. Jesus simply walked right through the crowd.
- He was only one and they were many.

When we are yielded to God, we are at peace and have the inner assurance that God is in complete control of our lives.

DISCUSSION

Why did yielding to the will of Father God keep Jesus safe?

How can yielding to God protect us from control?

Religious Spirits

Religious spirits use rituals, laws, and the traditions of men to oppress us and put us in bondage.

- The Holy Spirit gently leads.
- Religious spirits drive and condemn.

*Even so we, when we were children, were in **bondage** under the **elements of the world**.... But now after you*

*have known God, or rather are known by God, how is it that you turn again to the **weak and beggarly elements**, to which you desire again to be in bondage?* [emphasis mine] (Galatians 4:3,9).

*Beware lest anyone cheat you through philosophy and empty deceit, according to the **tradition of men**, according to the **basic principles of the world**, and not according to Messiah* [emphasis mine] (Colossians 2:8).

*[I]f you died with Messiah from the **basic principles of the world**, why, as though living in the world, do you subject yourselves [put yourselves in **bondage**] to regulations—“Do not touch, do not taste, do not handle”* [emphasis mine] (Colossians 2:20-21).

True Worship

*But the hour is coming, and now is, when the **true worshipers** will worship the Father **in spirit and truth**; for the Father is seeking such to worship Him. God is Spirit, and those who worship Him must worship in spirit and truth* [emphasis mine] (John 4:23-24).

- True worship is “*spirit and truth*.”
- Worship flows from our heart, engaging our spirit, and true doctrine is known by our mind.
- Worship must include both our head and heart.
- The Holy Spirit is the source of true worship but our emotions are the conduit through which worship flows.

What is true worship? _____

Why must true worship flow through our emotions instead of our willpower? _____

Will Worship

Will worship is any religious activity that originates in human *willpower* instead of the Holy Spirit flowing through our emotions.

“Paul uses an unusual phrase translated “will worship” in the King James Version of the Bible, *stoicheion* in the Greek (see Col. 2:20-23). The word *stoicheion* refers to Gentile cults and Jewish theories and philosophies called “philosophy and vain deceit,” translated “elements” and “rudiments” in Galatians 4:3 and Colossians 2:8. *Stoicheion* implies that animistic or demonic spirits ally with religious rituals and traditions.”²

[Why do you subject yourselves to] the commandments and doctrines of men? Which things have indeed a shew of wisdom in will worship [emphasis mine] (Colossians 2:3 KJV).

- *Stoicheion implies that animistic or demonic spirits connect with religious rituals and traditions.*³

- English translation also renders this phrase *will worship* as “elements of the world,” weak and beggarly elements,” and “rudiments of the world.”

*[I]f you died with [Messiah] from the **basic principles of the world**, why, as though living in the world, do you subject yourselves [put yourselves in bondage] to regulations—“Do not touch, do not taste, do not handle” [emphasis mine] (Colossians 2:20-21).*

- The word *stoicheion* refers to Gentile cults and Jewish theories and philosophies called “philosophy and vain deceit,” translated “**elements**,” “**rudiments**,” and “**basic principles of this world**.”

*Even so we, when we were children, were in bondage under the **elements of the world** [emphasis mine] (Galatians 4:3).³*

Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Messiah [emphasis mine] (Colossians 2:8 KJV).

When we give in to will worship, or religious rituals and tradition, we come under the influence of religious spirits.

- Man-made religion is a product of willpower.
- It contains a driving energy or force that is not God.
- Religious spirits hitchhike on that energy exerted in religious rituals and traditions.

PRACTICE

Self-Deliverance from Religious Spirits

If you are concerned about whether you have given in to a religious spirit, close your eyes and pray.

- *Picture your Christian life and service to God.*
- *If a certain aspect of religious activity or your Christianity in general stands out, feel the feeling in your gut.*

You might feel a negative emotion, anxiety, or just a sense of pressure. When you picture any area (such as teaching Sunday school, witnessing, attending meetings, praying and reading your Bible “enough,” doing charitable deeds, and so forth) and feel pressure inside.

- *Receive forgiveness until it changes to peace.*
 - *We put most standards of religious performance on ourselves.*
 - *If another person is involved, forgive them.*
 - *If you blame God, release forgiveness toward Him. Jesus says His burden is easy and His yoke is light (see Matt. 11:29-30).*
- *If you still feel external pressure but have peace in your heart, yield to Christ the deliverer in you.*
- *Welcome Him to rise up within you and push out any religious hitchhiker.*

Continue to yield to Christ in you until you feel the pressure in the atmosphere lift.

ENDNOTES

1. Clark, Dennis and Jen, *Simple Keys for Self-Deliverance*, (Shippensburg, PA: Destiny Image Publishers, 2014).
2. “Elements [*stoicheion* in Greek] translates a Greek word, which originally referred to the triangle on a sundial for determining time by a shadow-line. From there it came to be applied to *a going in order*, advancing in steps or rows, elementary beginnings, and learning the letters of the alphabet. In NT usage, the word refers to the elementary principles of the OT (Heb. 5:12), the rudiments of both Jewish and Gentile religion (here and Col. 2:8, 20) and the material elements of the universe (2 Pet. 3:10, 12).
3. “Paul’s use of the same word in v. 9 (“the weak and beggarly elements”), along with its usage in Col. 2, lends further insight into “elements.” He teaches that spirits of the animistic or demonic dimension (v. 8) find easy allegiance with the rituals and philosophies of human religion and tradition. Hence, the elements of the world are actually evil spirits that use the rituals of the Law (v. 10) to enslave and condemn.”

Footnote for Gal. 4:3: Spirit-Filled Life® Bible, Copyright © 1991, Nashville, TN: Thomas Nelson Publishers. 1777.

Seducing Spirits, Agendas, and Soulish Prayers



Sex is Spiritual

Humans are different from animals because they have spirits and are created in the image of God. For human beings, sex is therefore spiritual not just physical.

- Sex is an awesome force so powerful it can bring forth a *human life*.
- A loving marriage between one man and one woman provides (1) the mutual support and welfare of committed parents as well as (2) a stable home for raising children.
- Children can then be nurtured in love by both a father and mother who raise them in the “*training and instruction of the Lord*” (see Eph. 6:4 NIV).

Sexual Sin

Society as a whole recognized that sex should be reserved for marriage until the advent of the birth control pill. Sex was then unmoored from responsibility under God and cheapened to selfish entertainment.

- Because of the unique role of sex in God’s creation, God gave instructions in the Bible to maintain the purity of the act to prevent defiling:
 - Individuals
 - Marriages
 - Future generations

- The guidelines and prohibitions in the Bible tell us how to avoid *demonic infestation* due to sexual sin.
- Sexual activity is “safe” only in a marriage between one man and woman.

*Therefore a man shall leave his father and mother and be joined to his wife, and they shall become **one flesh*** [emphasis mine] (Genesis 2:24).

*But from the beginning of the creation, God ‘made them male and female.’ ‘For this reason a man shall leave his father and mother and be joined to his wife, and **the two shall become one flesh**’; so then they are no longer two, but one flesh. Therefore what God has joined together, let not man separate* [emphasis mine] (Mark 10:6-9).

Definition of Marriage: God defined marriage as a bodily, emotional, and spiritual covenant between a man and a woman. The Lord Himself performed the first marriage ceremony between Adam and Eve (see Gen. 2:22-24).

- Marriage is *not* two people who are tennis buddies, partners in a business, or have signed a legal contract as in a “civil union.”

Who gave the definition of the word “marriage”? _____

Do people have a right to change it? _____

God’s Purposes for Marriage

1. Marriage was established by God to give joy and satisfaction to humankind.

Now the Lord God said, “It is not good (sufficient, satisfactory) that the man should be alone; I will make

him a helper (suitable, adapted, complementary) for him” (Genesis 2:18 AMP).

2. Christian marriages are designed to reflect the image of God. (Unity in the Godhead.)

Then God said, “Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground.” So, God created man in his own image, in the image of God he created him; male and female he created them (Genesis 1:26-27).

- God made “them” for oneness so they could be reflections of Him.
 - It requires a man and woman in unity to truly reflect the image of God.
 - Unity creates a portal to restore the glory of God.
3. Marriage was designed to continue and increase the human race by producing godly children who are raised in stable, loving families.

And God blessed them and said to them, “Be fruitful [and] multiply” (Genesis 1:28).

4. The family is the building block of human society.
 - The parent's marriage is designed to model healthy social relationships for their children.
 - Healthy families form healthy communities.

Seducing Spirits

Demons do not mold to all fleshly manifestations, inner wounds, or sins, but sexual sins automatically give legal ground to demons. Sexual sin gives seducing spirits permission to infest a person's life.

- Seducing spirits can link to unclean emotional attachments even when there has been no physical contact. (It doesn't matter if there hasn't been actual physical involvement.)
- The King James Version of the Bible terms this type of lust inordinate affection, or "desire with a twist."

Soul Ties

The term "soul tie" is usually applied to an impure emotional connection with seducing spirits involved. However, there are both clean and unclean emotional attachments. In the Bible, David and Jonathan had a healthy emotional connection (see 1 Sam. 18:1-3).

- An unclean soul tie does not disappear over time.
- Soul ties are not always romantic attachments.
 - Parents can develop soul ties with their own children.
 - Patients or clients sometimes form soul ties with counselors or physicians.
 - Co-dependent relationships are based on soul ties.

Why do you think David and Jonathan's relationship was healthy? _____

DISCUSSION

The relationship between Jezebel and Ahab was unhealthy. Why?

What are some other examples of *unhealthy* relationships in the Bible? Explain.

Spiritual Adultery

If a married person develops an emotional attraction with some person other than a spouse, they are committing spiritual adultery.

- Emotional attachments between co-workers are so common in the business world that the expression “work spouse” has been coined.
 - According to a recent survey, 23% of all employees reported that they had a work spouse.¹
- If spiritual adultery is not dealt with, it usually leads to physical adultery.
- Believers must continue to be vigilant after breaking a soul tie because the other party will usually attempt to re-establish the connection.

You have heard that it was said to those of old, “You shall not commit adultery.” But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart (Matthew 5:27-28).

Whoever commits adultery with a woman lacks understanding; He...destroys his own soul (Proverbs 6:32).

Why would spiritual adultery progress to physical adultery?

Why would someone attempt to re-establish the connection after a soul tie is broken? _____

Dealing with Agendas and Idolatry

Any person, place, or thing that people want so much they can't "let it go" is an idol, or agenda. A seducing spirit is always present. Idols can include:

- Living in a certain location
- Finding a husband or wife
- Fantasy scenarios
- Leisure activities or entertainment
- Money or possessions
- Family or children
- Fame
- Having a particular job or position
- Having a certain ministry position

DISCUSSION

Two Lies Christians Believe

There are two lies Christians who feel called to ministry often believe are:

1. A pastor or leader is holding them back.
2. They have to help God out.

God is more interested in character than gifting. No one can stop God's plan for your life but you. If someone is interfering with the will of God, He will move them out of the way or move you somewhere else. If God can get *your heart* right, He will open up the opportunity for ministry.

Why would Christians believe these lies?
Who is really in control?

There is no power on earth that can make a person important. God is the judge.... He lifts one person up and brings another down (Psalm 75:6-7 ERV).

PRACTICE

Agendas and Idolatry

You don't have to guess about whether or not you have an agenda or idol. If you ask the Lord to show you an idol, He will be faithful to bring it to mind if you have one. Close your eyes and pray.

First. *What is the first person, place or thing that comes to mind.*

Feel. *Feel the feeling in your gut.*

NOTE: When a seducing spirit manifests, it feels “tingly” or arousing. You don’t have to guess about wrong relationships, idols, or agendas, you can instantly verify it by the feeling it produces.

Forgive. *Receive forgiveness. (You may need to forgive another person or God, if you have been demanding something from Him or are angry at Him.)*

Release. *Release the idol (from the gut) into the hands of God with no strings attached. Let it go until you feel peace.*

Your attitude should be, “Even if I never get what I want, I am leaving it up to God to make the decision.” When you release an idol you will feel peace in your gut and the “pull” will be gone.

Seducing Spirits

- Individuals under the influence of seducing spirits lose their ability to make logical decisions.
- They get what we call “the stupids.”
- They can’t see what everyone around them clearly understands.
- They get defensive and angry if someone disagrees with them.

[T]he path of the just is like the shining sun, that shines ever brighter unto the perfect day. The way of the wicked is like darkness; they do not know what makes them stumble (Proverbs 4:18-19).

PRACTICE

Dealing with Seducing Spirits

In sexual sin or when we are sinned against, there may be a variety of emotions that surface including arousal, guilt, shame, disgust, fear, and so forth. Sometimes there is anger toward someone who failed to provide protection or toward God if we blame Him. “Why did God allow that to happen to me?” Often a person blames themselves even if they were clearly victimized. Both real and imagined guilt are resolved the same way—by receiving forgiveness.

Pray: *In an attitude of prayer, pray in order as people or events come to mind.*

Feel the feeling. *Dealing with the titillation or arousal specifically is necessary for dealing with the seducing spirit. If you just feel guilt and shame, deal with that first, then allow yourself to feel the arousal.*

Forgive: *Forgive God, self, and others. Receive forgiveness and cleansing for yourself. Pray through emotional wounds, such as hurt or fear as well as titillation or arousal, guilt, and shame. Sometimes different emotions must be prayed through individually.*

Receive cleansing: *Receive forgiveness and cleansing from Christ within. Allow the Lord to cleanse your spirit. Your head will remember, but your spirit can forget.*

Break soul ties: *Break soul tie(s) and give your emotions back to God. In the case of pornography, soul ties in fantasy relationships need to be broken. Usually demonic activity leaves automatically, but it can be rebuked if necessary.*

Soulsh Prayers

- Willpower has negative energy that can be felt.
- Willpower is your control, not God's control.
- Demons hitchhike on control.

If we feel pressure or anxiety in the atmosphere around us, the force of someone's willpower may be directed toward us, it can affect us spiritually or physically. Sometimes, soulsh prayers can cause a feeling of confusion, pain, or "head spinning." The pressure can come from someone who wants to control us (willpower is a real force released into the atmosphere), ill-advised prayers, or actual curses.

- Headaches from soulsh prayers may feel like a band going completely around the head.
 - Tension headaches are felt in the *back* of the head.
 - Sinus headaches are felt in the *front* of the head: forehead, eye sockets, and cheekbones.

PRACTICE

Dealing with Soulsh Prayers

If you feel pressure in the atmosphere or a suspicious headache, first make sure you have peace inside.

Pray: Drop down and get in an attitude of prayer.

Forgive. Release forgiveness to "whoever" is responsible. You don't have to know the source of the pressure, just generally forgive those who are responsible.

Receive. *If you still have a headache, receive forgiveness for taking in something God didn't give you.*

Renounce and rebuke. *If you feel it's necessary, one more step may be advisable. Speaking aloud, renounce control, soulish prayers, all curses and command evil spirits to go.*

- Remember, people aren't the enemy. They are just used by the enemy.

[W]e do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places (Ephesians 6:12).

Warfare Strategy

When we aren't entangled with unhealthy soul ties, God can draw us together in healthy relationships through divine appointments, divine connections, divine order, and divine purpose. God wants to deliver us from unclean entanglements to accomplish His purposes through us.

The Lord shall go forth like a mighty man; He shall stir up His zeal like a man of war. He shall cry out, yes, shout aloud; He shall prevail against His enemies (Isaiah 42:13).

- The Lord desires to set us free from ungodly soul ties so He can connect right relationships in the right way—with the bond of peace

[K]eep the unity of the Spirit in the bond of peace (Ephesians 4:3).

ENDNOTE

1. E. Patrick, "Seven signs you have a work spouse," CNN.com/living, November 10, 2008. (June 2, 2010); <http://www.cnn.com/2008/LIVING/worklife/11/10/cb.seven.signs.work.spouse/>.

Militant Peacemakers



Equipping Believers

All believers have the capacity to live victoriously regardless of circumstances or people. We all have the same spiritual equipment. However, we must be *trained* to know how to use what we already have.

- All believers have the same spiritual equipment.
- We must be trained to know how to use what we already have.
- Jesus gave fivefold ministers as gifts to the church to equip the saints for maturity in the Lord.
- Church leaders are called to be equippers of God's people to do the work of the ministry and "build up the church."

Now these are the gifts Christ gave to the church: ...apostles...prophets...evangelists...pastors and teachers. Their responsibility is to equip God's people to do His work and build up the church, the body of Christ. This will continue until we all come to such unity in our faith and knowledge of God's Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ (Ephesians 4:11-13 NLT).

Paul calls believers *soldiers* who have enlisted in an army (see 2 Timothy 2:1-5; Ephesians 6:10-17). To become effective in the army of the Lord, we must learn self-

deliverance and how to resist the enemy to be “*strong in the Lord and in the power of His might*” (Ephesians 6:10). Next we must practice self-governance and “*stand against the wiles of the devil*” (Ephesians 6:11). Finally, we are called to rescue and restore others.

The Prince of Peace is a Man of War

- The Scriptures tell us that believers are *soldiers* who have enlisted in an army (see 2 Timothy 2:1-5; Ephesians 6:10-17).
- It is necessary to learn self-deliverance and how to resist the enemy to be “*strong in the Lord and in the power of His might*” (Ephesians 6:10).
- Believers must practice self-governance and “*stand against the wiles of the devil*” (Ephesians 6:11).
- We are forgiven to be *forgivers* and delivered to become *deliverers*.

The God of Peace

When I (Dennis) was a young Christian, I worked at a half-way house for ex-convicts of all ages in a small town in Pennsylvania. I had noticed that, before someone would do something violent or attack someone, I could feel it as a buzz of negative energy. One time, one young man did not take his medication. An evil demonic presence manifested in the atmosphere. Suddenly he bolted into the kitchen and grabbed a knife, intending to make a break for it. I was standing directly in front of the exit so he threatened to stab me if I didn't move.

I stood my ground, enveloped in a strong sense of peace. In my gut I had a powerful inner knowing that the peace was impenetrable. Nothing could get

through that supernatural peace to harm me. Sure enough, I felt him soften. He didn't injure me or try to run. Suddenly his hands started to tremble and shake. As the knife slipped out of his hand and clattered to the floor, he fell to his knees, held his face in his hands, and cried.¹

The God of peace will soon crush Satan beneath your feet (Romans 16:20).

Jehovah-Shalom

In the story of Gideon in Judges 6, we see fearful Gideon hiding from the Midianite oppressors, while he threshes wheat in a winepress. God visits him and calls the timid Gideon a “mighty man of valor” (Judges 6:12). Note that God did not appear to him as the Lord of Hosts, commander of the armies of the Lord, but as Jehovah-Shalom, the God of peace.

What was Gideon doing when God appeared to Him?

What does God call Gideon? _____

What name did God use when He manifested Himself to Gideon? _____

The Anointing of Peace

Because Gideon had met Peace Himself, he now walked in a powerful anointing of peace, Gideon was able to take command of a *unified* army of 300 men. The Midianite army was routed by their (1) *unity* and a (2) *God-given strategy*: the blowing of trumpets and the breaking of pitchers holding flaming torches. In their confusion, the

Midianites fled in all directions and Gideon and his men were triumphant.

What two-fold plan led to the victory of the army of 300?

1. _____
2. _____

His name shall be called...Prince of Peace (Isaiah 9:6-7)

The Lord shall go forth like a mighty man; He shall stir up His zeal like a man of war. He shall cry out, yes, shout aloud; He shall prevail against His enemies (Isaiah 42:13).

Militant Peacemakers

Militant peacemakers must have:

- ***Maturity***

Blessed are the peacemakers, for they shall be called the sons [hijos] of God [emphasis mine] (Matthew 5:9).

- ***A lifestyle of peace***

[Put on SHOES of peace] [paraphrase] (Ephesians 6:15).

- ***Spiritual authority***

The God of peace will soon crush Satan under your feet (Romans 16:20).

[A]s He is [to us], so are we in this world [emphasis mine] (1 John 4:17).

Behold, I [Jesus, the Prince of Peace and Man of War] give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you [emphasis mine] (Luke 10:19).

Sar Shalom

Jesus, the Prince of Peace, Sar Shalom, is the commander of peace (see Isa. 9:6). Wherever the peace of God advances, His kingdom is ordered and established.

The kingdom of God is righteousness...peace and joy in the Holy Spirit (Romans 14:17).

The day is coming when the “kingdoms of this world” WILL “become the kingdoms of our Lord and of His Christ, and He shall reign forever and ever!” (Rev. 11:15).

- Jesus has given us His own supernatural peace.

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid” (John 14:27).

- When we walk in the peace that God gives, people or circumstances can’t control us.
- Peace is living in the presence of the Prince of Peace for “He Himself is our peace” (Eph. 2:14).

- Peace is powerful.
- Peace is triumphant.
- Peace is victory!

For to us a Child is born, to us a Son is given; and the government shall be upon His shoulder, and His name shall be called Wonderful Counselor, Mighty God, Everlasting Father [of Eternity], Prince of Peace [Sar Shalom]. Of the increase of His government and of peace there shall be no end, upon the throne of David and over his kingdom, to establish it and to uphold it with justice and with righteousness from the [latter] time forth, even forevermore. The zeal of the Lord of hosts will perform this [emphasis mine] (Isaiah 9:6-7 AMP).

- Jesus was born as the *Son of Man* in earthly humanity.
- He was begotten as the *Son of God* in heavenly deity.
- His name is *Wonderful*, “wonderful, miracle working, awe-inspiring, God who does marvels.”
- He is the great *Counselor*, who plans and executes the eternal purposes of God.
- As *Mighty God*, He is the valiant man of war and great military hero (see Isa. 42:13) who goes forth into battle as the King of kings and Lord of lords (see Rev.19:15-16) .
- He is the *Eternal Father* of a new race of men.
- As *Prince of Peace, Sar Shalom*, He is the King and Absolute Ruler of the universe who brought peace out of chaos and the One still commanding “*peace.*”

... He created the worlds and the reaches of space and the ages of time [He made, produced, built, operated, and arranged them in order]. He is the

sole expression of the glory of God [the Light-being, the out-raying or radiance of the divine], and He is the perfect imprint and very image of [God's] nature, upholding and maintaining and guiding and propelling the universe by His mighty word of power (Hebrews 1:2-3 AMP).

The Lord and very embodiment of peace will stretch forth and expand a kingdom of peace which will have no end...through us. His zeal will accomplish this together with His army of angels and a great company of peacemakers on earth.

Peace, Be Still

Jesus did not fear the storms in people's hearts or the storms of nature. He delivered the Gadarene demoniac and gave him peace (see Mark 5:1-15). He rebuked the storm on the Sea of Galilee with authority and commanded, "Peace, be still."

Then he got up and ordered the wind and the waves to calm down. And everything was calm. The men in the boat were amazed and said, "Who is this? Even the wind and the waves obey him" (Matthew 8:26-27 CEV).

Resisting the Enemy

When we have peace in our heart, we have the power to resist a negative atmosphere. We can stand in the armor of peace and walk in shoes of peace. The enemy can't touch the fruit of the Spirit.

Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand (Ephesians 6:13).

[H]aving shod your feet with the preparation of the gospel of peace (Ephesians 6:15).

To resist effectively, we must make two distinctions, as previously stated on pages 34-35:

1. ***Make a distinction: the new creation.*** The new creation is the real you—your true identity. The new creation always agrees with God and His Word. If you hear a thought that doesn't sound like something God or the new creation you would say, don't receive it. Say, "That's not me!"
2. ***Make a distinction: inside vs. outside.*** When you have peace inside, resist any bad atmosphere on the outside. Don't give in to it. Say, "That's not me!"
 - If we are in a room full of angry people, we can lose our peace and become angry ourselves if we don't know how to resist properly.
 - We should be atmosphere changers rather than products of our environment.

NOTE: If you accidentally give in to a bad atmosphere, receive forgiveness for taking in something God didn't give you and your peace will be restored instantly.

The Wrong Way to Resist

The most common way believers try to resist is the wrong way—putting up a wall.

- That wall is a product of willpower.

- Willpower is flesh
- It is based in fear.
- The enemy can go through that wall so it doesn't protect us.

When we put up a "wall" we are using _____.

Willpower is a product of _____.

The emotion that causes us to put up a wall is _____.

Why doesn't the "wall" protect us? _____

Resist with *Defensive Warfare*

The enemy can't touch the fruit of the Spirit. When we yield to Christ within, we feel the peace of His presence and He Himself is our protection.

- When God is in control, His peace guards our heart and mind (see Phil. 4:7).
- The enemy can't come in a door you won't open.
- Yield to the peace of God in your heart while resisting the outside atmosphere.
- It is like having a spiritual screen door.
- We can feel the outside breeze but the "insects" can't come in.

Resist with *Offensive Warfare*

We can also resist offensively by releasing peace and love from our heart, thereby changing the atmosphere around us.

He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water (John 7:38 KJV).

Two Vital Principles

1. ***The Principle of Resistance.*** Jesus was led by the Holy Spirit into the wilderness where He resisted the devil. The Lord purposely allows times of testing to make us strong.

Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, being tempted for forty days by the devil (Luke 4:1-2a).

2. ***The Principle of Empowerment .*** Jesus came out of the wilderness in the power of the Spirit to set the captives free. Resistance increases our anointing.

Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region....“The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives” (Luke 4:14,18).

The Mandate for Believers

We have been commissioned to go forth and share the good news about Jesus and the kingdom of God with the world. What we have experienced, we can give to others.

[The Great Commission] *Jesus...gave His charge: “God [the Father] authorized and commanded Me to commission you: Go out and train everyone you meet, far and near, in this way of life, marking them by baptism in the threefold name: Father, Son, and Holy Spirit. Then instruct them in the practice of all I have commanded you. I’ll be with you as you do this, day after day after day, right up to the end of the age (Matthew 28:18-20 MSG).*

- ***We are forgiven to be forgivers.***

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you (Colossians 3:13 NIV).

- ***We are delivered to be deliverers.***

And as you go, preach, saying, ‘The kingdom of heaven is at hand.’ Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give (Matthew 10:7-8).

Our God Reigns

We have all the equipment we need to live as “more than conquerors” in this world (Rom. 8:37). Believers who know self-deliverance can be deliverers for others and equip them with how-to’s. When God reigns in us, He can reign through us.

- If God reigns in us, He can reign through us.
- We can “*reign as kings in life.*”

[T]hose who receive [God’s] overflowing grace (unmerited favor) and the free gift of righteousness [putting them into right standing with Himself]

reign as kings in life through the one Man Jesus Christ (the Messiah, the Anointed One) (Romans 5:17 AMP).

Testimony. Recently, a couple of pastors shared a testimony about their son, Ben, and the power of peace. It seems that he had gotten involved with drugs and was serving a two-year prison sentence. They had sent him a copy of our book, *Live Free*. Ben read the book and put the how-to's into practice in his own life. While we were eating lunch with his parents they called Ben on the phone so he could tell us all about what had been happening.

The healing and self-deliverance he experienced completely changed Ben's life. The supernatural peace he was now walking in was so strong that other prisoners were being drawn to him like a magnet. Ben was leading them to the Lord and ministering salvation and deliverance as he taught them how to have freedom and peace themselves.¹

How beautiful upon the mountains are the feet of him who brings good news, who proclaims PEACE, who brings glad tidings of good things, who proclaims [full] salvation, who says to Zion, "Your God reigns!" [emphasis mine] (Isaiah 52:7)

ENDNOTE

1. D. and J. Clark, *The Supernatural Power of Peace*, (Shippensburg, PA: Destiny Image Publishers, 2015), 147.

About the Authors

Dennis Clark and Dr. Jen Clark equip believers to heal themselves, then to facilitate healing to others. It is not counseling in the traditional sense, but a brand-new approach, teaching believers how to experience the peace of God in everyday life, and how to deal quickly and completely with anything interrupting their peace. Some individuals may just want to receive quick healing for a few wounds and traumas, but many others have become committed to making peace a way of life, like the Clarks have learned to do.

Dennis and Jen have spent years developing teaching materials based on spiritual revelation that has now been developed into targeted training modules that can be tailored for mature believers, new converts, Sunday school teachers, youth pastors, church discipleship programs, pastoral care, restoration, ministry teams, missionaries, and lay workers. The simple keys are easy enough for a parent or Sunday school staff to teach a 3-year-old child, yet effective enough to heal the deepest hurts of adults quickly and completely. Advanced topics are also taught in other training seminars dealing with: the thought life, emotional health, willpower, addiction, deliverance, sexual issues, physical healing, and spiritual discernment.

The Clarks are authors of *Simple Keys for Healing Loneliness*; *Simple Keys for Healing Rejection*; *Simple Keys for Self-Deliverance*; *Live Free: Discover the Keys to Living in God's Presence 24/7*; and *Deep Relief Now: Simple Keys for Quickly Healing Your Longstanding Emotional Pain*. In addition, they have a series for children, *The Great God Quest*, that teaches children how to seek and find their heavenly Father. Dr. Jen Clark is also author of *Was Jesus a Capitalist?*

Contact them at: clark@forgive123.com

Visit their website at: www.forgive123.com