



# BIBLE STUDY

## **Deliverance and Conquering Your Demons**

### **Lesson Two: Plug the Holes**

#### **Introduction:**

Deliverance issues begin with not having the proper spiritual diet. Most doctors will tell you regardless of what your problem is that you need to make some adjustments in your diet. The proper nutritional diet is important to maintaining overall health. Because of the way God has designed us to be, we should eat natural foods and not processed foods. Processed foods cause the body to work extra hard to break down foods that it doesn't naturally recognize. When the body doesn't have proper nutrients, the body's immune system weakens, and germs and disease enter in and attack the body.

In comparison, the spirit is no different. If the spirit is not properly nourished, it allows for unclean spirits to enter our being and attack us. For example, most Christians are not built up in the Spirit, so when the unclean spirits see those openings, they come in with a vengeance to destroy. The destruction can be in any number of areas: integrity, relationships, ambitions, distractions from the will of God, health, and others.

Therefore, believers have to practice spiritual discipline to build up the spiritual immune system. The spirit is edified through the regularly practices of Bible reading, prayer, worship, etc. Thus, deliverance takes place because deliverance is the work of the Holy Spirit. The Holy Spirit resides in the temple of a believer. Thus, the spirit's job is to build up the believer, so that the strongholds of the enemy will be torn down and defeated.

**Acknowledgement:** Let's write down one of your demons. Our goal is to rid ourselves of one that is preventing us from being like Christ. Be honest with yourself

Yours:

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Church:

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**Definition of Deliverance:** The removing of the hostages or bondages that frees one to live at peace in life.

**Lesson Focus:** The Need For Spiritual Food

**Scripture Reference:** Mark 7:26-27

### I. Desire for the Demon to be Removed

- A. The Woman was a Gentile
- B. She Kept Asking for the demon to be cast out.

Points about the Demon:

1. The demon did not ask or want to be removed
2. Demons do not care about age
3. Demon removal requires the energy of persistence.
4. Demons, if you allow, will reside in your Holy Spirit

**Major Point:** Embarrassing as it may be, we have to ask Jesus for help, just like the woman. The one thing that gets in the way of a believer, is pride. We miss our help, deliverance, and blessing because we are prideful.

**Question:** Why is pride an issue for believers?

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### II. Feed The Holy Spirit vs. 27-28

At this point in the conversation with Jesus, the woman needed bread. Bread is the necessary food for believers in order to experience deliverance. When believers do not take of the spiritual food, it exposes the spiritual immune system for unclean infectious spirits to have a place to dwell.

- A. Jesus spoke harshly to her about taking crumbs for the children's table to feed the dogs, vs. 27
- B. The woman responded, by saying nicely, even the dogs have to eat.
- C. Her response was an answer of faith, vs. 28

**Major Point:** Believers need an appetite of the Word  
 Read Psalm 119:11: Write down what this verse speaks to you:

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You cannot take for granted that you need the Word of God in your life.

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You need:

1. Personal devotional time
2. You need to listen to spiritual motivations
3. You need to read your Bible
4. You need to pray
5. You need to pray with a prayer partner
6. You need to talk to spiritual people, who read and pray
7. You need to be in worship
8. You need to be in Bible study
9. You need to be in Sunday school
10. You need to be in Small Group study

Ezekiel 34:5 Says the flock needs to be fed.

When the sheep are not fed, they wander and they become scattered, that's how people get caught up in:

1. Adultery
2. The wrong crowd
3. Addicted to medication
4. Revert to old habits
5. Seek satisfaction in a person
6. Stop reading the word
7. Stop attending church

**III. Trust the Word Operating In Your Life**

A. Jesus is our Shepherd and Deliverer - Psalm 23:1-2; John 10:11 – I Am the Shepherd

B. The Need For Constant Nourishment  
The demon will return – Luke 11:24

**Conclusion:** What did you learn from today's lesson on feeding the Holy Spirit, which resides in you?

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