



BIBLE STUDY

Deliverance and Conquering Your Demons

Lesson Three: Sanitizing the Spirit

Objective: To ensure there is a clear understanding of the definition of deliverance, so that the meaning is in your spirit, working to make you clean.

Brief Review of Deliverance

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

Scripture Reference Matthew 10:1 – Jesus' ministry involved removing unclean spirits, diseases, sicknesses. The removal of hostages and bondages is to improve the quality of one's living.

In Luke 8:2 – Mary Magdalene was healed of seven demons. Below check off seven demons from the hostages or bondages:

What are the hostages or bondages?

1. Guilt
2. Sudden temptations
3. Gripping fear
4. Depression and loneliness
5. Resentment and bitterness
6. Social Media
7. Apathy/Complacency
8. Lack of Compassion
9. Sexual addictions
10. Pride
11. Judgmental, critical, negative
12. Uncommitted to: Bible reading, prayer
13. Holding on to the past
14. Selfishness

Bondage of Sickness/Disease

1. Heart Disease
2. Cancer
3. Stroke
4. Arthritis
5. Diabetes
6. Obesity
7. Covid-19
8. Types of bacteria

Because our lives are plagued and gripped by one or more of the above, our goal is to seek the Lord Jesus Christ to be delivered and set free. The goal is to be at peace, whole, healthy, well, progressive and fruitful. You must ask yourself, can you be fruitful

and productive dealing with the above diseases, unclean spirits, and or sickness, which are bondages? The problem could be because of uncontrollable urges, learned “bad” behavior, wrong environments, bad health practices, and lack of faith.

WARNING: Demons will venture back to familiar places – Luke 11:24. The demons said, “I will return to my house.” If the demon got you once, it will try to get you again.

The previous mentioned keys to deliverance:

1. Take authority over the demon.

Example: Procrastination, how does one take control and authority over procrastination.

1. Set your alarm earlier and rise when it goes off.
2. Write down your goals at night and begin the next morning knowing what direction will accomplish your goals.
3. Ask someone to hold you accountable.
4. Set block time goals, i.e., set thirty-minute blocks and work without distraction.
5. Push yourself beyond your limit, proving to yourself you can do it.
6. Give yourself deadlines and work to accomplish task and or goals.

2. Feed the Holy Spirit, what it wants, the Word.

Christians cannot be demon possessed because of the presence of the Holy Spirit. The Christian is the temple of the Holy Spirit. What happens is the bondages have influence from Satan to stifle one's peaceful living. For example:

- a. People who may suffer from depression
- b. People who deal with the bi-sexual, homosexual issues
- c. People who deal with compulsive urges

Deliverance is surrendering to the Word. **Ask yourself what does the Word say.** Once you discover what the Bible says, you must seek out the Word and allow the Word to speak to your bondage.

Demons Must Be Spoken To

Scripture Reading: Matthew 8:28 -34

I. Demons want power over your will, vs. 28

Will power is the ability to make conscience decisions

- A. Two men – Made in the image of God
- B. Two men – were demon possessed
 - a. The image of Christ was not evident
Scripture: Colossians 1:15
 - b. The fruit of the spirit was not evident
Scripture: Galatians 5:22-23
 - c. Love was not evident
Scripture: I John 4:7-9

List again those things that are not representative of you:

II. Demons want power over the conflict in Your life, vs. 29

- A. The demons cried out, "What business do we have with each other?"
 - The Demons speak because they want to control your business
- B. Demons want to continue tormenting your life

Question: What breaks up conflict? _____

III. Power to Speak To the Demon – Mark 5:8

- A. Jesus called the demon unclean
- B. Ask the demon to identify itself – Legion
 - Notice demons like to talk, they expose themselves
- C. Notice the spiritual, emotional, mental, physical capacity the demon was accessing in the men's lives.
 - The demons knew that a two pig capacity was not large enough for them.
 - The demons requested to be sent into the swine.

Notice: If a demon is in one area of your life, it is affecting other areas of your life.

Example: The Demon of Loneliness

- Loneliness is how you feel, so it affects you emotionally
- Mentally, it affects how you think, feel content do nothing
- Physically, it causes you to eat to comfort yourself
- Relationally, it could prevent people wanting to be around you
- One could contemplate suicide

Conclusion: This is why it is important to free your mind from the bondages, so you can be at peace.

Read Mark 5:15 - The man was "clothed and in his right mind, the very man who had had the legion and they became frightened."