



BIBLE STUDY

Deliverance and Conquering Your Demons

Lesson Seven: Safeguard Your Mind

OBJECTIVE: For the believer to safeguard their thoughts, so that they will be productive as a disciple of Jesus in order to do His will

PART I: REVIEW OF DELIVERANCE

DEFINITION OF DELIVERANCE: The removing of the hostages or bondages that frees one to live at peace in life

The goal of this study has been to help you as the seeker, disciple, and follower of Jesus:

1. To discover your demon--that hold on you that prevents you from actively pursuing Jesus and a love relationship with Him.

Scripture: Luke 8:2 (NASB) “and also some women who had been healed of evil spirits and sicknesses: Mary who was called Magdalene, from whom seven demons had gone out.”

Possible Seven Demons:

1. Cigarette Smoking
2. Passivity
3. Obesity
4. Judgmental & Critical
5. Fear
6. Holding on to the Past
7. Lack of Bible Reading Attention

QUESTION: With seven demons, how active and effective will one be in ministry for Jesus?

2. Know that you have THREE KEYS of deliverance
 - a. **FIRST:** Speak to and take authority over the demons – Matthew 10:1
 - b. **SECOND:** Feed your spirit with the word – Mark 7:27-28

NOTE: One reason why your demons exist is because you feed it. Fear exists in your life, because you feed it with apprehension.

Change your spiritual diet and feed your spirit with the Word of God. You need a daily spiritual nutrient diet that will speak to the evil in your spirit.

- c. **THIRD:** Pray to be delivered – Take self-inventory and pray over your sin, weaknesses, sicknesses, diseases, holds, and grips on your life. Honestly, pray and ask God for purity and truth in your life.

The prayer of Deliverance is **Psalm 51**

1. Ask for God's love
2. Ask Him to wash or remove your sin
3. Desire not to go against God
4. Ask for a clean heart
5. Ask for your spirit to be renewed
6. Ask that your joy be restored

PART TWO: TWO REASONS TO SAFEGUARD YOUR MIND

First, Make the Most of Your Time

One of the areas that Satan attacks us is in the area of time. It's easy for someone who is seeking after God to be distracted and lose track of time. The modern-day distractor of time is Social Media, i.e. Facebook. A one-morning stroll through Facebook is 30 minutes gone from your morning.

Scripture Reference: Ephesians 5:16 (KJV) "Redeeming the time, because the days are evil."

I. Notes on Time

- A. Time is a gift of God - Use your time wisely - Be careful not to allow others to dictate your time - Realize time is valuable.
- B. Redeem the time by taking advantage of opportunities that arise in the day
 1. Take advantage of the time to live righteously and godly
 2. Take advantage of the time to be a witness for Jesus
 3. Take advantage of the time by doing your job
 4. Take advantage of the time by being disciplined and committed
 5. Take advantage of the time by committing yourself to pray and the read the Word

II. Ask God to cure you of the demon of **Passivity**

Passivity is the opposite of activity. A passive mind will be filled with empty, nonproductive, and wrong thoughts. You can cast the devil out of your thinking by thinking right thoughts.

Scripture References: Philippians 4:8 & Colossians 3:10

Identify the Inactive/Passive Area of Your Life: _____

Let's deal with the problem of passivity. When a follower of Christ is inactive in an area (i.e. Exercise) in which the ability and the capability is present, he or she becomes arrested. The more you prolong it, the less you will want to do it. The more you exercise, the more you will want to exercise. When you first start it will hurt. You will want to quit, and you will find other things to do in its place. The longer you do nothing, the worse your physical condition becomes. The result of doing nothing is a weak version of yourself.

Passivity can be overcome in your mind. However, it will not happen until you change your mind. Think right and right behavior will follow.

Second, Focus on Your Mission

Unleash the Potential of Focused Thinking

A problem of a follower of Jesus is the ability to remain focused, taking an idea and developing that idea. The ability to take a good idea and let it become a great idea is all about focus.

1. Focus can bring energy and power to anything either physical or mental. We must develop the ability to concentrate for a period of time in order to accomplish difficult assignments and missions for the Lord.
2. Focused thinking helps you to clarify the mission. When you focus, you remove distractions and the mental clutter in your mind so you can think clearly.
3. Identify your Priorities - Your overall priority as a follower of Jesus is to do the mission in which you were sent on earth to do. You can accomplish that by:
 - a. Focusing on your strengths – What is the best use of your skills and God-given talents. What is it that you do that brings about the highest return and reward? The key is do what you enjoy doing the most. Give attention to the areas that bear fruit.
 - b. Removing your distractions – Most people become discouraged by trying to tackle the hard things first. Do those activities first that bring about the highest return.

Conclusion: Know that your mission in life is important. The mission is that which you are supposed to be doing. The mission is what brings you joy. The mission is that which you can do and not be paid for it. The mission brings glory to God.

Do not let the devil take away or steal from you that which God has called and purposed for you to be doing. Fight those demons so that you can be free to be all that God wants you to be!