

## IMPORTANT POST DELIVERANCE TIPS

In order to maintain your deliverance, you will have to take responsibility for your home, your life, and relationship God. Deliverance is the first battle. The second battle is remaining free. This is a lifelong battle, which is extremely rewarding & effective, but definitely takes time & effort to adjust to & develop as a discipline. Remember, this requires a whole new way of thinking, and a parting from the old ways (activities, behaviors, & attitudes) that opened the door to demons.

Deliverance by itself is not a “quick fix” permanent solution. It is relatively quick; but the permanent solution depends on you, & the choices you make after deliverance. Scripture tells us we are not to love the things of this world, but the next. This requires a change in thinking & behavior. Just remember, there is a God, & there is a Satan. Activities, thoughts, possessions & attitudes will either be of God, or of Satan.

### ❖ To Maintain Your Deliverance - Know This:

- After deliverance, the power the demons once had is broken, but the devil will present new opportunities to sin to see if he can “win” you back – especially in the area(s) you have sinned or struggled previously.
- Temptations frequently occur right after a successful deliverance. Attacks will come from the outside – not from the inside - this makes it easier to resist, but know too, that the enemy will want you to think nothing has changed & it is business as usual – **it is not** – he is fighting an uphill battle, but you must keep the door shut to old ways.
- They will continue to attack until they realize that you are solid in your new life and focused on God’s ways. Satan’s attacks will happen throughout your life, but the hardest, most frequent ones will be immediately following the deliverance. Never forget 1 Corinthians 10:13 *“No temptation (trial or attack) has overcome you except such is common to (all) man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make a way of escape, that you will be able to bear it.”*
- **Quickly repent and ask forgiveness if you sin**

### ❖ Spiritual House Cleaning: Clean your house of any item(s) that Are not of God. The saying, “we are what we eat” can be applied to other things that we take into our hearts and minds (music, movies, books, etc.) – look at the areas in your life where the enemy operated most – these are the areas you will be the most sensitive.

- Witchcraft / Occult materials (Ouija boards, tarot cards, etc.)
- Good luck items - rosery, rabbits foot (prayer/faith makes things happen – not luck)
- Music – rock posters, rock or other music with ungodly words, content or ideas
- Books – yoga, new age, holistic healing/health, meditation, psychic, etc. (Healing & peace comes from the Lord, not someone’s philosophy)
- Videos – pornography, violet movies (Would God like it? If not, the devil does)
- Antiques of unknown backgrounds (Where was it? Who used it?)
- Souvenirs of other countries (contain images of idols or symbols of other – current or ancient – gods or religions)
- Ask the Holy Spirit to show you things not pleasing to God
- Bless the home out loud – this helps protect you, and your home – it is good to do this daily, example: “I bless this home and everything in it in the name of Jesus.”

### ❖ Examine & Change Your Activities

- TV – Consider content on TV today – the programs, the commercials – words said, images, ideas, activities that are socially acceptable. Give it the God test. Also, does the TV distract you from praying to God, reading His word, and thinking on **His desires for your life?** If the answer to either is yes, you need to think about the content the TV provides and is it worth it?
- Internet – We all know the Internet can be a great tool for learning, but there is a lot of bad content out there, too. Can you use it in a Godly way? If not, is it worth it?
- Develop a consistent prayer life – pray every day (and not just a minute or two) – God gave you life, all that you have, and your salvation – think about that when deciding how much time you have to pray each day. You may decide other things are less important.
- Read and study the Bible – this fills the void created after deliverance.

- Get baptized in the Holy Spirit and speak in tongues – this fills the void created after deliverance.
- Assemble in the church – get involved in a church of like-minded people.
- Areas that were strongholds before must be avoided such as areas where you can be easily tempted (e.g. if drugs, alcohol, pornography, etc. were issues before, be sure to steer clear of them as well as people and places that will promote these kinds of activities.)
- Put on the Armor of God and live it. Put it on daily one piece at a time (Ephesians 6)
- Resist the devil. God has provided weapons...
  - Plead the Blood of Jesus, use the Word – quote scriptural references out loud, fasting, and prayer (regular & tongues) are all excellent – praying to the Lord in your head is good, but when praying specific prayers against the enemy and his tactics, *the key is to **always speak those prayers out loud*** (prayer in your head will not affect the enemy that is on the outside attacking).
  - Spiritual warfare Prayers must be spoken out loud daily – the devil will not quit, so the best thing is to start defending first thing in the day.
  - The key battlefield area is the mind – this how the strongholds are developed – when you have a thought determine if it is Godly thought or not – if not, reject it. (see 2 Corinthians 10:5).
  - If you were delivered from anger, for example, rebuke the feelings and thoughts that would lead you to get angry. If you were delivered from a spirit of infirmity (sickness), rebuke those thoughts/symptoms of sickness. The Bible calls those lying vanities. Rebuke them instead of accepting them, example (again say out loud): “In the name of Jesus, I rebuke all feelings of anger, and whatever spirits are trying to make me angry.” The enemy will try to make you feel a certain way, but they can only make you feel as much as you let them – ultimately the key to lasting victory is to submit yourself to God and resist the devil, and he will flee (see James 4:7).
  - Know your authority through the Lord Jesus – the devil was defeated at the cross, and he knows it, but you must come against the enemy each day, exercising your authority – you will win, but to do so you must fight.
  - Know the devil does not play fair – he will try to trick you, he will put tests in your path.

**Combat Fear\* Fear is the direct opposite of faith. With full, true faith there is no fear. Fear is a tactic and tool of the enemy.**

- Self-imposed curses, ungodly beliefs, or curses spoken about others – Idle words are dangerous “power of life and death is in the tongue” – e.g. “I am always... (sick for example)”, “David never does anything right.” If you find yourself saying things like this about yourself or others, or believing it about yourself say, “I rebuke that in the name of Jesus.” God did not make us to be sick, confused, forgetful, angry, prideful, etc. – rebuke those thoughts, feelings, and symptoms.
- ❖ **Sample Prayers to get you started** – remember, God spoke the Earth into existence, he didn’t think it into existence. The spoken word has tremendous power. You can have a conversation with God or speak to God in your mind, but to pray in spiritual warfare, and to have an effect upon the enemy it must **always be out loud**. It doesn’t have to be loud, it can be quiet, but it must be so at least you can hear yourself speak. If speaking it in front of someone else, you can cover your mouth so they cannot see what you are doing, if this makes you feel more comfortable.
  - **Upon waking up** – “I cover myself and my family in the blood of Jesus for our protection, and I forbid the transfer of all evil, wicked, and demonic spirits in the name of Jesus. In the name of Jesus, I put on the full armor of God – the breastplate of righteousness, the sandals of peace, the shield of faith, the helmet of salvation, and I take up the sword of the Spirit.”
  - **Before entering a store, workplace, etc.** – “I cover myself and my family with the blood of Jesus for our protection, and I forbid the transfer of all evil, wicked demonic spirits in the name of Jesus. I bind the Strongman in everyone on this property and in this building in the name of Jesus.” – you will be **AMAZED** at how effective this is and how it will change your experience with other people.
  - **Before speaking with someone** (on the phone, in person, etc.) – “I bind the Strongman (John Doe) in the name of Jesus.