

**STRONGHOLDS.** When we do not take control and give ourselves over to ungodly practices, we allow Satan to set up strongholds in our **MIND, BODY AND SPIRIT**. In the process Satan will twist the Word of God as well as our view about ourselves and about God.

- When evil spirits enter a person, they can only be driven out through the power of the Holy Spirit and in the Name of Jesus Christ.
- Demons always find entry through some sin. Factors that contribute to possession is witchcraft, Satanism, drugs and extra-marital affairs.
- **When demons have entered due to a specific sin, the demons will force that person to keep on doing that same sin in order to destroy that person's relationship with God and to keep the door open for more demons to enter.** This pattern of sin which is formed through this compulsive behaviour is ultimately self-destructive.

#### Focus on the individual

- **DEMONIC ACTIVITIES:** This seems to be the lightest form of attack on a person where this person will be restless when he or she sleeps or even be aware of a presence in the atmosphere of evil.
- **DEPRESSION:** When a person is depressed, morbid or negative for no reason at all together with mood swings of hopelessness, fear, mental break downs and feelings of inadequacy. This has nothing to do with normal reactions to daily events. The word depression means to be despondent or down hearted.
- **SUPPRESSION:** Where the demonic pressure and depression escalate in time and intensity. Suppression means to be compressed with some form of pressure.
- **OPPRESSION:** Oppression refers to the subjection of unfair use of power or violence. This can refer to the deprivation of freedom or privileges. It means to press heavily on something or to be burdened. On this level a person is heavily pressurized by demonic spirits and his behaviour becomes compulsive.

- **OBSESSION:** This term refers to obsessive behaviour regarding fixed ideas or undesirable feelings; to be intensely absorbed in your thoughts. It is an unreasonable, stubborn idea in the person's mind that he or she is holding on to all the time.
- **POSSESSION:** This indicates a condition of being possessed where an evil spirit has taken ownership of the person; where the person is completely dominated by the demon.

#### Guidelines

- Submit yourself to God, humble yourself. Confess your needs to Him.
- Be honest; call your problem what God will call it.
- Confess and repent from all your sins.
- Break with sin / practising the occult / unclean objects or possessions.
- You must forgive – by confessing and being whole-heartedly honest.
- Renounce the demons and command them (the evil spirits) to leave or come out in Jesus Name.
- Close all spiritual doors. (Seal all the old doors with the power and the blood of Jesus Christ).
- Break all ungodly soul ties that were formed through ungodly sexual relations or ungodly sexual thoughts about others.
- Subject your life completely to the dominion of Jesus Christ.
- Put God's armour on daily. (Eph 6:10-18)
- Pray to God often and maintain a good relationship with Him.

Day 1	<b>Discern the tactics of the enemy.</b>	John 10:10
Day 2	<b>Be delivered.</b>	Col 1:13; Matt 4:23; Mark 1:34
Day 3	<b>Jesus' disciples have power over unclean spirits.</b>	Matt 10:1; Luk 10:17-19; Acts 8:5-8
Day 4	<b>We have power over the occult in our local neighbourhood.</b>	Acts 16:16-40; <b>Acts 16:16-18</b>

Day 5	<b>War against territorial spirits.</b>	Eph 6:10-12; Dan 10:11-13
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#### Week 6

#### Spiritual Victory: Healing for the whole person IN WHICH AREAS DO WE NEED HEALING? (1 Thess 5:23)

- In the spirit (mainly caused by sin).
- From all previous and current pain (emotional and memories).
- The physical body (organs and functional problems).
- From demons (demonic activities).
- Relationships (social complications).

*If necessary go for personal ministry of deliverance to have all soul ties, curses and bondages broken from your life.*

#### DO'S AND DON'TS TO RECEIVE HEALING

- Don't try to believe; ACT ACCORDING TO THE WORD.
- Don't say things that contradict the Word of God.
- Don't speak unbelief and doubt.
- Don't talk about sickness and pain; talk about your healing.

Day1	<b>Jesus heals all our diseases.</b>	Ps 103:1-22; <b>Ps103:1-3</b> ; Isa 53:4-5; 1 Pet 2:24
Day 2	<b>Where does disease (sickness) come from?</b>	Rom 5:12; John 10:10
Day 3	<b>Healing from spiritual disease.</b>	Luk 4:18-19
Day 4	<b>Healing from emotional pain.</b>	Eph 4:23-24
Day 5	<b>Healing in your physical body.</b>	Jam 5:14-15;

#### Week 7

#### Spiritual Victory: How to walk in spiritual victory

1.	<b>You must be born again.</b>	John 3:1-8; John 3:16-21; John 3:36
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2.	<b>Understand that you are free in Christ.</b>	Gal 5:1; John 8:34-36; 2 Cor 3:16-18
3.	<b>There is no condemnation for those who are in Christ Jesus.</b>	Rom 8:1, 5-17; <b>Rom 8:1</b>
4.	<b>Bear good fruit.</b>	Gal 5:22-6:10; Matt 3:8
5.	<b>Discern problem areas in your spirit, soul and body.</b>	Neh 8:10b; Isa 61:1-3
6.	<b>Live life as a converted believer in the fear of the Lord.</b>	Job 28:28; Acts 9:31
7.	<b>Live in forgiveness.</b>	Matt 6:12; 14-15; Eph 4:32
8.	<b>Take your thoughts captive.</b>	2 Cor 10:4-6
9.	<b>Submit to authority.</b>	Heb 13:17
10.	<b>Do not miss out on Church Services and be actively involved in the Disciple Movement.</b>	Heb 10:24-26
11.	<b>Pray, pray, pray.</b>	1 Thess 5:17; Jud 1:20; Eph 6:18-20; Luk 18:1-8
12.	<b>Renew your thoughts.</b>	Rom 12:1-2; Eph 4:23-24; 2 Cor 5:17; Phil 4:8
13.	<b>Study the Bible.</b>	2 Tim 2:15; 2 Tim 3:16-17; Prov 2:1-6; Ps 119
14.	<b>Break with all sin from the past (remove demonic contact points such as pornography, occult objects etc.).</b>	Acts 19:18-20

15.	<b>If you do all these things and constantly draw near to God, you will live in victory.</b>	Jam 4:7-8; 1 Joh 5:4-5; 1 Joh 4:4
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### Week 8

#### Spiritual Victory:

#### Establish the values of God's Kingdom

Values determine our ideals in life and standards according to which we live. These values are often impressed on us by our communities, our experiences, family and friends. We must realise that the Word of God is our guideline according to which we determine which values are Godly and which are not. We must learn to bring our value system in line with the principles of God's Word.

Day 1	<b>Where I start to change my value system.</b>	1 John 1:9; Matt 6:24-34
Day 2	<b>Relationship with God.</b>	Matt 22:37-40; Rom 8:10-17
Day 3	<b>Accountability and responsibility.</b>	Rom 14:12; Heb 13:17
Day 4	<b>Forgiveness.</b>	Matt 6:12, 14-15; 18:21-22; Jam 5:16
Day 5	<b>Sanctification.</b>	Heb 12:14-17; Heb 12:1-4

#### Other Christian values

- The value of the Word of God.
- The values of prayer.
- The dominion of Christ.
- The value of the Family.
- The value of giving.
- The value of the local Church.
- The value of Spirit lead leadership.
- The value of reaching out to the lost.
- The value of submission (sons of the house of God).
- The value of Relationships.
- The value of Obedience.
- The value of Faith.
- The value of spiritual communion.

*Bibliography: In His Image – Tania Berrangé*



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## Inner Healing 2/2

### Your Journey to Victorious Living

#### Week 5 – 8

#### Week 5

#### Spiritual Victory: Spiritual warfare and the destruction of strongholds

**HOW DOES THE ENEMY FUNCTION?** Demons poses the body and / or soul and can only enter through an open door or by invitation. They can defile a whole neighbourhood, businesses, houses, churches, organisations and even objects.

#### The result of foul spirits can be found in

- **SICKNESSES:** deaf and dumb, blindness, cancer, paralyses, arthritis, epilepsy, death etc.
- In our **EMOTIONS AND ATTITUDES:** depression, anger, anger outbursts, jealousy, aggression, mourning, suicide, hopelessness, rebellion, bitterness, etc.
- **SEXUAL SINS:** lust, all forms of sexual perversion, fornication, adultery, all forms of homosexuality, pornography, prostitution, paedophilia, bestiality and abortion.
- **THE MIND IS THE BATTLEFIELD** and the fruit of evil is being found in unbelief, hard-headedness, multiple personalities, unclean and foul spirits, unclean thoughts, pride, confusion, spiritual abnormalities and sicknesses, insomnia and nightmares. Lies, gossip and blasphemy are produced in the mind and is known as the fruit of the tongue.
- **OCCULT PRACTICES** which include witchcraft, Satanism, Spiritualism, false doctrines, cult religions, fortune telling, idolatry, reincarnation etc.