

How do demons gain a foothold in my life and how can I be free?

QUICK SUMMARY SHEETS

Steps to freedom:

1. Recognize demons attack us through our **thoughts**. Your thoughts are not always your thoughts.
2. Discover any **open doors to Satan**, **confess** them, and **clean house**.
3. Know AND use the **weapons** of warfare.
4. Use the 1-2 Principle and **deliverance** steps to find freedom in Jesus Christ's mighty power and love (see also Deliverance SUMMARY).

How Demons Attack?

Through Our Thoughts – Demons attack us through **negative thoughts**. These **thoughts are not our own**—they come from Satan and his evil spirits. Satan plants lies in our minds, such as:

"You're worthless."

"No one loves you."

"You should end your life."

"You messed up again."

"You'll never win."

"You are a failure."

"You can't overcome this."

"No use trying."

Satan is constantly trying to gain control of our thoughts. These compulsive, negative thoughts are really coming from demons. If we have any temptation to do wrong, we can rebuke that compulsion/thought that isn't good for us. **Any negative thought is not of God.**

As we keep thinking these thoughts, and not confess them, they become actions, then habits, then compulsion/addiction, and eventually possession (see diagram).

*The key is whether we
accept or reject these thoughts.*

Note to counselor: Talk through the diagram in this document, pointing out how our thoughts and open doors to Satan can affect our lives. Point out that it **IS possible** to stop the cascade of thoughts, imaginations, actions, habits, compulsion, and eventually possession **by God's power and our complete surrender to Him.**

Why do you get these thoughts? Why is it so strong for you compared to other people?

- It's because of open doors to Satan (see below). The key is to confess, repent, forsake the sin. If you don't feel like it, ask, "Lord, please put the desire for confession in my heart."
- We may fall again and re-open the doors. Then, confess, repent, and those doors can be closed again (even every 30 seconds, until demons leave).

Why Can Demons Attack Me?

Because of Open Doors – Open doors are known sins that have not been confessed and forsaken. Open doors give Satan "legal rights" to bother you.

- The main categories of open doors are:
 1. Inherited curses & generational sins
 2. Sins of the flesh
 3. Occult involvement & idol worship.
- I want to close all doors to Satan in my life. Let God in and keep Satan out.
 "Let's ask the Holy Spirit to guide our time talking together and reveal to you any open doors to Satan and demons in your life."

"Tell me your story..." Listen and take notes as needed.

Note to counselor: We may feel like someone just doesn't want to be saved or delivered. Be patient, long-suffering. Still draw some boundaries (don't do deliverance all day and all night). Don't yield to the negative thoughts that they'll never be free. As long as the person desires to be free, makes the choice to close open doors, progress can be made. It can take lots of explaining and patience and times of prayer/deliverance.

Note to counselor: There may be a person that needs deliverance from Satan's grasp, but is not receptive yet. You can pray on his behalf! Trying to argue or convince the person that isn't receptive is counter productive. Instead, pray the demons will be bound so that the person can hear the Holy Spirit. If possible, praying out loud or mouthing the words where the person doesn't see you so he/she doesn't get more agitated, but the demons can see you are praying. Remember, **demons can't read our thoughts, but they are very observant**. God can read our thoughts and know our prayers even as we think them in our mind.



Note to counselor: When someone says, “I’m beyond help, I don’t want to try it,” that is likely the demons speaking. When the Holy Spirit touches their heart, they will suddenly want help. Don’t try to debate with them or get frustrated. Keep praying God will bind up the demons.

Rebuking demons in the name of Jesus without dealing with open doors, sometimes leads to nothing happening, or demons go away and then come right back. **Closing any open doors + cleaning house is needed** and go hand in hand! If the house is full of occult items either from family or witches that have given it to them, nothing happens when they try to rebuke. So, throwing out or burning all ungodly/occult items is necessary.

God can convict us, but sometimes we need an awareness from someone telling us what are possible open doors.

Typical Open Doors

1. Generational sins & curses:

- ☐ Occult involvement—even unknowingly through parents or ancestors
- ☐ Objects with spiritual significance, not of God
- ☐ Doctors or nurses in the hospital putting curses on you (Yes, this happens!)Note: Holy Spirit revealed to someone that when she was a child, the babysitter was a witch and put curses on her.
- ☐ Ask the Holy Spirit, especially if it was in childhood, to reveal what may be an open door.
- ☐ Brought/went to a witch doctor at any time. Especially in the animist, third-world countries, if children have unexplained, peculiar, or odd behaviors like Tourette’s Syndrome, etc., parents will bring their child to a witch-doctor if they haven’t gotten help otherwise.
- ☐ Negative habits that are passed on from one generation to another—lust, lying, stealing, overeating, using drugs, etc.
- ☐ Trauma you haven’t surrendered
- ☐ Curses put on you at some point in your life

2. Sins of the flesh: sins we have committed and haven't confessed and asked for forgiveness yet. See also Proverbs 6:16-19, Romans 1:26-31, Galatians 5:19-21 and Revelation 21:7-8.

- ☐ **Unforgiveness** - Matthew 18:21-35 (One of the most dangerous and hidden open doors!). Not just something that was done to you yesterday, but big items that you remember...broken marriage, adultery, sexual abuse committed against you, etc. If you haven't really surrendered it, ask God to give you His forgiveness. We ask for God's faith, we can ask Him to give us His forgiveness.
- ☐ **Gossip, Slander & Criticism** - 1 Timothy 5:13-15. Being critical of others allows the root of bitterness, and then hatred.
- ☐ **Appetite (food addiction)**
- ☐ **Music, movies, and entertainment that** have any spiritual darkness or encourage ungodly principles
- ☐ **Anger** - Ephesians 4:26-27
- ☐ **Bitterness** - Hebrews 12:15. How easily do other people make you angry? Anger is very often a symptom of bitterness.
- ☐ **Envy** - Proverbs 14:30
- ☐ **Pride** - 1 Timothy 3:6
- ☐ **Greed** - 1 Timothy 6:9-10
- ☐ **Rebellion** - 1 Samuel 15:22-23 - refusing to obey when you should
- ☐ **Strife** - James 3:16
- ☐ **Lying & Cheating** - Proverbs 12:22, Exodus 20:16
- ☐ **Use of addictive substances** - 1 Corinthians 3:16-17, 1 Corinthians 6:19-20.
- ☐ **Gambling** - Luke 12:15, Proverbs 13:11,
- ☐ **Stealing** - Exodus 20:15
- ☐ **Violence & murder, intentional abortion** - Exodus 20:13, Romans 12:17-21
- ☐ **Sexual Sins** - Have you been involved with any of these areas? If yes, write down the names (even if it is just the first name) of the specific people with whom you have been involved so you can confess each individually. Do NOT ask for any details OR the person can do this privately with God as well. Just be totally honest with God. - 1 Thessalonians 4:2-8, Galatians 5:19-21
 - ☐ Sex with the opposite gender outside of marriage

- ☐ Sex with the same gender
- ☐ Incest (sex with relatives other than spouse)
- ☐ Sex with children
- ☐ Sex with animals
- ☐ Sex with demons
- ☐ Sadomasochism - sexual gratification from the infliction of physical pain or humiliation either on another person or on oneself.
- ☐ Pornography
- ☐ Intentionally masturbating

3. ANY Occult Involvement & Idol Worship:

- ☐ Protection through amulets, strings, and tattoos
- ☐ Bracelets, rosary beads, or anything that is supposed to give you “power”
- ☐ Crystals that have “energy” in them, protection, etc.
- ☐ Idols and items connected to idolatry
- ☐ Spirit houses and shrines
- ☐ Worship of or praying/talking to ancestors or the dead
- ☐ Something parents or witches have done to you while visiting or living together
- ☐ Curses or spells put on you, even in childhood
- ☐ Fortune telling, tarot cards, voodoo
- ☐ Ouija board
- ☐ Channeling and listening to mediums
- ☐ Games involving spirits
- ☐ Books and movies that are focused on spirits, witchcraft, or horror
- ☐ Meditation that empties the mind and/or focuses on spirits - intentionally blanking your mind and spacing out.
- ☐ Yoga
- ☐ Eastern martial arts - any kind of involvement, any kind of martial arts?
- ☐ Hypnosis
- ☐ Visualization and guided imagery
- ☐ Certain supposed healing methods

- ☐ Cultic symbols, the all-seeing-eye
- ☐ Masonic symbols, coat of arms
- ☐ Free-masonry
- ☐ Speaking in tongues
- ☐ Various involvement the Bible lists:
 - Deuteronomy 4:14-19 – Worshipping any idols
 - Deuteronomy 18:10-12 – Divination, observer of times, enchanter, witches, consulter with familiar spirits, wizards, necromancer
 - Leviticus 20:6, 27 – Involved with wizards
 - Revelation 21:8 – Fearful/cowards, unbelieving, abominable (corrupt), murderers, sexually immoral, sorcerers, idolaters, liars
- ☐ Astral-projection or other out-of-body experiences
- ☐ Blood contracts
- ☐ Accepting and assuming a different identity than what Jesus gave you

Pray, ask the Holy Spirit to reveal to you any open doors to demons in your life. Once aware of any open doors, confess them and rebuke the demons having to do with it.

Sample Prayer of Deliverance/Confession

Father in Heaven,

I confess this specific sin of my father, mother, grandparent, or caregiver against me.
OR I confess this specific sin/open door _____

I choose to forgive him/her for how that sin has affected my life. Please forgive me for how I have participated in that sin.

Thank you for Your mercy and for forgiving me. Because Jesus died for me, I now renounce the power of that sin over me. I ask Jesus to break Satan's hold over me, my children, grandchildren and other descendants. Please give me complete victory over this sin or curse.

Command: In the name of Jesus Christ, evil spirits that have come in as a result of _____ that has been plaguing me, surrounding me, or taking control of my mind, I **command you to leave.**

I belong to Jesus. I have committed my heart to Him and He will set me free.
I thank You in the mighty name of Jesus, who died for me and lived without sin, Amen.

I Corinthians 15:57 But thanks be to God, which giveth us the victory through our Lord Jesus Christ.

Zechariah 3:2 And the LORD said unto Satan, The LORD rebuke thee, O Satan; even the LORD that hath chosen Jerusalem rebuke thee: is not this a brand plucked out of the fire?

Zephaniah 3:17 The Lord thy God in the midst of thee is mighty; he will save...

When Attacked In Your Thoughts...

Use the 1-2 Principle

1. Go to God in Prayer – Submit ourselves to God through prayer & claim Bible verses.

“Lord, I’m being attacked. Please help me. Please give me the strength & power to resist the temptation & Devil. Please send angels that excel in strength to protect and fight for me until the battle is won.”

“Lord, you say in your Word _____. I claim that for myself.”

Read/claim Bible verses **about the name of Jesus, who He is, and His mighty power.**

2. Resist/Rebuke Satan & evil spirits in Jesus Name – command demons to leave. Choose to resist the devil in Jesus’ power.

“If there are any powers of darkness putting this evil thought in my mind or feeling on me, I rebuke you now in the name of Jesus Christ, STOP, leave, GO.”

“In the name of Jesus Christ, I rebuke you demon of _____ and command you to go now.”

You will feel that intense feeling go away to yield to that temptation. You will experience freedom from strong temptations, thoughts, or demons bothering you in that moment. Peace. It is a joy to walk in freedom! Thank the Almighty God of Heaven! (Luke 10:17-20)

30 seconds later, the demon may come back to test your resolve. Repeat the 2 steps above as many times as it comes back and eventually it will stop. You may also need to “clean house” of any items that are not of God (see below).

Note: For more in-depth information on how to receive deliverance from demon possession, see the *Deliverance SUMMARY* and the book *His Victory Is Ours*.

Have you cleaned house?

Do you have any items that are **not of God**? These things give demons permission to bother you. To “clean house,” burn these or throw them out. Don’t just give them away!

- ☐ Music
- ☐ Movies
- ☐ Books – fiction, fantasy, science fiction, New Age, about witch craft
- ☐ Playlists
- ☐ Social media, phone, or screen addictions
- ☐ Pornography
- ☐ Video games - especially role playing games and games that have any ungodly things in it (lying, killing, violence, witchcraft, occult, demons, etc.)
- ☐ Amulets – a small object, often worn as jewelry, believed to possess magical or protective powers, warding off evil, harm, or illness, or bringing good fortune.
- ☐ Idols
- ☐ Art
- ☐ Carvings
- ☐ Jewelry – see explanation below
- ☐ Symbols
- ☐ Occultic items
- ☐ Any cursed items - family, witches, or someone has given to you
- ☐ Crystals - especially New Age, not just a simple rock collection
- ☐ Clothing – if not Godly words or symbols, Hard Rock Café symbol
- ☐ Astrology
- ☐ Occultic home décor
- ☐ Coat of arms with any symbols associated with the occult or Freemasonry (typically the square & compass on it)
- ☐ Smudge sticks or incense
- ☐ Souvenir or items from other religions can be a problem sometimes – rosary beads, crosses, garlands

Note to counselor: As he/she prays, if he/she keeps getting possessed, that can be a sign there is an item in the house that was blessed/cursed or is an open door to Satan. When Satan keeps coming back, ask “Are there any cursed items that are still in the house or being given to you?” “Am I leaving any doors open to Satan?” Witches often

move next door to keep causing problems, such as giving items that have been blessed to invade your home and keep you possessed.

Satan may come right back after you have prayed, confessed, and rebuked the demons. How come? The key is **(1) FULL surrender to God** and **(2) closing all possible doors to Satan** and **(3) cleaning house**.

How to break the cycle of negative thoughts?

- Recognize negative thoughts are not of God.
- Use the 1-2 Principle: (1) Go to God for help (2) Resist/rebuke the demons.
- Actually use the weapons God has given us...
 1. **The Name of Jesus Christ** – Respectfully and boldly use the name of Jesus Christ as we pray, claim promises, and rebuke demons.
 2. **The Armor of God** – Spend time with Jesus, learning about Him, focusing on Him, and being in full surrender to God. Do your devotions!
 3. **Sword of the Spirit (Bible, God's words)** – Read, memorize, and search it for yourself. Throw scripture right back at Satan when he comes to you with temptations.
 4. **The Holy Spirit** – The omnipotent power of the Holy Spirit is our defense. Listen to and follow His promptings.
 5. **The Blood of Jesus Christ** – Claiming the blood of Jesus shows I accept Him as my complete saviour and am depending wholly on Jesus for my salvation. It's God's legal right to our salvation.
 6. **Prayer** – Pray and claim the Bible promises.
 7. **Personal Testimony** - Tell of God's help and goodness to you. This strengthens your faith and others.
 8. **Praise God** – This drives back the power of Satan.
 9. **Sing hymns or scripture songs** – Satan leaves when we sing praises to God.

Battlefront analogy: If an army was coming against you, you wouldn't just stand there with your sword. You wouldn't just watch the enemy attack. You would actually use your sword! The Bible promises and prayer are your swords. **USE THEM!**

You may be on antidepressants and anxiety medication, which blocks our frontal lobe. Start reading the Bible, no matter what. Even if you don't understand it, read God's word every day! He will set you free!

Note to counselor: If someone rebels or is acting up with what you are sharing, but they still want the help, pray & guide them to read the word of God.