# How To Obtain Personal Deliverance

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## THE PROCESS OF PERSONAL DELIVERANCE

When you understand self deliverance, you will keep yourself from being demonized; you will keep yourself healthy, physically and spiritually and be free from demonic pollution. Everyday, you will enjoy divine health and will not be spending your money on drugs and hospital bills.

Sometimes, there may be no minister who is anointed and knowledgeable about deliverance to help you. Sometimes, you can be heavily attacked in your dream and the next service is about four days away. What do you do? You should never allow evil spirits to reside in your life. If you lack adequate time to do a self deliverance in the mornings, after your quiet time, then, when you're having your bath, you could do it.

Our environment is such that there are many evil spirits moving around and if you are not regularly cleaning your house, they may lodge there; your level of education not withstanding. If a whole university professor could carry a ritual sacrifice because he needed promotion, then education is irrelevant.

Let's learn a few lessons now before we go into the actual practice.

A demon is a spirit, which means it's like a wind or breath. Most evil spirits leave through the breathing passage or by any opening in the body. This is why sometimes when prayers are hot some people begin to pass out gas or emit bad odour. Now when an ambulance wants to go through a busy area and blares its siren, the purpose is to clear the traffic so as to expedite the passage of the ambulance.

Therefore, when praying for self deliverance, you should keep quiet after the prayer before ejecting those evil spirits. This is why at times we ask people to breath in and out. If you are praying or speaking at this time, the spirit will not go out because you have not opened the way for it.

The next lesson you must learn is this; demons can come out by simple breathing, coughing, choking, yawning, vomiting, etc. The manifestations vary according to the person and the spirit involved. All the spirits that are not deeply rooted, depart easily, but those deeply entrenched, will require more time and effort to go. The more stubborn ones will require the help of other believers. Even when they are that strong, and you continue to wound them daily, they will eventually be mortally wounded.

Also, know that if multiple spirits are responsible for one problem, all of them must be removed before total victory is assured. One thing is certain; with every inch of ground grabbed from the devil, you will notice a definite improvement in your life. This is certain. Once the spirit leaves you, there will be a change in you.

Also, remember that an evil spirit must have a legal ground for staying in a person's life.

The purpose of all these information is to enable you to do a self deliverance at home for yourself.

The process of self-deliverance is carried out in stages. Let's go through them one by one.

## Step ONE

Start with praise worship. You can sing songs to praise God and to worship Him.

## Step TWO

Confess out loud Scriptures promising deliverance. Let us run through a few of them:

- Luke 10:19,
- Ephesians 1:7,
- Romans 16:20,
- Revelation 12:11,
- Colossians 2:14,15,
- Galatians 3:13,14,
- Psalm 91:3.
- 2 Tim. 4:18 has this to say

And the Lord shall deliver me from every evil work, and will preserve me unto His heavenly kingdom: to whom be glory for ever and ever. Amen.

You must at least memorize this one -2 Tim. 4:18.

# Step THREE

Break covenants and curses to destroy their legal hold. You pray a simple prayer like this:

I break any curse working against me or I break any covenant working against me, in the name of Jesus.

Simple prayer with much result.

# Step FOUR

Bind all the spirits associated with those covenants and curses like this:

I bind all the spirits attached or connected to the curses and

covenants I have just broken, in the name of Jesus.

# Step FIVE

Lay one hand on your head and the other on your stomach or navel and begin to pray like this:

Holy Ghost fire, burn from the top of my head to the sole of my feet, in the name of Jesus.

Begin to mention every organ of your body; kidney, liver, intestine, blood, etc. You must not rush at this level. Lay your hands on areas that the Spirit of God leads you to. Do not be afraid if you notice that you are swaying or staggering, etc.

## Step SIX

Then begin to saturate yourself with the blood of Jesus. You do this by saying:

Blood of Jesus, enter into my spirit, soul and body.

Next you say:

## I drink the blood of Jesus.

This must continue until you have a release in your spirit to stop.

# Step SEVEN

It is now, that you are able to demand firmly, in the name of the Lord Jesus Christ, that any spirit that is not of God should leave you. You demand it forcefully like this:

In the name of the Lord Jesus Christ, I come against all you hidden spirits and I bind your activities in my life. You can no longer hide below the surface because I now recognize what you have been doing; release me, in the name of Jesus.

If sickness is the problem, address it and say,

You spirit of infirmity, I speak to you directly, get out of my life now. I am redeemed by the blood of Jesus Christ, come out and go now. Go out with every breath by the power of the Holy Spirit. I prevail over you, in the name of Jesus.

At this point, you stop talking; open your mouth and nose and begin to breath in and out. Take about three to seven deep breaths, and expel them forcefully through your mouth and nose. You may be surprised that strange things will begin to happen. Repeat this stage again and again. This will help you to flush out any deposit or impurity within your body. You may notice that you are coughing, yawning, sneezing, sweating or shedding tears, but continue and do not loose your concentration.

## Step EIGHT

When you have finished the expulsion stage, you then ask for a fresh in-filling of the Holy Spirit and close the session with praises.

When you are attacked in your dream, rise up and go through the stages I have already mentioned. (Our book "Victory Over Satanic Dreams" can help you further.)

Self-deliverance keeps you from getting sick; it removes every evil seed of the enemy; it charges your body with fire. It uproots evil plantations and builds up your confidence.

Every night before you go to bed, you must remember these three important prayer points.

1. Pray that the walls of fire should surround you. The Bible says:

For I, saith the Lord, will be unto her a wall of fire round about, and will be the glory in the midst of her (Zec. 2:5).

# 2. Pray for cover with the blood of Jesus.

Rev 12:11: "And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death."

## 3. Also pray that the angels of God should surround you.

Ps 34:7: "The angel of the LORD encampeth round about them that fear him, and delivereth them."

No matter how sleepy you are, make sure you pray these three prayer points every night.

There is no reason why self-deliverance should not be effective. However, if the person seeking deliverance is under stubborn demonic control or hereditary strongman and lacks sufficient faith or authority to defeat the oppressors or living in any known sin, the evil spirits will defend what they think is their right.

One final word of caution. For a person to be delivered, he must want deliverance. Self deliverance must not be done because of pride, shyness, the fear of possible public embarrassment, etc. Your motive for engaging in self-deliverance has to be pure.

Remember, deliverance is a process and the length of time it takes depends on several things viz:

- the length of time the spirit has stayed inside a person,
- the strength and reinforcement of the spirit,
- the experience and degree of anointing upon those who are ministering the deliverance,
- the willingness of the person being delivered to be free,
- the knowledge of the word of God and your level of hatred for sin.

For self-deliverance to be very effective, a great deal of self-discipline is necessary.

Also, remember that bondage can be weak or strong. A weak hold can be broken quickly, whereas a stronghold may take a longer time. You will not realize the strength of a bondage until you faithfully and persistently work on it. You must remember that a foothold can graduate to a stronghold if left unaddressed.

After this exercise, you can set aside some days (with fasting) to pray the following prayer points.

# DELIVERANCE PRAYER ON BREAKING COVENANTS, YOKES AND CURSES

Confession: Col. 2:14, Gal. 3: 13 & 14, 2 Cor. 6 14 - 18, Gal. 6:17, 2 Cor. 5:17

Spend quality time in praise and worship to God.

## RENOUNCING MEMBERSHIP OF EVIL ASSOCIATIONS

- 1. I reject, revoke and renounce my membership with . . . Jezebel spirit, marine spirit, water spirit, Queen of the coast, mermaid spirit, familiar spirit, witches and wizards, spirits of the dead and all other occult societies, in the name of Jesus.
- 2. I withdraw and cancel my name from their registers with the blood of Jesus.
- 3. I reject and renounce all such names given to me in any of the evil associations, in the name of Jesus.
- 4. I resign my position in any of these associations and withdraw my services and responsibilities permanently, in the name of Jesus.
- 5. I reject all the evil works I have done to innocent people through my membership with these evil association and ask the

Almighty God to forgive me and wash me clean with the blood of Jesus.

- 6. I purge myself of all evil foods I had eaten in any of the evil associations with the blood of Jesus.
- 7. I bind you water spirits, marine spirits, queen of the coast, Jezebel spirits, familiar spirits operating in my life with hot chains and fetters of God and cast you out into the deep, and seal you with unquenchable fire of God, in the name of Jesus.
- 8. I withdraw any part of my body and blood deposited on their evil altars, in the name of Jesus.
- 9. I withdraw my pictures, image and inner-man from the altars and covens of the evil associations, in the name of Jesus.
- 10. I return any of the things of evil associations I am connected with, the instruments and any other properties at my disposal for the execution of duties, in the name of Jesus.
- 11. I hereby confess total separation from the evil associations, in the name of Jesus.
- 12. Holy Spirit, build a wall of fire round me that will completely make it not possible for these evil spirits to come to me again.
- 13. I break any covenant binding me with any of these evil associations, in name of Jesus.
- 14. I break all inherited covenants and all such covenants I consciously and unconsciously entered into, in the name of Jesus.
- 15. I bind the demons attached to these covenants and cast them into the deep, in the name of Jesus.
- 16. I resist every attempt to return me back to the evil

associations with the blood of Jesus, fire, brimstone and thunder of God.

- 17. I renounce and revoke all the oaths I took while entering the evil associations, in the name of Jesus.
- 18. I break and cancel every evil mark, incision, writing placed in my spirit and body as a result of my membership of the evil associations with the blood of Jesus and purify my body, soul and spirit with the Holy Ghost fire, in the name of Jesus.
- 19. I break all covenants inherited from my ancestors on the father and mother side, in the name of Jesus.
- 20. Lord, break down every evil foundation of my life and rebuild a new one on Christ the Rock.
- 21. I command the fire of God to roast and burn to ashes every evil bird, snake, or any other animal attached to my life by the evil association, in the name of Jesus.
- 22. I dismantle every hindrance, obstacle or blockage put in my way of progress by my involvement in these evil associations, in the name of Jesus.
- 23. All the doors of blessings and breakthrough shut against me due to my involvement in these evil associations, I command you to open, in the name of Jesus.

#### **CURSES**

- 1. I break and cancel every inherited curse, in the name of Jesus.
- 2. Lord, remove from me all the curses placed upon my ancestral families as a result of their evil associations involvement, in the name of Jesus.
- 3. I break and cancel every curse placed upon me by my

parents, in the name of Jesus.

- 4. I break and cancel every curse, spell, hex, enchantment, bewitchment, incantation placed upon me by my involvement with evil association, in the name of Jesus.
- 5. I break and revoke every blood and soul-tie covenant and yokes attached to them, in the name of Jesus.
- 6. I purge myself of all the evil foods I have eaten in the evil world with the blood of Jesus and purify myself with the fire of the Holy Ghost, in the name of Jesus.
- 7. All demonic spirits attached to all these covenants and curses, be roasted with the fire of God, in the name of Jesus.
- 8. I declare my body, soul and spirit a-no-go-area for all evil spirits, in the name of Jesus.

## DELIVERANCE FROM SPIRIT HUSBAND OR WIFE.

- 1. I divorce and renounce my marriage with the spirit husband or wife, in the name of Jesus.
- 2. I break all covenants entered into with the spirit husband or wife, in the name of Jesus.
- 3. I command the thunder fire of God to burn to ashes the wedding gown, ring, photographs and all other materials used for the marriage, in the name of Jesus.
- 4. I send the fire of God to burn to ashes the marriage certificate, in the name of Jesus.
- 5. I break every blood and soul-tie covenant with the spirit husband or wife, in the name of Jesus.
- 6. I send the thunder fire of God to burn to ashes the children born to the marriage, in the name of Jesus.
- 7. I withdraw my blood, sperm or any other part of my body

deposited in the altar of the spirit husband or wife, in the name of Jesus.

- 8. I bind you spirit husband or wife tormenting my life and earthly marriage with hot chains and fetters of God and cast you out of my life in the depth pit and command you never to come into my life again, in the name of Jesus.
- 9. I return to you your property in my possession in the spirit world including the dowry and whatsoever was used for the marriage and covenants, in the name of Jesus.
- 10. I drain myself of all evil materials deposited in my body as a result of our sexual relation with the blood of Jesus.
- 11. Lord, send Holy Ghost fire into my root and burn out all unclean things deposited in it by the spirit husband and wife, in the name of Jesus.
- 12. I break the head of snake-deposit by the spirit husband or wife to do me harm and command you to come out, in the name of Jesus.
- 13. I purge out with the blood of Jesus every evil material deposited into my womb to prevent me from having children on earth.
- 14. Lord, repair and restore every damage done to any part of my body and my earthly marriage by the spirit husband or wife, in the name of Jesus.
- 15. I reject and cancel every curse, evil pronouncement, spell, jinx, enchantment and incantation placed upon me by the spirit husband or wife, in the name of Jesus.
- 16. I take back and possess all my earthly belongings in the custody of the spirit husband or wife, in the name of Jesus.
- 17. I command the spirit husband or wife to permanently turn his or her back on me forever, in the name of Jesus.

- 18. I renounce and reject the name given to me by the spirit husband or wife, in the name of Jesus.
- 19. I hereby declare and confess that the Lord Jesus Christ is my Husband till eternity, in the name of Jesus.
- 20. I soak myself in the blood of Jesus and cancel the evil mark or writings placed on me, in the name of Jesus.
- 21. I set myself free from the stronghold and domineering power and bondage of the spirit husband or wife, in the name of Jesus.
- 22. I paralyse the remote control power being used to destabilise my earthly marriage to hinder my child bearing for my earthly husband or wife, in the name of Jesus.

## **BREAKING COVENANTS AND YOKES**

- 1. I break every evil covenant with water spirits and the yokes attached to it, in the name of Jesus.
- 2. I break and cancel every covenant with any idol and the yokes attached to it, in the name of Jesus.
- 3. I break and cancel any evil covenants entered into by my parents on my behalf and all the yokes attached to them, in the name of Jesus.
- 4. I command the fire of God to roast the forces of hindrance and obstacles and paralyse their power, in the name of Jesus.
- 5. Lord, let the Holy Ghost effect immediate breakthrough in every area of my life, in the name of Jesus.
- 6. I confess that my deliverance shall remain permanent never to be reversed again, in the name of Jesus.

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