

Biblical Deliverance Preparation Guide

This guide is designed to help you prepare for deliverance according to the Word of God. Please review each section prayerfully, honestly, and with full commitment to walking in freedom. Bring this completed preparation with you on the day of deliverance.

PREPARATION COMMITMENTS

Are you willing to:

1. **Desire Freedom:** Wholeheartedly seek freedom in every area of life: mental, physical, and spiritual.
 2. **Love Jesus :** Commit to obey and pursue, maintain and cultivate a loving intimate relationship with him..
 3. **Be Transparent:** Be completely honest, sincere, and open about your life, struggles, and past.
 4. **Forgive:** Forgive and release every person, trauma, and circumstance that has caused you harm.
 5. **Truly Repent:** Renounce sin and old patterns such as believing lies, speaking word curses, doubting God, unbelief, actions, lack of faith and double-mindedness.
 6. **Break with the Occult:** Remove all occult-related items (books, movies, idols, etc.) and renounce all practices. **Occult** refers to practices, beliefs, or rituals that deal with hidden, secret, or supernatural powers **outside of God**. It involves seeking knowledge, control, or power through spiritual forces that do not come from the Holy Spirit.
 7. **Submit to Jesus as Lord:** Surrender every area of your life to His Lordship.
 8. **Walk Out Deliverance:** Commit to resisting the enemy and changing old habits.
 9. **Change Your Environment:** Let go of ungodly influences including friends, conversations, and media.
 10. **Release Judgments:** Forgive yourself and others, releasing all judgments.
 11. **Break Soul Ties:** Renounce and break all ungodly soul ties.
 12. **Live Holy:** Pursue purity, holiness, and godly living.
 13. **Submit to the Word:** Obey God's Word in every challenge, trial, and temptation.
 14. **Make Restitution** - Take responsibility for actions
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SELF-EXAMINATION: CIRCUMSTANCES TO NOTE

Please make a note if you have experienced or participated in any of the following:

- Cult involvement - A **cult** is a group that centers around a controlling leader, belief system, or organization that demands unhealthy levels of loyalty, limits personal

freedom, and isolates people from outside influence. It often uses manipulation, fear, secrecy, or pressure to keep members obedient and dependent.

- Witchcraft and magic, Tarot, psychics, mediums, Astrology used for spiritual direction,
- Divination (seeking knowledge from spirits), Spell work, rituals, curses, Spirit guides, energy manipulation Necromancy (talking to the dead)
- Alternative medicine practices (e.g., acupuncture, reiki)
- False doctrines or teachings, religion
- Addictions (drugs, alcohol, pornography, sex, food, cigarettes etc.)
- Divorce or separation, major break-up, (heartbreak)
- Self Harm, Self Mutilation (cutting etc.)
- Suicide attempts, ideation
- Fraternity and sorority rituals, oaths, pacts etc...
- Tattoos, piercings
- Wordly Music - Sexual and demonic ungodly lyrics
- Ungodly sexual relationships
- Palm reading/horoscopes
- Possession of cursed or occultic items (tarot cards, crystal balls, amulets, magic balls, Ouija boards)
- Chronic illness, chronic pain
- Negative self-vows (e.g., "I'm stupid," "No one loves me", "I can't do anything right")
- Fears or phobias
- Broken covenants/marriage vows
- Accidents or traumatic injuries
- Major surgeries (heart surgery, hysterectomy etc.)
- Miscarriage or abortion
- Major loss (e.g. death, bankruptcy, jobs)
- Participation in yoga
- All forms of abuse (physical, emotional, sexual, verbal, etc.)
- Any idols (e.g., yourself, money, materialism, marriage etc)
- People pleasing, fear of man (e.g. Do you fear people and their opinion more than God)
- Do you have a problem telling the truth? Do you find yourself embellishing details or stories

ASK THE HOLY SPIRIT - Partner with the Holy spirit and ask him to reveal what you need to know to be free

Prayerfully journal your responses:

1. Is there any person, trauma, or incident hindering your deliverance?
2. Is there unforgiveness in my heart toward others, myself, or even God?
3. Is there anything you need to repent from?
4. Do I practise habitual sin that I make excuses for?

5. Are there any generational curses in your family (e.g., illness, addictions, mental illness, incest, divorce)?
 6. Are there mindsets or behaviors in your life (e.g., fear, anger, insecurity, negativity) that are not of God?
 7. Are there or were there unhealthy relationships (ungodly soul ties)?
 8. What are your true feelings about your mother and father? Ask the Holy Spirit to reveal the truth.
 9. What are your true feelings about your siblings? Again, ask the Holy Spirit to reveal the truth.
 10. What areas of my life feel stuck, oppressed, or out of control?
 11. Have I experienced repeated cycles of: failure, stagnancy, pain, fear, addiction, or confusion?
 12. Do I struggle with identity, self-worth, or a distorted view of God?
 13. Are there past traumas or wounds I've tried to ignore or bury?
 14. Have I ever participated in occult activity, false religion, or witchcraft—knowingly or unknowingly?
 15. Do I walk in pride? Do I judge people or think I am better than others? Do I judge people based on appearances?
 16. Am I willing to **surrender completely** and trust Jesus with every part of my heart?
Surrender means yielding your control, your will, and your ways to the Lord. It is laying down your plans, fears, and desires and choosing to trust God's authority over your own.
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PRE-DELIVERANCE ACTION STEPS

- **Journal everything:** Write down everything the Holy Spirit reveals.
 - **Bring your notes:** Bring this journal with you on the day of deliverance. It will guide the process.
 - **Pray for Revelation:** Ask the Lord to show yourself and the facilitator anything you may have forgotten or that is hidden.
 - **Fasting:** Ask the Holy Spirit if you should fast during this preparation time for greater clarity and sensitivity to the Lord. I strongly suggest it for better results and clarity.
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POST-DELIVERANCE ACTION STEPS - Matt 5-7

- **Fast** - Regularly to seek the Lord and kill the flesh
- **Give** - Cheerful giver - tithes, offerings
- **Serve** - Use your spiritual gifts, talents
- **Prayer** - Develop a regular prayer life
- **Bless your enemies** - Regularly Forgive
- **Connect** - find a community to be accountable

Commit yourself to the process. God honors the humble and obedient heart that seeks Him with sincerity and truth.

Scriptures:

John 8:36 “If the Son therefore shall make you free, ye shall be free indeed.”

Hebrews 11:6 “But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.”

Mark 16:17

“And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues

”**Psalm 147:3** “He heals the brokenhearted And binds up their wounds.”

Psalm 34:18 “The Lord is close to the brokenhearted; He rescues those whose spirits are crushed.”

Luke 10:19

“Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.”

Matthew

12:28–29

“But if I cast out demons by the Spirit of God, surely the kingdom of God has come upon you. Or how can one enter a strong man’s house and plunder his goods, unless he first binds the strong man?”

Hebrews 13:8 Jesus Christ is the same yesterday, today, and forever.