

VICTORY OVER DARKNESS

*A Biblical Guide for Believers and
Seekers Facing Paranormal Activity,
Spiritual Oppression, and Demonic
Attack*

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with Disciple Paranormal

Grounded in Scripture • Centered on the Authority of Jesus Christ

Victory Over Darkness: A Biblical Guide for Believers and Seekers Facing Paranormal Activity, Spiritual Oppression, and Demonic Attack

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In the author's text, pronouns referring to God are capitalized as a mark of reverence; Scripture quotations retain the ESV's own style.

This book is a spiritual resource, not a substitute for pastoral counsel or for professional medical or mental-health care. If you are facing a medical or psychological crisis, seek qualified help without delay. In the United States, you can call or text 988 (Suicide & Crisis Lifeline) any time.

All glory to God.

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How to Use This Book

This book was written to put God's Word into your hands quickly and clearly. It is not a magic formula. It is a call to faith in Jesus Christ, genuine repentance, and obedience to Scripture. Everything in these pages stands on one foundation: Jesus has already won the victory, and He shares His authority with those who belong to Him.

- Read it with an open Bible and a humble, repentant heart. Look up every passage.
- Speak the prayers and declarations out loud, with faith. Faith comes by hearing the Word.
- Do the practical steps in Chapter 11 in order. Do not skip repentance to get to commands.
- Return often to the Key Scriptures (Appendix A) and the prayers (Chapter 10).
- If the oppression is heavy or ongoing, involve your pastor or mature believers. You were never meant to fight alone.
- When you have read the book, use the 21-Day Bible Reading Guide (Appendix D) to build a daily habit in God's Word.
- **If frightening activity is happening right now, turn to Appendix B: In the Moment of Attack (page 57).**

Use this book for yourself, and use it to help others. Print it and share it freely. All glory to God.

INTRODUCTION

The Battle Is Real—But the Victory in Christ Is Greater

Dear friend—whether you are a follower of Jesus or someone still searching for answers,

If you are experiencing paranormal activity, unexplained disturbances, heavy spiritual oppression, fear, or demonic attack, you are not alone and you are not powerless. The Bible does not dismiss this reality—it explains it:

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

— EPHESIANS 6:12

What many call “hauntings” is most often the work of demonic spirits—though Chapter 3 will help you first rule out natural explanations. Jesus described the enemy plainly: “The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly” (JOHN 10:10). Notice both halves of that verse. The enemy is real—and Jesus came to give abundant life in the thief’s place.

Here is the unshakable hope this book teaches: Jesus Christ has already won the complete victory at the cross. “He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him” (COLOSSIANS 2:15). Through salvation in Him you are no longer under the dominion of darkness: “He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son” (COLOSSIANS 1:13). You can stand, resist,

command spirits to leave in Jesus' name, and walk in lasting freedom.

And a word if you are not yet a follower of Jesus: you are welcome here. Perhaps you picked this book up because frightening things are happening and nothing you have tried has stopped them. We will not hand you techniques or rituals—they do not work, and Chapter 5 tells the story of why. What we can tell you is where the power actually is: “everyone who calls on the name of the Lord will be saved” (ROMANS 10:13). Chapter 1 will show you how to come under His protection, because lasting freedom begins with belonging to Him.

What this book will teach you

- Who Jesus is, and what salvation means for your authority and protection (Chapter 1)
- Why you can trust the Bible—one Scripture, many translations, and the best-attested text in ancient history (Chapter 2)
- How to discern what you are facing with wisdom instead of fear (Chapter 3)
- How sin opens doors to the enemy—and exactly what to repent of, named the way God names it (Chapter 4)
- How people fought the darkness before Christ came—and why salt, sage, and rituals never worked (Chapter 5)
- What *not* to do when facing the paranormal (Chapter 6)
- Your biblical authority in Christ (Chapter 7)
- How Jesus and the apostles actually drove out demons (Chapter 8)
- Daily weapons: the Lord's Prayer, forgiveness, and the armor of God (Chapter 9)

- Scripture-backed prayers for breaking curses, stopping hauntings, deliverance, and protection (Chapter 10)
- Clear practical steps to get free (Chapter 11) and to stay free (Chapter 12)
- A 21-Day Bible Reading Guide to rebuild your daily walk with God (Appendix D)

Fear not. “He who is in you is greater than he who is in the world” (1 JOHN 4:4). Open your Bible, and let us learn to walk in the victory Jesus has already won.

Who Jesus Is—The Only Foundation for Authority and Freedom

Before we talk about demons or deliverance, we must be clear about Jesus. All true authority and all lasting freedom flow from Him alone. Deliverance is not a technique; it is the overflow of a relationship with the risen Lord.

What the Bible says about Jesus

- He is the eternal Son of God who became man to save us: “In the beginning was the Word, and the Word was with God, and the Word was God... And the Word became flesh and dwelt among us” (JOHN 1:1, 14).
- He is the only way to the Father: “I am the way, and the truth, and the life. No one comes to the Father except through me” (JOHN 14:6).
- He holds all authority: “All authority in heaven and on earth has been given to me” (MATTHEW 28:18).
- He came to destroy the devil’s works: “The reason the Son of God appeared was to destroy the works of the devil” (1 JOHN 3:8).
- He disarmed every dark power at the cross: “He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him” (COLOSSIANS 2:15).
- He is the Lamb of God “who takes away the sin of the world” (JOHN 1:29).

- He is risen and enthroned “far above all rule and authority and power and dominion, and above every name that is named” (EPHESIANS 1:21), and at His name “every knee should bow” (PHILIPPIANS 2:10).

What salvation changes in spiritual warfare

When you genuinely repent and receive Jesus as Lord and Savior—“if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved” (ROMANS 10:9)—several life-changing things become true of you:

- You are rescued: “He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins” (COLOSSIANS 1:13-14).
- The Holy Spirit comes to live in you, and “he who is in you is greater than he who is in the world” (1 JOHN 4:4).
- You are given real authority over the enemy (LUKE 10:19; see Chapter 7).
- The blood of Jesus cleanses you, and every charge against you is gone—God has forgiven “all our trespasses, by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross” (COLOSSIANS 2:13-14).
- You are “raised... up with him and seated... with him in the heavenly places in Christ Jesus” (EPHESIANS 2:6)—positioned above the powers of darkness, not beneath them.
- You are secure: “I give them eternal life, and they will never perish, and no one will snatch them out of my hand” (JOHN 10:28).

Key Truth: Demons have no rightful claim on a life that is truly surrendered to Jesus Christ. Salvation is not only about going to heaven—it places you in Christ, with real authority, here and now.

What does “saved” actually mean? A short word study

The word study begins with a name. The angel told Joseph: “you shall call his name Jesus, for he will save his people from their sins” (MATTHEW 1:21). *Jesus* is the Greek form of the Hebrew name *Yeshua*, from the root *yasha*—to rescue, to deliver, to save. His very name means “The LORD saves.” From the first verse of the New Testament story, salvation is not a religious ritual. It is a rescue operation, and the Rescuer is named after it.

The New Testament word is just as rich. The Greek verb *sōzō* means to save, to deliver, to heal, to make whole—and the Gospels use this one word for sinners forgiven, sick bodies healed, and people set free from demons. Salvation is whole-person rescue: from sin’s penalty (you are justified—declared righteous), from sin’s power (you are being made new—“to us who are being saved it is the power of God,” 1 CORINTHIANS 1:18), and one day from sin’s very presence. That is why a book about deliverance had to begin with this chapter: deliverance is not an add-on to salvation. It flows from it.

And how is this salvation obtained? Scripture answers that exact question, asked by a terrified jailer: “What must I do to be saved?”—“Believe in the Lord Jesus, and you will be saved” (ACTS 16:30–31). It cannot be earned, worked for, or deserved: “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast” (EPHESIANS 2:8–9).

More than words—what makes the prayer real

Now a caution, because this is where many people are confused: no one is saved by reciting a prayer. Words by themselves are not magic—the sons of Sceva found that out with the holiest name in the universe on their lips (Chapter 5). What saves is Christ Himself, received through real repentance and real faith. Two more words from the Greek make this clear:

- **Repentance** (*metanoia*) is a change of mind so deep it turns the life around—not merely feeling sorry. Jesus' first sermon was “repent and believe in the gospel” (MARK 1:15), and Paul distinguishes the counterfeit from the real thing: “godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death” (2 CORINTHIANS 7:10).
- **Faith** (*pistis*) is trust—the actual entrusting of yourself to a Person—not bare agreement with facts. Scripture could not say it more bluntly: “You believe that God is one; you do well. Even the demons believe—and shudder!” (JAMES 2:19). Every demon in this book knows exactly who Jesus is (MARK 1:24). Knowing the facts saves no one. Trusting the Savior does.

Jesus Himself gave the sober warning that words without surrender are worthless—and notice what His example is: “Not everyone who says to me, ‘Lord, Lord,’ will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. On that day many will say to me, ‘Lord, Lord, did we not prophesy in your name, and cast out demons in your name...?’ And then will I declare to them, ‘I never knew you; depart from me...’” (MATTHEW 7:21–23). People can even do spiritual warfare in Jesus' name and never have known Him. “Why do you call me ‘Lord, Lord,’ and not do what I tell you?” (LUKE 6:46). Saving faith surrenders to Jesus as Lord—it hands Him the keys.

This is why Jesus calls salvation a birth, not a recitation: “unless one is born again he cannot see the kingdom of God” (JOHN 3:3). God does the regenerating—“he saved us, not because of works done by us in righteousness, but according to his own mercy” (TITUS 3:5)—and God reads the heart behind the words: “the LORD looks on the heart” (1 SAMUEL 16:7). Over time, real salvation shows: “by this we know that we have come to know him, if we keep his commandments” (1 JOHN 2:3). Not perfection—direction.

But do not let any of this frighten a sincere heart. The thief crucified beside Jesus had no baptism, no church, no good works, and no time to earn anything. He simply turned and trusted: “Jesus, remember me when you come into your kingdom”—and Jesus answered, “Truly, I say to you, today you will be with me in paradise” (LUKE 23:42-43). Weak faith in a strong Savior saves. “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life” (JOHN 3:16).

So understand what the prayer below is—and what it is not. It is not a formula that saves you; it is simply a way of doing what Scripture describes: turning from sin, trusting Christ, and calling on the Lord from the heart (ROMANS 10:13). If you have never surrendered your life to Jesus—or if you want to renew that surrender—pray it out loud now, and mean it:

Prayer of Salvation and Surrender

Lord Jesus, I believe You are the Son of God. I believe You died on the cross for my sins and that God raised You from the dead. Your Word says, “if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved” (ROMANS 10:9)—so I confess it now: Jesus, You are my Lord. I repent of my sins and turn from them completely. Wash me clean by Your blood. I surrender my life, my home, and my family to You. Fill me with Your Holy Spirit. Thank You that You have “delivered us from the domain of darkness” and transferred me into Your kingdom (COLOSSIANS 1:13). I am Yours. In Jesus’ name, Amen.

If you prayed that sincerely, welcome to the family of God. And settle this from the very start: it is God’s promise that saves you—not the eloquence or emotion of your prayer. “I write these things to you who believe in the name of the Son of God, that you may know that you have eternal life” (1 JOHN 5:13). Everything else in this book now belongs to you, because you belong to Him.

You prayed—now what? First steps for a new believer

First, be sure of what just happened. Salvation rests on God’s promise, not on the strength of your feelings: “Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come” (2 CORINTHIANS 5:17). The apostle John wrote to believers “that you may know that you have eternal life” (1 JOHN 5:13). On hard days you will not always *feel* new. Stand on what God says, not on what you feel—then take these first steps:

1. **Tell someone today.** Salvation is believed in the heart and confessed with the mouth (ROMANS 10:9-10). Tell a

believing friend or family member, or walk into a local church and tell them. Saying it out loud plants your flag.

2. **Be baptized.** Baptism does not save you—Christ already did that. It is His commanded step of obedience, your public declaration that you belong to Him: “Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins” (ACTS 2:38; see also MATTHEW 28:19). Ask a pastor about being baptized soon.
3. **Get into the Word every day.** “Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation” (1 PETER 2:2). Start with the 21-Day Reading Guide in Appendix D, then read the Gospel of John.
4. **Pray every day.** Simply talk to your Father—worship Him, confess quickly, ask boldly, thank always. Jesus’ own pattern in MATTHEW 6:9–13 (Chapter 9) is the place to start. Prayer is relationship, not performance.
5. **Join a church family.** The very first believers “devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers” (ACTS 2:42). You cannot grow—or fight—alone. If you have no church, or church people have hurt you, Appendix C was written for you.

These steps are not a ladder you climb to earn God’s love. They are how a loved child grows. God finished the saving; your part now is simply to follow.

Trusting the Word of God—One Scripture, Many Translations, Unshakable Ground

Everything in this book stands on one foundation: the Bible. So before we go further, an honest question deserves an honest answer: can you trust it? Perhaps you have heard that the Bible has been changed and re-changed, that no one knows what it originally said, or that “there are twenty different Bibles.” If doubts like these have weakened your faith, this chapter is for you—because “faith comes from hearing, and hearing through the word of Christ” (ROMANS 10:17). Settle the trustworthiness of the Word, and your faith has ground to stand on.

One Scripture—many translations

The Bible was written in Hebrew and Aramaic (the Old Testament) and Greek (the New Testament). Unless you read those languages, you read Scripture in translation—and here is the key: a translation is not a different Bible. It is the same Scripture carried over into your language. We do not have twenty competing Scriptures. We have one Scripture, and many windows into it.

Translations differ because they sit at different points on a spectrum. Some aim to be as word-for-word as possible—like the ESV used in this book, or the NASB and NKJV—which is excellent for careful study. Others translate thought for thought so the English flows more naturally—like the NIV or NLT—which is excellent for smooth reading. A paraphrase (like *The Message*) retells the text loosely for devotional freshness and should not be treated as a study

Bible. These are differences of translation style, not competing messages. Set JOHN 3:16 or Psalm 23 side by side in all of them and you will hear the same voice saying the same thing.

So choose a faithful translation you will actually read—and read it. When you study, comparing two or three translations is not a threat to the truth; it is like hearing the same testimony from several reliable witnesses. Together they sharpen your view of the original.

When people say “that could be translated better”

Sometimes you will hear a scholar—or a footnote in your own Bible—suggest that a verse could be rendered better. Do not let that unsettle you, and do not dismiss it either. It is almost always a sign of care, not corruption. Because no two languages line up word for word, every translation involves judgment calls, and most debates are between two faithful options—one smoother, one more literal—where either would be true. Some of it is honestly preference. And sometimes a rendering genuinely can be improved—which is precisely why serious translation committees keep working. People who believe God breathed out every word do not treat the wording casually.

There is a second, humbler reason translations get revised: English refuses to stand still. Words drift. In 1611 the King James translators wrote that lawlessness is held back by “he that letteth”—because in their English, *let* meant *hinder*. Today it means the opposite: *allow*. They wrote “suffer the little children to come unto me,” because *suffer* meant *permit*; and their word *conversation* meant a person’s whole conduct of life, not talk. Scholars call these “false friends”—words you are sure you know that meant something else then. Notice what changed in each case: not the Scripture—the English. Updating a translation so that today’s reader

hears what the original reader heard is not tampering with the Bible. It is protecting it.

And translation is not a human shortcut that God merely tolerates—He has used it to reach His people from the beginning. When Ezra read the Hebrew Law to a generation raised speaking Aramaic, the Levites “read from the book, from the Law of God, clearly, and they gave the sense, so that the people understood the reading” (NEHEMIAH 8:8). At Pentecost, the Spirit’s first public sign was hearing God in your own language: “we hear them telling in our own tongues the mighty works of God” (ACTS 2:11). The apostles themselves freely quoted a Greek translation of the Old Testament as the Word of God. Ours is a translated faith by God’s own design—so a debate over a better word here or there is family business, not a crisis. The message is never what is at stake: open any faithful translation, and the same Christ dies for the same sinners, rises from the same grave, and casts out the same darkness.

The best-attested book of the ancient world

How do we know the text itself was handed down faithfully? Because of the manuscripts—and here the Bible has no rival in all of ancient literature. Around 5,800 cataloged Greek manuscripts of the New Testament survive, plus tens of thousands of ancient copies in Latin, Syriac, Coptic, and other languages. The earliest surviving fragment—a piece of John 18 known as P52—is commonly dated to about AD 125-150, written within a few decades of the Gospel itself.

Now compare every other ancient book. Homer’s Iliad, the best-attested work of classical literature, survives in fewer than two thousand copies. Most works of Caesar, Plato, or Tacitus survive in a few dozen manuscripts, copied five hundred to a thousand years after the originals—and no historian doubts that we have what those men wrote. Measured by the same standard historians use for

everything else, the New Testament is not merely well preserved. It is the most thoroughly documented text of the ancient world.

The Old Testament received the same stunning confirmation in 1947, when the Dead Sea Scrolls were discovered at Qumran. The Great Isaiah Scroll, copied around 125 BC, is roughly a thousand years older than the complete Hebrew manuscripts previously known—and it proved word-for-word identical with the standard Hebrew text across more than 95 percent of Isaiah, the differences being mostly spelling and obvious slips of the pen. A thousand years of copying, and the message had not moved. “The grass withers, the flower fades, but the word of our God will stand forever” (ISAIAH 40:8).

The church fathers seal the testimony

There is a second, independent line of evidence. The early church fathers—leaders such as Clement of Rome, Ignatius, Polycarp (a disciple of the apostle John), Justin Martyr, Irenaeus, and Tertullian—quoted the New Testament constantly in their letters and sermons, beginning while people who had known the apostles were still alive. Scholars have counted over a million such quotations. Bruce Metzger, one of the leading textual scholars of the last century, concluded that even if every New Testament manuscript were destroyed, the fathers’ citations alone would be sufficient to reconstruct practically the entire New Testament. And these are the same early fathers you will meet in Chapter 5—the ones who watched Christians drive out demons with nothing but the name of Jesus.

What about the differences between manuscripts?

Let us be completely honest here, because the enemy loves half-truths: yes, the thousands of manuscripts contain

variations. The overwhelming majority are spelling differences, word order, or an obviously slipped pen—the ancient equivalent of typos. The few significant ones are openly footnoted in every good modern Bible, and you will see this book do the same (the notes on MARK 16:9–20 in Chapter 8 and on DEUTERONOMY 32:8 in Appendix D). Here is what matters: not one doctrine of the Christian faith rests on a disputed reading. Nothing is hidden from you. That transparency is not a weakness in the Bible—it is exactly what an honest, massively documented text looks like.

The Word proves itself

Manuscripts can show that the text is preserved; only God can show that the text is alive. Scripture testifies about itself: “All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness” (2 TIMOTHY 3:16). Its writers insisted they were eyewitnesses, not storytellers: “For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we were eyewitnesses of his majesty” (2 PETER 1:16). “...no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit” (2 PETER 1:21). Luke opens his Gospel like a careful historian—eyewitnesses consulted, everything traced closely—writing “that you may have certainty concerning the things you have been taught” (LUKE 1:4).

Jesus Himself staked everything on Scripture. He fought the devil with “It is written” (MATTHEW 4:10), and He declared: “Heaven and earth will pass away, but my words will not pass away” (MATTHEW 24:35). He prayed, “Sanctify them in the truth; your word is truth” (JOHN 17:17). The psalmist wrote, “Forever, O LORD, your word is firmly fixed in the heavens” (PSALM 119:89).

So if your faith is wavering, do the one thing doubt hates most: read the book. John says his Gospel was “written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name” (JOHN 20:31). Receive it the way the first believers did—“not as the word of men but as what it really is, the word of God, which is at work in you believers” (1 THESSALONIANS 2:13). Start with the 21-Day Guide in Appendix D and let the living Word prove itself to you: “Your word is a lamp to my feet and a light to my path” (PSALM 119:105).

Key Truth: You do not carry a corrupted, mistranslated legend. You carry one Scripture—faithfully preserved in thousands of ancient witnesses, confirmed by the Dead Sea Scrolls and a million quotations of the early church, and translated into your language—and it is “living and active” (HEBREWS 4:12). You can stake your life, and your freedom, on it.

Wisdom Before Warfare— Discerning What You Are Facing

Scripture commands discernment, not assumption: “Beloved, do not believe every spirit, but test the spirits to see whether they are from God” (1 JOHN 4:1). Before you conclude that an experience is demonic, bring it into the light and examine it. Truth is never the enemy of deliverance—Jesus said, “you will know the truth, and the truth will set you free” (JOHN 8:32).

Not everything unexplained is demonic

Houses settle, pipes knock, wiring hums, drafts move doors, and tired minds misread shadows. Some frightening night experiences—such as sleep paralysis, night terrors, or hallucinations between sleeping and waking—have well-documented physical explanations. Certain medical conditions and medications can also produce voices, visions, or dread. Ruling these out is not unbelief; it is honesty. Pray over every situation, and also check the natural causes.

Medical and mental-health care is not unspiritual

God is glorified when His people walk in truth. Seeing a doctor or a licensed counselor while you pray is wisdom, not weakness, and it does not cancel spiritual warfare—many people need both prayer and treatment, and God works through both. Never tell a suffering person to abandon prescribed care in the name of deliverance. If you or someone you love is in crisis or having thoughts of self-harm, get qualified help immediately (in the United States, call or text 988).

Test what the experience produces and demands

The Holy Spirit exalts Jesus, convicts of sin, and produces peace: “do not be anxious about anything... And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus” (PHILIPPIANS 4:6–7). Demonic activity characteristically produces fear, torment, confusion, fascination with itself, and pressure toward sin, secrecy, or despair—for “God gave us a spirit not of fear but of power and love and self-control” (2 TIMOTHY 1:7). Whatever speaks against the Word of God, or draws you away from Jesus, is not from God, no matter how it presents itself.

Beware of appearances—including “departed loved ones”

If you have lost someone dearly loved, nothing in this section dismisses your grief or dishonors their memory—but grief is exactly the doorway deceiving spirits love to use. “Even Satan disguises himself as an angel of light” (2 CORINTHIANS 11:14). A spirit may present itself as a deceased relative, a child, a “friendly presence,” or a guide.

Scripture teaches that the dead do not roam the earth or return to communicate with the living (LUKE 16:19–31); God’s people are told to inquire of Him, not of the dead: “Should they inquire of the dead on behalf of the living? To the teaching and to the testimony!” (ISAIAH 8:19–20). However comforting or familiar a presence seems, test it by Scripture—and never seek contact with it.

Do not become fascinated

When the disciples returned amazed that demons submitted to them, Jesus redirected their joy: “Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven” (LUKE 10:20). Obsession with the demonic—endless research, replaying experiences, chasing evidence—feeds fear and gives darkness attention it does not deserve. Fix your attention on Jesus.

Key Truth: Discernment is not doubt. Test everything by Scripture, welcome honest natural explanations, use godly counsel and sound medicine—and deal with whatever remains as what it is: a defeated enemy facing the authority of Christ.

How Doors Are Opened—The Serious Consequences of Sin

Sin is not harmless. The Bible teaches that unrepented sin has real spiritual consequences—it separates, it invites, and it gives the enemy ground to work with. Understanding this is not condemnation; it is the map that shows you which doors to close.

What Scripture says

- Sin separates us from God: “your iniquities have made a separation between you and your God” (ISAIAH 59:2).
- Harbored sin gives the enemy room to operate: “give no opportunity to the devil” (EPHESIANS 4:27).
- Persistent rebellion can expose a life to demonic torment—after Saul’s rebellion, “the Spirit of the LORD departed from Saul, and a harmful spirit... tormented him” (1 SAMUEL 16:14).
- Occult involvement is singled out as an abomination: divination, fortune-telling, omens, sorcery, charms, mediums, necromancy—“whoever does these things is an abomination to the LORD” (DEUTERONOMY 18:10-12).
- Occult and idolatrous objects bring defilement into a home: “you shall not bring an abominable thing into your house” (DEUTERONOMY 7:26).
- Sin patterns can run through family lines—God speaks of “visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me” (EXODUS 20:5)—until they are cut off through repentance and the cross (GALATIANS 3:13). God is equally clear that no one carries an ancestor’s personal

guilt (EZEKIEL 18:20); what passes down are patterns and practices—and in Christ these can be renounced and broken.

- Unforgiveness, bitterness, fear, and secret sin can hold doors open even after initial freedom (see Chapter 9).

A sober warning from Jesus

When the unclean spirit has gone out of a person, it passes through waterless places seeking rest, and finding none it says, 'I will return to my house from which I came.' And when it comes, it finds the house swept and put in order. Then it goes and brings seven other spirits more evil than itself, and they enter and dwell there. And the last state of that person is worse than the first.

— LUKE 11:24-26

This is why deliverance without genuine repentance and a changed life often does not last. An empty, unguarded house invites reoccupation. The “house” must be filled—with the Holy Spirit, the Word, and a life surrendered to Jesus.

What exactly must be repented of? Naming sin the way God names it

Repentance gains power when sin stops being a vague feeling and becomes specific, because “all have sinned and fall short of the glory of God” (ROMANS 3:23)—the churchgoer and the skeptic alike. God is not vague about sin. He names it, in lists we can lay our lives against:

Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

— GALATIANS 5:19-21

For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.

— MARK 7:21-23

The Word adds more: “anger, wrath, malice, slander, and obscene talk from your mouth” (COLOSSIANS 3:8); covetousness, “which is idolatry” (COLOSSIANS 3:5); greed, theft, drunkenness, reviling, swindling, adultery, and sexual sin of every kind (1 CORINTHIANS 6:9-10); haughty eyes, lying lips, hands that shed innocent blood, hearts that devise wicked plans, and sowing discord among brothers (PROVERBS 6:16-19); and the “cowardly, the faithless, the detestable... murderers, the sexually immoral, sorcerers, idolaters, and all liars” whose portion is the lake of fire (REVELATION 21:8). Notice how often *sorcery* and *idolatry* stand in these lists right beside the “respectable” sins—anger, envy, slander—that we excuse in ourselves.

Read the lists slowly, out loud if you can, and let the Holy Spirit point to what is yours. Then refuse to hide it: “Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy” (PROVERBS 28:13).

And take heart—these lists are written not to crush you but to free you. Immediately after one of the darkest lists in the Bible comes this: “And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God” (1 CORINTHIANS 6:11). “For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord” (ROMANS 6:23). “Repent therefore, and turn back, that your sins may be blotted out, that times of refreshing may come from the presence of the Lord” (ACTS 3:19-20). If you have never surrendered to Christ, begin with the salvation prayer

in Chapter 1; then bring what these lists reveal into the Prayer of Repentance and Renunciation in Chapter 10.

The good news of mercy

God is rich in mercy toward everyone who turns to Him: “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 JOHN 1:9). Repentance closes doors. The blood of Jesus cancels every claim the enemy makes (COLOSSIANS 2:14-15). And a curse without grounds cannot land: “Like a sparrow in its flitting, like a swallow in its flying, a curse that is causeless does not alight” (PROVERBS 26:2).

When there is no open door

One caution as this chapter closes: not every attack means you opened a door. Job was a blameless man, and the enemy assaulted everything he had (Job 1). Jesus was sinless, and the devil still came to Him in the wilderness (Matthew 4). Paul served God faithfully and still endured what he called a messenger of Satan sent to harass him (2 CORINTHIANS 12:7). If you have repented of everything God shows you and the pressure still comes, do not spiral into hunting for hidden guilt. Sometimes the battle is not about a door at all—it is simply a battle, and your calling is the soldier’s: “and having done all, to stand firm” (EPHESIANS 6:13). Standing in faith, with a clear conscience, is itself victory.

Key Truth: Many people experience ongoing paranormal activity because doors remain open—unrepented sin, occult involvement, unforgiveness, or occult objects still in the home. Lasting freedom requires both getting free and staying free through ongoing obedience.

Before Christ Came—A Short History of Fighting the Darkness

Have you ever wondered where practices like scattering salt or burning sage to “cleanse” a house came from? They are not random, and they are not new. They are very old—and their history actually preaches the gospel, because it shows what humanity was reduced to before Christ came.

The ancient world knew the darkness was real

Long before Jesus was born, every civilization on earth wrestled with unclean spirits. Scripture confirms that behind pagan religion stood real demonic power: “They sacrificed to demons that were no gods, to gods they had never known” (DEUTERONOMY 32:17). Israel’s neighbors—and Israel herself in her worst seasons—“sacrificed their sons and their daughters to the demons” (PSALM 106:37). Centuries later, Paul said the same about the idol temples of his own day: “what pagans sacrifice they offer to demons and not to God” (1 CORINTHIANS 10:20). The ancient fear of spirits was not imaginary. The threat was real.

Where did the “gods”—and the world’s religions—come from?

The Bible answers that question in two acts. Act one comes before the flood: “the sons of God saw that the daughters of man were attractive. And they took as their wives any they chose... The Nephilim were on the earth in those days, and also afterward, when the sons of God came in to the daughters of man and they bore children to them. These were the mighty men who were of old, the men of renown”

(GENESIS 6:2, 4). The oldest Jewish and Christian reading of this passage—the one Peter and Jude appear to echo—is that rebellious angels crossed a forbidden line with human women. “God did not spare angels when they sinned, but cast them into hell and committed them to chains of gloomy darkness” (2 PETER 2:4), angels “who did not stay within their own position of authority, but left their proper dwelling” (JUDE 6). (Christians have read Genesis 6 in more than one way, but this is the ancient view.)

Now notice something striking: pagan mythology is crowded with exactly this story—“gods” taking human women and fathering half-divine “heroes” of legend, mighty men of renown. Many believers from the earliest centuries have heard in those myths a corrupted memory of Genesis 6. Justin Martyr, writing in the second century, said it outright: the transgressing angels and their demon offspring are the very beings “the poets and mythologists” mistook for gods—Zeus, Neptune, Pluto, and the rest. The gods of the nations were not inventions out of thin air. They were real spirits wearing borrowed crowns.

Act two comes after Babel: “When the Most High gave to the nations their inheritance, when he divided mankind, he fixed the borders of the peoples according to the number of the sons of God. But the LORD’s portion is his people, Jacob his allotted heritage” (DEUTERONOMY 32:8–9). The nations were placed under lesser heavenly beings—and those beings, in rebellion, seized for themselves the worship that belongs to God alone: “God has taken his place in the divine council; in the midst of the gods he holds judgment” (PSALM 82:1). This is where the world’s religions came from. Behind Baal and Molech, behind the idols of Egypt and the oracles of Greece, stood real rebel spirits collecting stolen worship—which is exactly why Scripture calls the nations’ gods demons (DEUTERONOMY 32:17, quoted above). And even this allotment served God’s deeper plan: He set the nations’

boundaries “that they should seek God, and perhaps feel their way toward him and find him” (ACTS 17:27).

But they had no authority—so they invented rituals

What the nations did not have was power over that darkness. So they managed their fear with rituals, objects, and specialists. In ancient Mesopotamia, families hired professional exorcists—the *āšipu*—who recited long incantation series against demons; households wore amulets and set up images of the demon Pazuzu to frighten away the demoness Lamashtu, literally trusting one demon to hold back another. Egyptians, Greeks, and Romans used salt in purification rites, offerings, and thresholds to repel evil. Across many cultures people burned herbs and resins—bitter smoke meant to drive spirits away—an instinct that surfaces in old European folk traditions of burning sage and, on the other side of the world, in the smudging ceremonies of some Native American peoples.

The Jewish world of Jesus’ day had grown its own elaborate methods. A popular Jewish story written between the Testaments (the book of Tobit) tells of a demon driven away by the smoke of a burning fish heart and liver. The first-century Jewish historian Josephus proudly describes an exorcist named Eleazar drawing a demon out through a man’s nostrils with a special root sealed in a ring, while reciting incantations attributed to Solomon. Rings, roots, smoke, formulas—this was the best the world had. And when Israel’s own king abandoned the LORD, he sank to the same level: “Then Saul said to his servants, ‘Seek out for me a woman who is a medium, that I may go to her and inquire of her’” (1 SAMUEL 28:7).

Scripture gives the diagnosis behind all of it. Apart from God, humanity lived “having no hope and without God in the world” (EPHESIANS 2:12), and the devil ruled that

hopelessness through dread: people “through fear of death were subject to lifelong slavery” (HEBREWS 2:15). Salt lines and smoke were the coping mechanisms of slaves—fear management, not deliverance. No demon has ever been evicted by a mineral or a plant.

Then Jesus came—and everything changed

Into that world of amulets and incantations walked Jesus of Nazareth—no ring, no root, no smoke, no formula. “He cast out the spirits with a word” (MATTHEW 8:16). The crowds instantly heard the difference between His authority and their exorcists’ rituals: “What is this? A new teaching with authority! He commands even the unclean spirits, and they obey him” (MARK 1:27). Jesus told them plainly what they were watching: “But if it is by the finger of God that I cast out demons, then the kingdom of God has come upon you” (LUKE 11:20). And at the cross He finished it—“that through death he might destroy the one who has the power of death, that is, the devil, and deliver all those who through fear of death were subject to lifelong slavery” (HEBREWS 2:14–15).

That freedom marked His church immediately. Writing to Rome around AD 150, Justin Martyr testified that demons were being overcome and driven out “in the name of Jesus Christ, crucified under Pontius Pilate.” Around AD 200, Tertullian wrote that Christians were drawing demons out of people daily. No implements. No incantations. A name—because behind the name stands the risen Lord Himself.

When Jesus came, the gods began to go silent

The demons knew their time was up the moment He stepped into their territory: “What have you to do with us, O Son of God? Have you come here to torment us before the time?” (MATTHEW 8:29). Jesus announced that the strong man was bound (MATTHEW 12:29), declared “I saw Satan fall like lightning from heaven” (LUKE 10:18), and at the cross the

“ruler of this world” was judged and cast out (JOHN 12:31). Scripture even speaks of active restraint on the powers of darkness: Revelation pictures the dragon bound “so that he might not deceive the nations any longer” (REVELATION 20:3), and Paul writes, “For the mystery of lawlessness is already at work. Only he who now restrains it will do so until he is out of the way” (2 THESSALONIANS 2:7)—a Restrainer many believers understand to be the Holy Spirit at work through Christ’s praying church. However the details fit together, the direction is unmistakable: when Christ came, evil’s leash was shortened.

And history records the silence that followed. A story that swept the empire—recorded by the Greek writer Plutarch—tells how, during the reign of Tiberius (the very years of Jesus’ ministry and cross), a voice called out over the sea near the island of Paxi: “Great Pan is dead!” The shoreline answered with wailing and lamentation. The emperor himself ordered an inquiry. Plutarch was no Christian—he served as a priest at Delphi—yet around AD 100 he wrote an entire treatise wrestling with an embarrassing fact: the famous oracles of Greece were falling silent (On the Obsolescence of Oracles). He guessed the spirits had departed or died. The church knew what had actually happened.

By the fourth century, Athanasius could publish the victory openly. Since the Word of God had appeared and the gospel had spread, he wrote, the oracles had ceased and magic and witchcraft were broken—and the spirits that haunted springs, trees, and stones were driven off by the sign of the cross and the name of Christ. Where the gospel took root, the “gods” stopped manifesting—temples emptied, oracles went mute, the old terror lifted from whole regions. Zephaniah had prophesied exactly this: “he will famish all the gods of the earth, and to him shall bow down, each in its place, all the lands of the nations” (ZEPHANIAH 2:11).

Worship is what feeds a rebel spirit. The gospel starves them.

That restraining power has not expired. God “commands all people everywhere to repent” (ACTS 17:30), and every proclamation of that command pushes darkness back. Every praying believer, every worshiping home, every church standing in Christ’s authority participates in the ongoing silencing of the gods (MATTHEW 18:18; see also Daniel’s praying in Daniel 10). Where prayer and the gospel saturate a place, manifestations wither—that is the repeated testimony of church history, and it agrees with everything Scripture promises. And it is why the enemy’s modern strategy is to lure people back into giving the old spirits attention and worship again (Chapter 6).

A name is not a magic word

Ephesus learned that the hard way. “Then some of the itinerant Jewish exorcists undertook to invoke the name of the Lord Jesus over those who had evil spirits, saying, ‘I adjure you by the Jesus whom Paul proclaims.’... But the evil spirit answered them, ‘Jesus I know, and Paul I recognize, but who are you?’ And the man in whom was the evil spirit leaped on them, mastered all of them and overpowered them” (ACTS 19:13–16). Seven sons of a priest named Sceva tried to use “Jesus” as the latest and strongest incantation—and the demon was unimpressed, because they had no relationship behind the name. The name of Jesus is not an upgraded magic word. It is the authority of a living Person, and it operates only from inside a life surrendered to Him (Chapter 7).

Why the old rituals are still around

The old fear-rituals never died out; they survived in pagan and occult circles and resurface today as fashionable “spiritual cleansing”—salt across the doorway, sage smoke

in the hallway, crystals on the windowsill, charms over the crib. Paul's warning fits them exactly: "See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ" (COLOSSIANS 2:8). Here is the sober truth: against a real demon those practices accomplish nothing—and worse, because they belong to paganism and the occult, reaching for them can open doors instead of closing them (Chapter 4). The next chapter walks through what not to do, one practice at a time.

But do not miss the good news buried in this history: you were born after the cross. You do not live in the world of Lamashtu amulets and fish-liver smoke. The strong man has been bound (MATTHEW 12:29), the devil has been disarmed (COLOSSIANS 2:15), and "now in Christ Jesus you who once were far off have been brought near by the blood of Christ" (EPHESIANS 2:13). You do not need the world's old rituals. You hold what the ancient world longed for and never had: real authority in the risen Jesus.

Key Truth: Salt, sage, charms, and incantations are relics of the age before the Savior—fear management by people who had no better answer. They had no power then and they have none now. Jesus does. Never trade the authority of His name for the souvenirs of slavery.

What Not to Do—Responding God’s Way, Not the World’s Way

When frightening things happen in a home, the world offers many responses: call a psychic, hold a séance, set up recorders and ask the spirit questions, burn sage, hang charms. Chapter 5 traced where those rituals came from—the leftover fear of a world that had no Savior. Scripture closes every one of those doors—not to leave you helpless, but because God Himself is your help. “The name of the LORD is a strong tower; the righteous man runs into it and is safe” (PROVERBS 18:10).

Do not consult mediums, psychics, or spiritists

“Do not turn to mediums or necromancers; do not seek them out, and so make yourselves unclean by them: I am the LORD your God” (LEVITICUS 19:31). Inviting a medium to “read” or “cleanse” your home does not close doors—it opens them wider and defiles what God wants to fill. “Should not a people inquire of their God?” (ISAIAH 8:19).

Do not attempt to communicate with the spirits

No Ouija boards, séances, spirit apps, pendulums, automatic writing, or “EVP sessions” asking entities to speak, knock, or move objects. DEUTERONOMY 18:11 forbids being “one who inquires of the dead.” Even in deliverance, notice how Jesus handled a talking spirit: “But Jesus rebuked him, saying, ‘Be silent, and come out of him!’” (MARK 1:25). Spirits are liars by nature; interviewing them

yields deception and deepens their foothold. Command; do not converse.

Do not fight rituals with rituals

Burning sage, arranging crystals, hanging charms or “protective” symbols, sprinkling salt—these are pagan cleansing rituals. They have no power over demons, and they quietly teach you to trust an object instead of the living God. Even good biblical symbols, such as anointing oil, carry no magic in themselves—the power is the name of Jesus, the blood of Jesus, and the Word of God (see Chapter 11). “For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds” (2 CORINTHIANS 10:4).

Do not panic, and do not run from room to room in fear

Fear is the enemy’s favorite atmosphere. “God gave us a spirit not of fear but of power and love and self-control” (2 TIMOTHY 1:7). “The LORD is on my side; I will not fear. What can man do to me?” (PSALM 118:6). Stand still, worship, speak the Word out loud, and use the declarations in Appendix B. Composure in Christ is itself an act of warfare.

Do not glorify the darkness

Do not name the spirit as a housemate, tell its “story” for entertainment, or build your identity around being haunted. Attention is worship’s little brother. “Take no part in the unfruitful works of darkness, but instead expose them” (EPHESIANS 5:11). Give your testimony about what *Jesus* has done (MARK 5:19).

Do not fight alone

Heavy, persistent oppression calls for the church, not solo heroics: “confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working” (JAMES 5:16). Involve your pastor or mature, Bible-believing Christians early (see Appendix C).

Key Truth: Every wrong response has one thing in common: it seeks power somewhere other than Jesus. The right response is always the same—repent, submit to God, resist the devil with the Word, and command in the name of Jesus.

Your Authority in Christ—What the Bible Clearly Teaches

This chapter is the foundation for everything practical that follows. Many Christians live defeated simply because they do not know—or do not use—the authority Jesus has given them.

What Scripture says about your authority

- Jesus holds all authority and commissions His followers in it: “All authority in heaven and on earth has been given to me. Go therefore...” (MATTHEW 28:18-19).
- “Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you” (LUKE 10:19).
- The kingdom advances by binding the strong man: “how can someone enter a strong man’s house and plunder his goods, unless he first binds the strong man?” (MATTHEW 12:29; see also MATTHEW 12:28).
- You are seated with Christ “far above all rule and authority and power and dominion” (EPHESIANS 1:21; 2:6).
- “Truly, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven” (MATTHEW 18:18).
- “Submit yourselves therefore to God. Resist the devil, and he will flee from you” (JAMES 4:7).
- “For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds” (2 CORINTHIANS 10:4).

How authority actually works

Authority is not volume, technique, or a special gift. It flows from three things:

1. **Right relationship with Jesus.** Salvation, ongoing repentance, and submission to God—notice the order of JAMES 4:7: submit first, then resist.
2. **Knowing and believing what God’s Word says.** You cannot stand on promises you do not know (HOSEA 4:6).
3. **Speaking and acting on that Word in faith.** Jesus and the apostles spoke to spirits directly and expected obedience (Chapter 8).

You do not fight *for* victory—you enforce a victory Jesus already won at the cross (COLOSSIANS 2:15). Demons are not impressed by you; they are subject to Him. When a blood-covered, submitted believer speaks in the name of Jesus, heaven’s authority stands behind the words.

Can a Christian be possessed?

A believer belongs to Christ—purchased by His blood, indwelt by His Spirit, and held in His hand: “no one will snatch them out of my hand” (JOHN 10:28). The enemy can oppress, tempt, harass, and attack a Christian from the outside—Scripture would not command us to wear armor and resist if he could not (EPHESIANS 6:11-13; 1 PETER 5:8-9)—but he cannot *own* what belongs to Jesus. If you are in Christ, you fight from victory, never for survival.

Key Truth: Your authority is real because it is His. Use it the way Jesus modeled it—with humility toward God, boldness toward the enemy, and zero fear.

How Jesus and the Apostles Drove Out Demons

Jesus and the early church did not use long or complicated rituals. There were no candles, chants, or negotiations—just Spirit-empowered authority, usually a single command. And the demons obeyed.

The biblical record

In the synagogue (MARK 1:23-28). A man with an unclean spirit cried out, and “Jesus rebuked him, saying, ‘Be silent, and come out of him!’” The spirit convulsed the man and came out at once. The crowd marveled: “He commands even the unclean spirits, and they obey him” (MARK 1:27).

The man with Legion (MARK 5:1-20). Confronting many demons, Jesus said, “Come out of the man, you unclean spirit!” (MARK 5:8). He asked, “‘What is your name?’ He replied, ‘My name is Legion, for we are many’” (MARK 5:9). The demons begged to enter a herd of pigs and were destroyed with it (MARK 5:13)—and the man was found “sitting there, clothed and in his right mind” (MARK 5:15). Jesus then sent him home with a testimony: “Go home to your friends and tell them how much the Lord has done for you” (MARK 5:19).

With a word (MATTHEW 8:16). “That evening they brought to him many who were oppressed by demons, and he cast out the spirits with a word and healed all who were sick.”

The boy the disciples could not help (MARK 9:14-29). Jesus “rebuked the unclean spirit, saying to it, ‘You mute and deaf spirit, I command you, come out of him and never

enter him again'" (MARK 9:25). When the disciples asked why they had failed, He answered, "This kind cannot be driven out by anything but prayer" (MARK 9:29). Some battles require a deeper life of prayer—and, as many manuscripts add, fasting.¹

Paul at Philippi (ACTS 16:16-18). A slave girl "who had a spirit of divination" followed Paul for days. He finally "turned and said to the spirit, 'I command you in the name of Jesus Christ to come out of her.' And it came out that very hour."

Ephesus renounces the occult (ACTS 19:18-20). New believers came "confessing and divulging their practices," and those who had practiced magic arts "brought their books together and burned them in the sight of all"—a fortune in occult materials, gone. "So the word of the Lord continued to increase and prevail mightily." Genuine repentance touches the bookshelf.

Jesus also promised that this authority would mark His people: "And these signs will accompany those who believe: in my name they will cast out demons" (MARK 16:17).²

The consistent pattern

- They spoke **to the spirit directly** and **in the authority of Jesus' name**.
- They commanded firmly and briefly—"Be silent, and come out of him!"—without arguing, negotiating, or showing fear.
- They sometimes silenced the spirit or asked its name; they never held conversations with it.

¹MARK 9:29—the ESV notes that some manuscripts add "and fasting."

²MARK 16:17 lies within MARK 16:9-20, which the ESV marks with the note, "Some of the earliest manuscripts do not include 16:9-20." The truth it states—believers casting out demons in Jesus' name—is independently confirmed throughout the New Testament (LUKE 10:17; ACTS 5:16; ACTS 8:7; ACTS 16:18).

- They expected immediate obedience, because of who Jesus is—not because of who they were.
- The goal was always a person restored and Jesus glorified—never a spectacle.

Key Truth: This is the model for believers today: simple, fearless, Scripture-saturated commands in the name of Jesus, from a life submitted to God. The prayers in Chapter 10 follow this pattern exactly.

CHAPTER NINE

Daily Weapons—The Lord's Prayer, Forgiveness, and the Armor of God

Deliverance is won in a moment; protection is walked out daily. Jesus gave His people daily weapons—use them every day, not only in crisis.

The Lord's Prayer—a daily deliverance prayer

Jesus taught us to pray:

Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil."

— MATTHEW 6:9-13

Notice what Jesus builds into everyday prayer: worship, surrender, dependence, forgiveness—and deliverance from evil. Praying this slowly, morning and evening, over yourself, your children, and your home keeps you in the posture from which all authority flows: submission to God (JAMES 4:7). It also acknowledges the reality of the evil one without giving him center stage.

Forgiveness—the door many people never close

Immediately after the prayer, Jesus adds a warning too important to skip:

For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

— MATTHEW 6:14-15

Unforgiveness is one of the most common open doors for ongoing oppression. Bitterness gives the enemy a legal argument and poisons the one who carries it. Jesus connects prayer and forgiveness directly: “And whenever you stand praying, forgive, if you have anything against anyone” (MARK 11:25). Forgiving is not saying the wrong did not matter; it is handing the debt to God: “as the Lord has forgiven you, so you also must forgive” (COLOSSIANS 3:13). Begin the decision today and grow into it by God’s grace—and know what forgiveness is not: it does not mean that the wrong was small, that you must trust an unsafe person again, or that you remain in harm’s way. It means you hand the case to the righteous Judge and walk free.

Prayer of Forgiveness

Father, Your Word says, “as the Lord has forgiven you, so you also must forgive” (COLOSSIANS 3:13). So as an act of my will, in obedience to Jesus, I forgive every person who has hurt me—[name them out loud]. I release them from the debt they owe me and hand them over to You, the righteous Judge. I renounce all bitterness, resentment, and desire for revenge, and I cancel every foothold unforgiveness gave the enemy in my life (EPHESIANS 4:27). Forgive me, Lord, as I forgive them (MATTHEW 6:12). Heal my heart, and fill me with Your love. In Jesus’ name, Amen.

The armor of God—put it on every day

God has not left you unequipped. “Put on the whole armor of God, that you may be able to stand against the schemes of the devil” (EPHESIANS 6:11): the belt of truth, the

breastplate of righteousness, the readiness of the gospel of peace, “the shield of faith, with which you can extinguish all the flaming darts of the evil one,” the helmet of salvation, “and the sword of the Spirit, which is the word of God, praying at all times in the Spirit” (EPHESIANS 6:16–18). The full passage is printed in Appendix A—many believers pray it on, piece by piece, each morning (see the Daily Armor and Protection Prayer in Chapter 10).

Stay watchful as you do: “Watch and pray that you may not enter into temptation” (MATTHEW 26:41); “pray without ceasing” (1 THESSALONIANS 5:17).

Key Truth: The Lord’s Prayer keeps you submitted. Forgiveness keeps doors closed. The armor keeps you standing. These are not rituals—they are the daily lifestyle of a protected life.

Scripture-Backed Prayers for Every Situation

These prayers are built directly out of God’s Word—each one quotes Scripture, because the Word of God is “living and active, sharper than any two-edged sword” (HEBREWS 4:12). Speak them out loud, with faith, in the name of Jesus. They are tools, not incantations: their power is not in the exact wording but in the living Christ whose Word they declare and whose victory they enforce. Before using the command prayers, make sure the foundation is laid—salvation (Chapter 1), repentance, and forgiveness (Chapter 9). Then pray boldly.

A few phrases in these prayers deserve plain definitions. To *renounce* something is to take back, out loud, every agreement you ever made with it. To *bind* a spirit is to forbid and restrain its work by the authority of Jesus (MATTHEW 18:18). To *plead the blood of Jesus* is to claim over yourself, your family, or your home the full protection and cleansing His death purchased. A *generational curse* is a pattern of sin and bondage repeating down a family line (Chapter 4). And *strongholds* are the enemy’s entrenched positions in a life—lies long believed and habits long served (2 CORINTHIANS 10:4).

One more thing before you pray: these are prayers of trust in a living Person, not guarantees that nothing hard will ever touch you. God’s keeping carried Job, Paul, and the martyrs *through* their battles, and “in all these things we are more than conquerors through him who loved us” (ROMANS 8:37). Pray with confidence—and leave the outcomes with the God who loves you.

1. Prayer of Repentance and Renunciation

Heavenly Father, I come to You in the name of Jesus Christ. Your Word promises, “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 JOHN 1:9). I confess my sins to You now—specifically [name them]—and I turn from them completely.

I renounce every occult practice I have ever taken part in—divination, fortune-telling, omens, sorcery, charms, mediums, séances, Ouija boards, witchcraft, and every inquiry of the dead—things You call an abomination (DEUTERONOMY 18:10-12). I renounce every agreement I have made with darkness, spoken or unspoken, and I cancel it now by the blood of Jesus—for You have forgiven “all our trespasses, by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross” (COLOSSIANS 2:13-14).

Wash me clean, Lord. Fill every part of my life with Your Holy Spirit, so that my house is not left empty (LUKE 11:24-26) but occupied by You. Thank You for mercy and a new beginning. In Jesus’ name, Amen.

2. Prayer to Break Every Curse

Heavenly Father, Your Word declares that “Christ redeemed us from the curse of the law by becoming a curse for us—for it is written, ‘Cursed is everyone who is hanged on a tree’” (GALATIANS 3:13). Standing on that finished work, I break and renounce every curse operating against me or my family—every generational curse, every spoken curse, every curse from witchcraft or occult practice—in the name of Jesus Christ.

Your Word declares, “there is no enchantment against Jacob, no divination against Israel” (NUMBERS 23:23), and “a curse that is causeless does not alight” (PROVERBS 26:2). I have confessed my sin and the sins of my family line, and the blood of Jesus has removed every cause. Therefore every curse is broken, every claim is canceled, and I declare over my household: “no weapon that is fashioned against you shall succeed” (ISAIAH 54:17). I am blessed in Christ and not cursed, redeemed and not bound. In Jesus’ name, Amen.

3. Prayer to Cleanse and Dedicate Your Home

Father, this home and everyone in it belong to Jesus Christ. I have removed from it everything that dishonors You, for Your Word says, “you shall not bring an abominable thing into your house” (DEUTERONOMY 7:26). As Israel anointed the tabernacle “and consecrated it” to make it holy (EXODUS 40:9), I dedicate this home—every room, every person, every possession—to the Lord Jesus.

In the name of Jesus Christ, I command every unclean spirit in this house to leave now and never return. It is written: “He disarmed the rulers and authorities and put them to open shame” (COLOSSIANS 2:15). You have no place and no claim here.

Lord, fill this house with Your presence and peace. We declare over it: “Because you have made the LORD your dwelling place—the Most High, who is my refuge—no evil shall be allowed to befall you, no plague come near your tent” (PSALM 91:9–10). Let this home be a place of worship, rest, and salvation. In Jesus’ name, Amen.

4. Command Prayer to Stop Hauntings and Paranormal Activity

Jesus said, “Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you” (LUKE 10:19). Standing in that authority, I speak now to every demonic spirit causing noises, shadows, apparitions, moving objects, nightmares, fear, or any disturbance in this home:

In the name of Jesus Christ of Nazareth—“Be silent, and come out” (MARK 1:25). Stop your activity immediately and leave this home now. You have no legal right here: every sin has been confessed, every claim canceled by the blood of Jesus (COLOSSIANS 2:14-15). This home and everyone in it belong to the Lord Jesus Christ. I bind you and command you: go now, and never return.

Lord Jesus, we give this home to You. Fill it with Your Holy Spirit, Your peace, and Your presence—“Peace I leave with you; my peace I give to you” (JOHN 14:27). Thank You for the victory. Amen.

5. Command Prayer Against Demonic Attack (Deliverance)

Lord Jesus, You have all authority in heaven and on earth (MATTHEW 28:18), and Your Word says, “Submit yourselves therefore to God. Resist the devil, and he will flee from you” (JAMES 4:7). I submit myself fully to God—and now I resist the enemy.

In the mighty name of Jesus Christ, I bind every demonic spirit of fear, torment, oppression, confusion, heaviness, and every other evil spirit at work here. I rebuke you as Jesus did: “I command you, come out... and never enter... again” (MARK 9:25). You are defeated “by the blood of the Lamb and by the word of their testimony” (REVELATION 12:11). Leave now, and do not return.

Holy Spirit, fill every place the enemy has vacated. I receive Your peace, Your power, Your love, and Your sound mind (2 TIMOTHY 1:7). Jesus is Lord here. Amen.

For personal deliverance from heavy, long-standing bondage, pray this together with your pastor or mature believers (JAMES 5:14-16; Appendix C). Jesus never meant for you to fight alone.

6. Prayer for Freedom from Oppression and Heaviness

Lord Jesus, You declared: “The Spirit of the Lord GOD is upon me... to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound” (ISAIAH 61:1; LUKE 4:18). That is Your heart for me today.

I renounce and refuse every spirit of oppression, heaviness, depression, fear, and torment. In the name of Jesus, I break every chain by the power of Your blood, for “the weapons of our warfare... have divine power to destroy strongholds” (2 CORINTHIANS 10:4). Your Word says, “if the Son sets you free, you will be free indeed” (JOHN 8:36)—I receive that freedom now and I choose to walk in it.

Father, may “the peace of God, which surpasses all understanding” guard my heart and my mind in Christ Jesus (PHILIPPIANS 4:7). I fix my mind on You, for “You keep him in perfect peace whose mind is stayed on you” (ISAIAH 26:3). In Jesus’ name, Amen.

7. Prayer for Protection Through the Night

Father, thank You that the night belongs to You as much as the day. Your Word promises: “You will not fear the terror of the night, nor the arrow that flies by day” (PSALM 91:5), and “If you lie down, you will not be afraid; when you lie down, your sleep will be sweet” (PROVERBS 3:24).

In the name of Jesus, I command every spirit of fear, nightmare, and night torment to leave this room and this home. I plead the blood of Jesus over my family, our beds, and our sleep. "The LORD will keep you from all evil; he will keep your life" (PSALM 121:7).

I lie down in peace: "In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety" (PSALM 4:8). Thank You, Father, for Your Word says, "he gives to his beloved sleep" (PSALM 127:2). In Jesus' name, Amen.

8. Prayer of Protection Over Children and Family

Father, I bring my children and my whole household to You in the name of Jesus. You have promised: "The angel of the LORD encamps around those who fear him, and delivers them" (PSALM 34:7), and "he will command his angels concerning you to guard you in all your ways" (PSALM 91:11).

I plead the blood of Jesus over each member of this family—[name them]. In the name of Jesus, I forbid every evil spirit from touching, frightening, or speaking to them, awake or asleep. I break every assignment of fear over their lives, for "God gave us a spirit not of fear but of power and love and self-control" (2 TIMOTHY 1:7).

I declare over this family: "no weapon that is fashioned against you shall succeed" (ISAIAH 54:17). Lord, make each of us Yours entirely, and make our home a shelter of Your peace. In Jesus' name, Amen.

9. Daily Armor and Protection Prayer

Father, in the name of Jesus, I “put on the whole armor of God” to “stand against the schemes of the devil” (EPHESIANS 6:11). I fasten the belt of truth and the breastplate of righteousness; I put on the readiness of the gospel of peace; I take up “the shield of faith, with which” I “can extinguish all the flaming darts of the evil one”; I take the helmet of salvation and “the sword of the Spirit, which is the word of God,” and I pray in the Spirit (EPHESIANS 6:14–18).

I submit to You, God, and I resist the devil—and he must flee (JAMES 4:7). I dwell “in the shelter of the Most High” and abide “in the shadow of the Almighty” (PSALM 91:1). I plead the blood of Jesus over myself, my family, and my home.

I declare today: “no weapon that is fashioned against you shall succeed” (ISAIAH 54:17); “the Lord is faithful. He will establish you and guard you against the evil one” (2 THESSALONIANS 3:3); and “in all these things we are more than conquerors through him who loved us” (ROMANS 8:37). I am covered, kept, and victorious in Christ. In Jesus’ name, Amen.

After you pray, thank and praise God—“give thanks in all circumstances; for this is the will of God in Christ Jesus for you” (1 THESSALONIANS 5:18). Praise is the sound of faith standing its ground.

Practical Steps to Get Free

Here is the whole path in order. Do these steps out loud, in faith, with your Bible open. Most of them use the prayers in Chapter 10.

1. **Settle that you belong to Jesus.** Freedom is for the family of God. If you have never surrendered to Christ, start with the salvation prayer in Chapter 1—“everyone who calls on the name of the Lord will be saved” (ROMANS 10:13). God hears the very first cry of a heart turning toward Him.
2. **Repent specifically.** Confess every known sin by name—especially any occult involvement—and turn from it (1 JOHN 1:9). Repentance closes the doors the enemy walked through (Prayer 1).
3. **Forgive everyone.** “And whenever you stand praying, forgive, if you have anything against anyone” (MARK 11:25). Use the Prayer of Forgiveness in Chapter 9. Do not skip it—begin the decision today, even if the feelings take time to follow.
4. **Renounce every legal claim out loud.** Verbally break agreement with every sin, curse, occult practice, vow, and generational pattern (Prayers 1 and 2). Speaking out loud follows the biblical pattern—Jesus spoke directly to spirits and storms—and it sets your own faith on record.
5. **Remove occult and cursed objects from your home.** Ouija boards, tarot cards, occult books and games, idols, crystals, charms, spirit-themed memorabilia—“you shall not bring an abominable thing into your house” (DEUTERONOMY 7:26). Follow the Ephesus pattern: the new believers “brought their

books together and burned them in the sight of all” (ACTS 19:19). Destroy what you can; do not sell or gift darkness to someone else.

6. **Cleanse and dedicate your home.** Go room to room with Scripture and prayer. If you wish, anoint doorframes and windows with ordinary oil as a biblical symbol of consecration (EXODUS 40:9; MARK 6:13)—remembering the oil has no power in itself; Jesus does. Command any remaining spirit to leave in Jesus’ name and dedicate the home to Him (Prayer 3).
7. **Command the activity to stop.** Using the pattern of Jesus (Chapter 8) and Prayers 4–6, speak directly, briefly, and fearlessly in the name of Jesus. Do not converse with spirits—command them.
8. **Fill the house with God.** Worship out loud, read Scripture aloud, pray together, give thanks. A home filled with the presence of God is not neutral territory (LUKE 11:24–26 warns against emptiness—so do not leave it empty).
9. **Bring in the church.** Ask your pastor or mature believers to pray with you and, if needed, walk the house with you—“The prayer of a righteous person has great power as it is working” (JAMES 5:16).
10. **Persist in prayer—and consider fasting.** Some strongholds yield only to sustained prayer: “This kind cannot be driven out by anything but prayer” (MARK 9:29). If activity resists, do not despair and do not give up ground—deepen your prayer, add fasting, and keep standing (EPHESIANS 6:13).

Key Truth: These steps, done in faith with a repentant heart, are not a ritual—they are obedience. Obedience enforces the victory of the cross.

How to Stay Free—Closing Every Door for Good

Getting free is wonderful. Staying free is a lifestyle. Jesus warned that a swept house left empty can end up worse than before (LUKE 11:24-26)—so the goal is not merely an evicted enemy but a Spirit-filled life the enemy cannot re-enter.

The biblical keys to lasting freedom

- **Do not return to the sin.** If you stumble, repent immediately—“he is faithful and just to forgive us” (1 JOHN 1:9). Quick repentance keeps small cracks from becoming open doors.
- **Stay submitted, stay resistant.** “Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you” (JAMES 4:7-8). Submission is your shield; nearness is your home.
- **Put on the armor daily** (EPHESIANS 6:10-18; Prayer 9). No soldier wears armor only on the day of the ambush.
- **Stay sober and watchful.** “Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith” (1 PETER 5:8-9).
- **Live in the Word and worship.** Fill your mind, mouth, and home with Scripture, praise, and thanksgiving (1 THESSALONIANS 5:16-18). Take “every thought captive to obey Christ” (2 CORINTHIANS 10:5).

- **Stay in fellowship and under godly authority.** Isolation is the enemy's hunting ground; confession and shared prayer are healing (JAMES 5:16). Stay planted in a Bible-believing church.
- **Guard your gates.** Be ruthless about what you allow into your home, your screens, your relationships, and your habits—"Take no part in the unfruitful works of darkness" (EPHESIANS 5:11). Do not invite back what God drove out.
- **Keep forgiving.** Forgive quickly and completely, "as the Lord has forgiven you" (COLOSSIANS 3:13). Bitterness is a door that reopens itself.
- **Overcome evil with good.** "Do not be overcome by evil, but overcome evil with good" (ROMANS 12:21). A life busy loving God and people leaves the enemy very little to work with.
- **If oppression tries to return, act immediately.** Repent of anything the Lord shows you, resubmit to God, and command the enemy to leave again (Prayers 4-5). Do not tolerate it, negotiate with it, or fear it—"resist him, firm in your faith" (1 PETER 5:9).

Rest in your security

Vigilance is not anxiety. You guard your life from inside the fortress, not outside it: "I give them eternal life, and they will never perish, and no one will snatch them out of my hand" (JOHN 10:28). Nothing—"neither death nor life, nor angels nor rulers... nor powers"—"will be able to separate us from the love of God in Christ Jesus our Lord" (ROMANS 8:38-39).

Key Truth: Deliverance is both an event and a lifestyle. The blood of Jesus is your covering; daily obedience keeps you under it. Greater is He who is in you (1 JOHN 4:4).

Key Scriptures to Memorize and Declare Daily (ESV)

Print this list, keep it where you will see it, and speak these verses out loud every day. The Word in your mouth is “the sword of the Spirit” (EPHESIANS 6:17).

Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you.

— LUKE 10:19

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

— JAMES 4:7

He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him.

— COLOSSIANS 2:15

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith...

— 1 PETER 5:8-9

Christ redeemed us from the curse of the law by becoming a curse for us—for it is written, “Cursed is everyone who is hanged on a tree”...

— GALATIANS 3:13

So if the Son sets you free, you will be free indeed.

— JOHN 8:36

Little children, you are from God and have overcome them, for he who is in you is greater than he who is in the world.

— 1 JOHN 4:4

No weapon that is fashioned against you shall succeed, and you shall refute every tongue that rises against you in judgment. This is the heritage of the servants of the LORD...

— **ISAIAH 54:17**

For God gave us a spirit not of fear but of power and love and self-control.

— **2 TIMOTHY 1:7**

All authority in heaven and on earth has been given to me.

— **MATTHEW 28:18**

The name of the LORD is a strong tower; the righteous man runs into it and is safe.

— **PROVERBS 18:10**

But the Lord is faithful. He will establish you and guard you against the evil one.

— **2 THESSALONIANS 3:3**

And they have conquered him by the blood of the Lamb and by the word of their testimony...

— **REVELATION 12:11**

No, in all these things we are more than conquerors through him who loved us.

— **ROMANS 8:37**

EPHESIANS 6:10-18 — the whole armor of God

Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,

— EPHESIANS 6:10-18

Psalms 91 — pray it over your home and family

- ¹ He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.
- ² I will say to the LORD, "My refuge and my fortress, my God, in whom I trust."
- ³ For he will deliver you from the snare of the fowler and from the deadly pestilence.
- ⁴ He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.
- ⁵ You will not fear the terror of the night, nor the arrow that flies by day,
- ⁶ nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday.

⁷ A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

⁸ You will only look with your eyes and see the recompense of the wicked.

⁹ Because you have made the LORD your dwelling place—the Most High, who is my refuge—

¹⁰ no evil shall be allowed to befall you, no plague come near your tent.

¹¹ For he will command his angels concerning you to guard you in all your ways.

¹² On their hands they will bear you up, lest you strike your foot against a stone.

¹³ You will tread on the lion and the adder; the young lion and the serpent you will trample underfoot.

¹⁴ “Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name.

¹⁵ When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him.

¹⁶ With long life I will satisfy him and show him my salvation.”

In the Moment of Attack— Emergency Declarations

If frightening activity is happening right now: do not panic, do not run, and do not speak to the spirit. Stand where you are, or sit up in bed, and say these out loud in the name of Jesus—slowly, firmly, and without fear. If all you can manage at first is the name “Jesus,” start there. He hears you.

1. “Jesus is Lord. I belong to Jesus Christ, and my name is written in heaven (LUKE 10:20).”
2. “It is written: ‘Submit yourselves therefore to God. Resist the devil, and he will flee from you’ (JAMES 4:7). I am submitted to God—so I resist you, and you must flee.”
3. “In the name of Jesus Christ: be silent, stop, and leave now (MARK 1:25). You have no right here.”
4. “It is written: ‘he who is in you is greater than he who is in the world’ (1 JOHN 4:4).”
5. “It is written: ‘no weapon that is fashioned against you shall succeed’ (ISAIAH 54:17).”
6. “It is written: ‘God gave us a spirit not of fear but of power and love and self-control’ (2 TIMOTHY 1:7). Fear, I refuse you in Jesus’ name.”
7. “The blood of Jesus covers me and this home. ‘They have conquered him by the blood of the Lamb and by the word of their testimony’ (REVELATION 12:11).”
8. “Lord, You are ‘my refuge and my fortress, my God, in whom I trust’ (PSALM 91:2). I will not fear the terror of the night (PSALM 91:5).”

Then begin to worship and thank God out loud, and stay in praise until peace settles—“In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety” (PSALM 4:8). Afterward, follow up with the full steps in Chapter 11, and tell a mature believer what happened. You are not alone.

When and How to Seek Further Help

God never designed you to face heavy spiritual battles alone. Knowing when to call for help—and what kind—is wisdom, not weakness.

Involve your church

If activity is persistent, violent, escalating, or centered on a person (rather than a place), involve your pastor or church elders early. This is God’s design: “Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord... confess your sins to one another and pray for one another, that you may be healed” (JAMES 5:14-16). Two or three gathered in Jesus’ name carry His promised presence (MATTHEW 18:19-20).

If you have no church—or church people have hurt you

Some readers have no church home. Others walked away because Christians wounded them—and if that is you, hear this gently: the wound is real, and God does not minimize it. He knows exactly how it feels to be betrayed by His own. But do not let the sins of God’s people separate you from God’s family. The church is not a showcase of finished saints; it is a hospital where sinners are being healed—and “Christ loved the church and gave himself up for her” (EPHESIANS 5:25). Whatever its failures, Jesus has never abandoned His church. Do not let someone else’s sin rob you of your place in it.

Why the church matters—especially in spiritual warfare: God commands us not to give up on gathering, “not neglecting to meet together, as is the habit of some, but encouraging one another” (HEBREWS 10:25). We are one body, so that “if one member suffers, all suffer together; if one member is honored, all rejoice together” (1 CORINTHIANS 12:26). We are told, “Bear one another’s burdens, and so fulfill the law of Christ” (GALATIANS 6:2). The prowling lion of 1 PETER 5:8 hunts the way lions do—by finding the one who is isolated. Believers standing together, agreeing in prayer, carry a promise of Christ’s own presence (MATTHEW 18:19–20). Isolation is not safety; it is exposure.

If you carry church hurt: name the wound honestly before God instead of rehearsing it; forgive the people involved as an act of your will (COLOSSIANS 3:13—use the Prayer of Forgiveness in Chapter 9); and watch that no “root of bitterness” springs up to defile you (HEBREWS 12:15). Then go looking—not for a perfect church, but for a congregation that teaches the Bible, honors Jesus, prays, and loves people sincerely. Visit until you find one. They exist, and they need you as much as you need them. Jesus’ invitation still stands: come to Him, all who are weary and burdened, and He will give you rest (MATTHEW 11:28).

And if you are facing frightening activity with no one to stand beside you, you are welcome to reach out to us at **www.discipleparanormal.com**. We will pray with you, point you to Scripture, and help you find your footing and a church family.

Marks of a trustworthy deliverance ministry

- Centers on Jesus Christ and the Bible—not on techniques, personalities, or drama.
- Insists on repentance, forgiveness, and salvation as the foundation—not shortcuts.

- Prays with calm authority; never showmanship, screaming matches, or long conversations with demons.
- Never charges money for deliverance—freely received, freely given.
- Works alongside the local church, respects your dignity, and follows up with discipleship.
- Never tells anyone to abandon medical or mental-health care.

Use sound medical and mental-health care

As Chapter 3 explains, prayer and professional care are allies, not rivals. If symptoms include voices, hallucinations, seizures, memory gaps, severe depression, or panic, see a doctor as well as your pastor—God works through both. If you or someone in your home has thoughts of self-harm or suicide, treat it as an emergency: in the United States, call or text 988, or call 911 if danger is immediate.

Key Truth: Asking for help is not a lack of faith—it is obedience to Scripture. “The prayer of a righteous person has great power as it is working” (JAMES 5:16), and there is real power when believers stand together.

A 21-Day Bible Reading Guide— Knowing God and the Unseen Realm

The single best defense against darkness is a life soaked daily in the Word of God. This guide gives you twenty-one days—three weeks—to get back into that flow (or to enter it for the first time). It is written for the longtime believer who has drifted, for the brand-new Christian, and for the honest seeker who wants to know what the Bible actually says about the spirit world. The Scriptures praise exactly that kind of reader: “they received the word with all eagerness, examining the Scriptures daily to see if these things were so” (ACTS 17:11).

Why does this matter? Because “the whole world lies in the power of the evil one” (1 JOHN 5:19)—and yet He who is in you is greater (1 JOHN 4:4). A believer who knows the whole biblical story of the unseen realm is hard to deceive and hard to frighten.

How to use this guide

- Pick a consistent time and place. Begin each day by asking the Holy Spirit to teach you (LUKE 11:13).
- Read the day’s passage slowly—out loud if you can. Read it twice if it is short.
- Write down one truth you saw and one thing you will do or pray because of it.
- Speak the day’s key verse over yourself before you close.

- Miss a day? No guilt—this is grace, not law. Just pick up where you left off.
- Seekers and new believers: nothing here requires expert knowledge. Come honest, and ask God to show you the truth as you read.

Week One — Foundations: The God Who Saves You

Day 1 — Who Jesus Is

Read: JOHN 1:1-18

“And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth” (JOHN 1:14).

Before we study spirits, we settle who Jesus is: the eternal Word—God Himself—who became man. Everything in this book stands or falls here. Ask yourself: who do I say He is?

Day 2 — Rescued and Transferred

Read: COLOSSIANS 1:9-23

“He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son” (COLOSSIANS 1:13).

Even the invisible powers—“whether thrones or dominions or rulers or authorities—all things were created through him and for him” (COLOSSIANS 1:16). Nothing in the unseen realm is Christ’s rival. Which kingdom are you living in today?

Day 3 — The Problem and the Gift

Read: ROMANS 3:9-26 and 6:15-23

“For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord” (ROMANS 6:23).

Sin—not spirits—is humanity’s deepest problem, and Jesus is God’s free answer to it. Have you received the gift, or are you still trying to earn it?

Day 4 — Walking in the Light

Read: 1 JOHN 1:1-2:2

“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 JOHN 1:9).

Confession is not a one-time event but a way of walking. Keeping short accounts with God keeps every door closed. What needs confessing today?

Day 5 — From Dead to Seated

Read: EPHESIANS 2:1-13

“...and raised us up with him and seated us with him in the heavenly places in Christ Jesus” (EPHESIANS 2:6).

You once walked under “the prince of the power of the air” (EPHESIANS 2:2); in Christ you are seated above him. Your position changed before your feelings did. Thank God for both.

Day 6 — The Shepherd Who Keeps You

Read: JOHN 10:1-30

“I give them eternal life, and they will never perish, and no one will snatch them out of my hand” (JOHN 10:28).

The thief steals, kills, and destroys—the Shepherd keeps. No spirit can snatch you from His hand. Rest there before you fight anything.

Day 7 — More Than Conquerors

Read: ROMANS 8:31-39

“...neither death nor life, nor angels nor rulers... nor powers... will be able to separate us from the love of God in Christ Jesus our Lord” (ROMANS 8:38-39).

Paul lists the spirit world by name and declares it powerless against God’s love for you. Read the list out loud and put your fears inside it.

Week Two — The Unseen War: The Bible's Story of the Spirit World

Day 8 — In the Beginning

Read: GENESIS 1:26-31 and 3:1-15

"I will put enmity between you and the woman, and between your offspring and her offspring; he shall bruise your head..." (GENESIS 3:15).

"Let us make man in our image" (GENESIS 1:26) hints that God has a heavenly family—and Genesis 3 shows one of its rebels in the garden. Yet God's first response to the serpent is a promise: a Son will crush his head. The whole Bible unfolds from this verse.

Day 9 — The gods of the nations

Read: DEUTERONOMY 32:7-21 and Psalm 82

"God has taken his place in the divine council; in the midst of the gods he holds judgment" (PSALM 82:1).

The Most High allotted the nations "according to the number of the sons of God" (DEUTERONOMY 32:8, following the oldest manuscripts), but kept Israel as His own portion—and the spirits behind the nations' idols became demons in rebellion (DEUTERONOMY 32:17). Psalm 82 shows God passing sentence on these corrupt "gods," and it ends in prayer: "Arise, O God, judge the earth" (PSALM 82:8). He will.

Day 10 — The Courtroom of Heaven

Read: JOB 1:1-12 and 2:1-10

"Now there was a day when the sons of God came to present themselves before the LORD, and Satan also came among them" (JOB 1:6).

Satan appears here as the accuser—hostile, but on a leash, unable to touch Job without permission. The unseen realm is not a war between equals; God has no rival. Whatever you are suffering, the courtroom of heaven is still in session and the Judge is still your Father.

Day 11 — Eyes Opened

Read: 1 KINGS 22:19-23 and 2 KINGS 6:8-23

“Do not be afraid, for those who are with us are more than those who are with them” (2 KINGS 6:16).

Micaiah saw the LORD enthroned with “all the host of heaven” beside Him; Elisha’s servant saw the hills full of chariots of fire. Pray Elisha’s prayer for yourself: “O LORD, please open his eyes that he may see” (2 KINGS 6:17)—and remember the unseen majority stands with you.

Day 12 — War Behind the Nations

Read: DANIEL 10:1-21

“Fear not, Daniel... your words have been heard, and I have come because of your words” (DANIEL 10:12).

Daniel’s answer was dispatched the first day he prayed—yet a hostile “prince of Persia” delayed it twenty-one days. (Yes: the same length as this reading plan.) Unseen conflict can delay an answer; it can never cancel one. Keep praying.

Day 13 — The Tempter Defeated

Read: MATTHEW 4:1-11

“Be gone, Satan! For it is written, ‘You shall worship the Lord your God and him only shall you serve’” (MATTHEW 4:10).

Three temptations, three answers—every one of them “It is written.” Jesus fought the devil with memorized Scripture, and He is your model. Which verse will you carry into your own temptations this week?

Day 14 — No Case Too Far Gone

Read: MARK 5:1-20

“Go home to your friends and tell them how much the Lord has done for you, and how he has had mercy on you” (MARK 5:19).

A man with a legion of demons, beyond all human help, ends the chapter clothed, sane, and sent—the first missionary of

the region. Deliverance always ends in testimony. What has the Lord done for you that someone needs to hear?

Week Three — Your Victory and Your Mission

Day 15 — Authority Given

Read: LUKE 10:1-24

“...do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven” (LUKE 10:20).

The authority is real (v. 19)—and your identity is greater than your authority. Warriors who celebrate power burn out or drift; children who celebrate belonging endure. Rejoice in the right thing today.

Day 16 — The Cross That Disarmed

Read: COLOSSIANS 2:6-15

“He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him” (COLOSSIANS 2:15).

“Now will the ruler of this world be cast out” (JOHN 12:31)—at the cross the record of debt was nailed up and the powers were paraded as defeated. Deliverance is never you winning a new battle; it is you enforcing His finished one.

Day 17 — Dressed for the Battle

Read: EPHESIANS 6:10-20

“Put on the whole armor of God, that you may be able to stand against the schemes of the devil” (EPHESIANS 6:11).

Every piece of the armor is really Christ Himself—His truth, His righteousness, His gospel, His faithfulness, His salvation, His Word. Pray the pieces on out loud this morning (the Daily Armor and Protection Prayer in Chapter 10 will help).

Day 18 — Submit, Resist, Stand

Read: JAMES 4:1-10 and 1 PETER 5:6-11

“Submit yourselves therefore to God. Resist the devil, and he will flee from you” (JAMES 4:7).

The order is the power: submission first, resistance second. And humility is not weakness—it is “casting all your anxieties on him, because he cares for you” (1 PETER 5:7). What are you still carrying that He told you to cast?

Day 19 — Angels—God’s Ministering Spirits

Read: HEBREWS 1:5-14 and 2:5-18

“Are they not all ministering spirits sent out to serve for the sake of those who are to inherit salvation?” (HEBREWS 1:14).

The holy angels are real, mighty—and they are servants sent for your sake, never objects of prayer or worship. Better still, the Son they worship took flesh and blood to destroy the devil and free the fearful (HEBREWS 2:14-15). You are the one being served.

Day 20 — The Church’s Cosmic Mission

Read: EPHESIANS 3:1-13 and ACTS 26:12-18

“...to open their eyes, so that they may turn from darkness to light and from the power of Satan to God” (ACTS 26:18).

God is making His wisdom known “to the rulers and authorities in the heavenly places” through the church (EPHESIANS 3:10)—every soul saved is a defeat announced to the darkness. Evangelism is spiritual warfare. Who is the one person you will pray for and reach toward this week?

Day 21 — The End of the Dragon

Read: *REVELATION 12:7–12 and 20:7–21:8*

“And they have conquered him by the blood of the Lamb and by the word of their testimony...” (REVELATION 12:11).

The story is already written: “the devil who had deceived them was thrown into the lake of fire” (REVELATION 20:10), every rule and authority is destroyed, and “the last enemy to be destroyed is death” (1 CORINTHIANS 15:26). Fear has an expiration date; your fellowship with God does not. Live today in light of that ending.

After Day 21

Do not stop. Read the Gospel of John slowly, a half chapter a day, and then keep going—Ephesians, 1 Peter, the Psalms. Repeat this guide whenever you drift. The goal was never twenty-one days; the goal is a lifetime of “examining the Scriptures daily” (ACTS 17:11).

Going deeper

If you want a fuller study of the Bible’s supernatural worldview—the divine council of Psalm 82, the nations of Deuteronomy 32, the princes of Daniel 10—many readers have been helped by Michael S. Heiser’s *The Unseen Realm: Recovering the Supernatural Worldview of the Bible* (Lexham Press, 2015), or its simpler companion, *Supernatural* (Lexham Press, 2015). As with every book but the Bible, weigh all of it like the Bereans—against the Scriptures themselves (ACTS 17:11). Scholars differ on details; the Word of God is the final test.

And for the everyday questions that come up as you read—about salvation, spirits, heaven, or anything else in the Bible—**GotQuestions.org** (www.gotquestions.org) offers thousands of free, plain-language answers drawn from Scripture.

Closing Encouragement

You now know the truth from God's Word. You know who Jesus is. You know how doors open, and how repentance and the blood of Jesus close them. You know your authority, the pattern Jesus modeled, the prayers to pray, and how to get free and stay free.

The battle is real—but it is a battle against an already-defeated enemy. Walk in repentance. Use your authority boldly. Pray the Word. Worship loudly. Stay close to Jesus and His people. And when the enemy whispers fear, answer him out loud with Scripture.

“The God of peace will soon crush Satan under your feet. The grace of our Lord Jesus Christ be with you” (ROMANS 16:20). “No, in all these things we are more than conquerors through him who loved us” (ROMANS 8:37).

Receive this blessing, spoken over God's people for three thousand years:

The LORD bless you and keep you; the LORD make his face to shine upon you and be gracious to you; the LORD lift up his countenance upon you and give you peace.

— NUMBERS 6:24-26

Stand firm. The victory is yours in Jesus' name.

— Jared Kyle Davis, Disciple Paranormal

About Disciple Paranormal

Disciple Paranormal is a Christ-centered ministry that helps people facing frightening and unexplained spiritual activity find real answers—and lasting freedom—in Jesus Christ. We believe that the Bible speaks honestly about the spiritual realm, that Jesus Christ has disarmed every power of darkness at the cross (COLOSSIANS 2:15), and that no one has to live in fear.

This guide is offered freely, in love, to teach believers the truth, help the oppressed walk in freedom, and equip the church to help others. It points to no method, ministry, or personality—only to Jesus Christ. For serious or ongoing situations, please involve your local pastor and mature believers.

Connect with us, find resources, or request prayer at **www.discipleparanormal.com**.

All glory to God.