

EXPELLING DEMONS- LIVING FREE

BY ANTONIO BALDOVINOS

“And these signs WILL follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover.” Mark 16:17-18

I. REASONS DELIVERANCE IS NOT A PART OF THE CHURCH TODAY

1. Satan jealously guards the secrets of his demonic kingdom. The main barrier is that he has framed it with fear of superstition.
2. The professing Church has established a pattern of behavior considered “*appropriate*” for Church.
3. The Church is really inexperienced in the area of demons and mostly scared of this reality. It’s become taboo when these signs should follow every believer that believes. This is a normal part of our Christian walk to live in continued freedom and helping others do the same.

II. HOW DEMONS OPERATE

When the devil had finished all this tempting, he left him (Jesus) until an opportune time. (Luke 4:13)

1. Demons study your temperament and become familiar with your weakness and your reactions. When would you be most vulnerable to their pressures? It has one main objective...to deter you from not worshiping God (including serving, affections, thoughts, speech and other behaviors) and creates a distance between you and Holy Spirit.
2. Their goal is not only to take out a person, but a whole family and the generations that follow. They have an eternal perspective.
3. We can’t see them with our physical eyes but we can recognize their presence and activity in the same way that we recognize the presence of the wind. Here are some typical activities:
 - Demons entice.
 - Demons harass.
 - Demons torture.
 - Demons compel.
 - Demons enslave.
 - Demons cause addictions.
 - Demons defile.
 - Demons deceive.
 - Demons attack the physical body.

III. SEVEN QUESTIONS PEOPLE OFTEN ASK ABOUT THE DEMONIC REALM

1. What are **DEMONS**? (Dominion)

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- a) Demons are disembodied spirit beings that have an intense craving to occupy physical bodies.
 - b) They have will, emotion, intellect, self-awareness and the ability to speak. All traits of personality. ***“I will return to my house from which I came”*** (Matthew 12:44). (Mark 1:24, Mark 5:9)
 - c) **Possibility 1 of where they are from:** They are some of the fallen angels associated with Satan in the rebellion against God.
 - d) **Possibility 2 of where they are from:** They are disembodied spirits in an age before Adam.
 - e) These two may or may not be the final answer. Nevertheless, they desperately want to inhabit our personalities and embody our temples. They want to express themselves and carry out their lusts and passions through humans.
2. Is it my own **SINFUL NATURE** (Flesh) or am I under the influence of demons?
- a) Our sin nature makes us vulnerable to demons but we must crucify our flesh.
 - b) Sometimes it is our flesh and sometimes it’s demons and we need to ask for **discernment** to determine which it is.
 - c) We have to maintain a personal discipline to keep the “old man” in subjection. ***“For you died with Christ in God...Therefore, put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry.”*** (Colossians 3:3, 5)
3. How do demons **COME IN?** (*7 main ways to which demons gain access to human personalities*)
- 1. A family background that has occult or false religions**
 - a) Exodus 20:3-5 – *“You shall have no other gods before me”* God warns of idolatry or other involvement with false gods. The evil consequences extend to four generations.
 - 2. Other negative prenatal influences**
 - a) Lack of love from the womb (spirit of rejection in the womb)
 - b) Rejection is one of the most common door opener for demonic activity.
 - c) We are born with a deep, innate longing for love and acceptance, if we do not get it we are open to rejection..
 - 3. Pressures in early childhood**
 - a) Stress of parental pressures –alcohol, abusive, rejection, fear, etc.
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- b) In 1992 more teenagers and young adults died from suicide than from cancer, heart disease, AIDS, birth defects, strokes, pneumonia, influenza and chronic lung disease combined.

4. Emotional shock or sustained emotional pressure

- a) Sexual assaults are usually subject to demons.
- b) Financial pressures, discouragement, etc. can open yourself to demons.
- c) Sustained verbal abuse can open yourself to demonic attacks.

5. Sinful acts or habits

- a) Actions invite demonic activity. **We must confess and repent.**
- b) Secret sins like pornography and masturbation open people to demons.
- c) Daydream- can open to a demon of fantasy.
- d) Habitual exaggeration can open up to a spirit of lying.
- e) Overeating can open to a spirit of gluttony.
- f) Worry opens us up to what can be known as “anxiety”, which is a spirit of fear. This can also be generational or induced by a traumatic event.

6. Laying on of hands

- a) **“Do not lay hands on anyone hastily, nor share in other people’s sins; keep yourself pure.”** (1 Timothy 5:22)
- b) We have to guard who lays hands on us and who we lay hands on.
- c) I strongly believe in laying on of hands, however, we must learn how to discern the few times that the enemy uses this.

7. Idle words

“But I say to you but for every idle word man may speak, they will give an account of it in the Day of Judgment. For by your words you will be justified, and by your words you will be condemned.” (Matthew 12:36-37)

- a) Words we utter thoughtlessly have deep consequences.
- b) Careless words are a direct invitation to demonic influence.
- c) Our words invite the flames of hell itself.
- d) **“The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body.”** (James 3:6)

4. What is the OCCULT?

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- a.) Occult is derived from the Latin word that means concealed or covered over.
- b.) Divination provides knowledge over a person or situation: *fortunetelling*.

5. Is **WITCHCRAFT** still at work today?

- a) Witchcraft is the universal, ancient religion of fallen humanity.
- b) ***“Rebellion is as the sin of witchcraft.”*** (1 Samuel 15:23)
- c) Witchcraft’s purpose is to control.
- d) Witchcraft in many ways hides itself through manipulation and intimidation. The goal is domination; to control others and get them to do what they want.
- e) These are all devices disguised as witchcraft. People who habitually use manipulation or intimidation to control others will be taken over by a demon of witchcraft.

6. Do **CHRISTIANS** ever need deliverance from demons?

“Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.” (1 Peter 5:8-9)

- a) Whether you believe demons can be a part of a Christians life or not, the scriptural response is to expel them, exercising the authority Christ has given us.
- b) Some believe that Christians can never have demons, I have seen with my own eyes otherwise, but regardless demons are constantly breathing on a Christian trying to deter them and ultimately reside in them.
- c) We are to be self-controlled and vigilant, otherwise we will not detect the presence or activities of demons.
- d) We are to resist demonic pressures, taking an active stand against them.
- e) If we obey we will be victorious.

“Now the Spirit expressly says that in the latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons.” (1 Timothy 4:1)

- f) Paul speaks here about people who, through yielding to the influence of demons, “depart from the faith”. Obviously they could not depart from the faith unless they had been in the faith. As Christians they had apparently opened themselves up to deceiving demons and consequently turned away from their faith in Christ.

“For if he who comes preaches another Jesus whom we have not preached, or if you received a different spirit which you have not received, or a different gospel which you have not accepted, you may well put up with it.” (II Corinthians 11:4)

- g) There are three parts to Paul’s warning. First, the deceiver preaches “another Jesus”. Second, those who accept this deceitful message “receive a different spirit” than the one

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they received previously. And third, they embrace “*a different gospel*” from the original. This spirit that was unholy- that is a deceiving demon.

- h) Here is a clear example of how Christians, who have been born again and received the Holy Spirit, can be tempted into receiving a false spirit- a demon.
- i) What would open the door to the demon? Clearly, accepting a message that presents “another Jesus.” This is the root problem.
- j) God offers protection through His blood, but provision is dependant up our lifestyle of obedience.

“Elect according to the foreknowledge of God the Father...for obedience and sprinkling of the blood of Jesus Christ.” (1 Peter 1:2)

- k) An obedient lifestyle is the condition for being protected by the blood of Jesus.
- l) We have to continue to abide in Him, work out our salvation and walk in the light as He is in the light.

7. Will the **HOLY SPIRIT** indwell in an unclean vessel?

“For by one offering (sacrifice) He (Jesus) has perfected forever those who are being sanctified.” (Hebrews 10:14)

- a) To describe the sacrifice of Jesus, the writer uses the perfect tense: He has perfected. It is final and complete. Nothing needs to be added or taken away from it.
- b) Describing the work of sanctification, on the other hand, the writer uses a progressive tense: they are being sanctified. Becoming holy is a stage-by-stage continuance of what has already been made available to us by the sacrifice of Jesus. The Holy Spirit is our helper in this process.
- c) If the Holy Spirit were to wait until we are perfect to take up His dwelling with us, it would be like a professor saying to his students, “I’ll start teaching you when you have passed your exams.”
- d) The Holy Spirit does not withhold His help if He discerns that there are demons within us. On the contrary, He sees our need more clearly than we do ourselves, and He empowers us to expel them. Because he has compassion on us, He is willing to take up His dwelling within us, and to work with us to establish Christ’s victory over all the power of the enemy.
- e) Our progress depends on the degree to which we cooperate with the Holy Spirit within us.

IV. HOW DID JESUS DEAL WITH DEMONS

“Then they went into Capernaum, and immediately on the Sabbath He entered the synagogue and taught. And they were astonished at His teaching, for He taught them as one having authority, and not as scribes. Now there was a man in their synagogue with an unclean spirit. And he cried out,

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saying, “let us alone! What have we to do with You, Jesus of Nazareth? Did you come to destroy us? I know who you are- the Holy One of God!” But Jesus rebuked him, saying, “ Be quiet, and come out of him! And when the unclean spirit had convulsed him and cried out with a loud voice, he came out of him.” Mark 1:21-26

1. Jesus dealt with the demon not with the man. Jesus spoke to the demon not with the man. The demon spoke out of the man, and Jesus spoke to the demon. Literally translated, what Jesus said to the demon was, “*Be muzzled!*”
2. Jesus expelled the demon from the man, not the man from the synagogue.
3. Jesus was not embarrassed by the interruption or disturbance. He dealt with it.
4. The demon spoke in both singular and plural forms: “*Did you come to destroy us? I know who you are...*” (vs. 24). This response is characteristic of a demon speaking for itself and on behalf others. The demon in the man in Gadara used the same form of speech: “*My name is Legion; for we are many*” (Mark 5:9)
5. The man is assumed to be a regular member of the synagogue, but apparently no one knew he needed deliverance of a demon. Perhaps even the man himself did not know. The anointing of Jesus forced the demon out in the open. I have experienced this in my ministry.
6. It was this dramatic confrontation with a demon in the synagogue that launched Jesus into public ministry.

V. HEALING AND DELIVERANCE

“At evening, when the sun had set, they brought to Him all who were sick and those who were demon-possessed (demonized). And the whole city was gathered together at the door. Then He healed many who were sick with various diseases, and cast out many demons; and He did not allow the demons to speak, because they knew Him. – Mark 1:32-34

The same events are described in Luke 4:40-41:

“When the sun was setting, all those who had anyone sick with various diseases brought them to Him, and He laid hands on everyone of them and healed them. And demons also came out of many, crying out and saying, “you are the Christ, the son of God!” And He, rebuking them, did not allow them to speak, for they knew that He was the Christ.”

1. Combine the two accounts of Mark and Luke. Mark says, “*He did not allow the demons to speak,*” but Luke says, “*And demons also came out of many, crying out and saying, “you are the ...Son of God!”* As in the incident in the synagogue, the demons declared their recognition of Jesus publicly as the Holy One of God, or the Son of God, but after that He allowed them to say nothing more.
2. People came seeking healing for their sicknesses, but many of them had demons cast out of them. Apparently the people did not realize that some of their sicknesses were cause by demons. Every time we pray for the sick, we have to be prepared to cast out demons. Jesus did not separate one from another.

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3. Jesus never made a hard and fast distinction between healing peoples sicknesses and delivering them from demons. Sometimes they are one in the same.
4. We can't say **ALL** sickness is from demons. Sickness comes from the pit of hell and direct result of mans fallen state. And demons have a big part to play in causing sickness and diseases. But we don't want to give the impression that any kind of problem – physical, emotional, or spiritual – should be treated as demonic. This approach can be unbalanced.
5. Demons can, I believe, be the cause of almost every kind of physical pain and sickness, but it takes discernment to distinguish between sicknesses or pains that have demonic cause and those that are purely physical.

VI. CONDITIONS FOR DELIVERANCE

“Whoever calls on the name of the Lord shall be saved.” Joel 2:32

“In My name they will cast out demons.” Mark 16:17

1. Be sure you have repented- that is, turned away from every form of sin. *“God...commands **ALL** men everywhere to repent.” (Acts 17:30)*
2. *Humble yourself.*
3. *Break from the occult and all false religions and repent of any.*
4. Base your appeal solely on what Jesus did for you through His death on the cross, not on any good *“works”* or on your own.
5. *Forgive:* Be sure that, by an act of your will, you have forgiven every person who ever harmed or wronged you. (Mark 11:25-26)
6. *Take your stand with God.* Submitting your will, your future and your whole life to God. Take a stand against sin, all evil and every kind of demon. *“If God is for us, who can be against us.”* (Romans 8:31)

VII. AUTHORITY WE HAVE

1. Authority over demons is derived solely from the victory Jesus won, by His shed blood, His death on the cross and His victorious resurrection.
2. Satan's weapon is guilt. He is *“the accuser of the brethren”* (Rev 12:10), but Jesus *‘wiped out the handwriting of (legal) requirements that was against us’* and *‘disarmed (the satanic) principalities and powers.’* (Colossians 2:14-15).
3. Base everything on the name of Jesus and His blood. Supreme authority proceeds from Jesus Christ.

VIII. MANIFESTATIONS IN DELIVERANCE

1. As you begin to expel, what comes out may be just natural human breath. But after a short while, something other than human breath will start coming out. That is your enemy! Keep the pressure on!

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2. There may be different manifestations as a demon emerges. It may be subtle, little sighs or yawns expelling out of your body. It may also come out through sobbing, groaning, coughing, screaming or roaring. Remember, in the ministry of Philip, the demons came out with loud cries.

IX. PRAYER FOR DELIVERANCE

Here is a pattern of prayer that I have seen work in deliverance. You don't have to stick to this pattern rigidly. If the Holy Spirit prompts you to add words from your heart, do not hesitate to do so. And do not be in a hurry. Go through the whole prayer slowly and deliberately.

1. PERSONALLY AFFIRM YOUR FAITH IN JESUS:

“Lord Jesus Christ, I believe you are the Son of God and the only way to God – that you died on the cross for my sins and rose again so that I might be forgiven and receive eternal life.”

2. HUMBLE YOURSELF:

“I rebuke and renounce all pride and religious self righteousness and any dignity that does not come from you. I have no claim on your mercy except that you died in my place.”

3. CONFESS ANY KNOWN SIN:

“I choose to confess all my sins before you and hold nothing back. Especially I confess...”

4. REPENT OF ALL SINS:

“I choose to repent of all sins. I turn away from them and I turn to you, Lord Jesus, for mercy and forgiveness.”

5. FORGIVE ALL OTHER PEOPLE

“By a decision of my will, I freely choose to forgive all who have ever harmed or wronged me. I lay down all bitterness, all resentment and all hatred. Specifically, I choose to forgive...” “I choose to forgive myself and release me from any shame.”

6. BREAK WITH THE OCCULT AND FALSE RELIGION:

“I sever all contact I have ever had with the occult or with all false religion – particularly...”

7. PREPARED TO BE RELEASED FROM EVERY CURSE OVER YOUR LIFE:

“Lord Jesus, I thank you that on the cross you were made a curse, that I might be redeemed from every curse and inherit God's blessing. On that basis I ask you to release me and set me free to receive the deliverance I need. Father God, I repent on behalf of the sins that have been passed down

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by my forefathers and which have been exhibited through me and I ask forgiveness for these ins in Jesus name. (Ask the Holy Spirit to reveal to you any generational curses and rebuke and renounce them)”.

8. TAKE YOUR STAND WITH GOD:

“I take my stand with you, Lord, against all Satan’s demons. I submit to you, Lord, and I resist the devil. Amen!”

9. EXPEL:

“Now I speak to any demons that have control over me (speak directly to them.) I command you to go from me now. In the name of Jesus, I expel you!”

As you are expelling any demons form your life, begin to blow out of your mouth. Each time you experience a release, praise and thank God for it. Giving thanks and praise to your savior! When you feel deliverance is complete, or you have come as far as you can at this time, be sure to kneel down and make Jesus Lord of every area of your life. You can’t live free on your own. You need Jesus.

When you have completely finished expelling, **Invite the Holy Spirit to fill you and for Him to empower you.** Begin to dialogue to the Holy Spirit, thanking Him for His presence in your life.

X. MINISTERING DELIVERANCE OVER SOMEONE ELSE

1. Sit facing the person so that you can maintain eye contact (the eye is the gateway to the soul and you can tell lots through their eye movement, contact, etc.) Instruct them to maintain eye contact and tell them that you are not speaking to them but to the demonic.
2. Speak the peace of Jesus and the comfort of the Holy Spirit into them.
3. Statement: *“I cut off all communication links and supply lines from Satan’s throne room to this individual and vise versa by the blood of Jesus Christ of Nazareth and by the power of the Holy Spirit. I also isolate and isolate and cut off all communications between spirits in (_____) and command them not to link up in Jesus name.*
4. *I bind you to the chair by the power of the Holy Spirit; I put a circle of the blood of Jesus Christ around you and a line that you cannot cross.*
5. *I thank you Father that I am in Christ Jesus so that when these spirits see me they only see Jesus.*
6. *Holy Spirit I ask you for the battle plan that we will need for a quick and decisive victory. ”*
7. Seek God for the battle plan and if anything comes to mind, proceed to command the spirits to come out as Holy Spirit leads you or go through the list.

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8. Have the person say: ***“I choose to repent of allowing the spirit of _____ to influence my life. I rebuke and renounce the spirit of _____ in Jesus name and tell it to leave.”***
9. Statement: ***“In the name of Jesus Christ of Nazareth I command the spirit of _____ to come out now, loose him/her in Jesus name.***
10. Tell the spirit to come up and out of the breath.
11. Control any manifestations and if need be stop them in Jesus name. Its important not to let the person used as an exhibition. They can try to make you uncomfortable.
12. Keep the pressure up by commanding in succession several times. When you stop they win.
13. Always be thinking and looking for indications that the spirit is gone. You can tell by the person’s response and by physiological responses, but don’t always depend on a manifestation as an indication.
14. Manifestations can also be caused by triggering mechanisms, split or multiple personalities, human spirits or demonic spirits. You need to be discerning so as to tell the difference.
15. Various Strongmen include:
 - Lying Spirit
 - Familiar Spirit
 - Spirit of Deep Sleep
 - Spirit of the world
 - Jealousy and Envy
 - Spirit of Torment
 - Spirit of Anti Christ
 - Unclean and Foul Spirit
 - Spirit of Judgment
 - Spirit of Infirmary
 - Deaf and Dumb Spirit
 - Perverse Spirit
 - Spirit of false Prophet
 - Spirit of Error
 - Spirit of Fear
 - Spirit of Bondage
 - Spirit of Heaviness
 - Spirit of Mourning
 - Spirit of Whoredom and Harlotry (Abortion)
 - Spirit of Death and Destruction
16. All other spirits are usually under the leadership of one of these strongmen, but sometimes it helps to go after individual demons under their leadership, which weakens the strongman.
17. Witchcraft may be involved in anyone of these. If it specifically comes to mind deal with it by addressing it directly and taking authority over it in Jesus name.
18. If a serious manifestation begins command it to cease immediately and come out through the breath in Jesus name.

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19. If you are not having success in seeing the demonic strongman come out, then there is a legal right for it to be there. Have the person make sure that all has been dealt with.
20. People who have been involved in secret lodges or whose ancestors were. These vows must be broken and spirits attached to them cast out.
21. The spirit of Anti-Christ may be one of the most difficult spirits to cast out. If you are not having success in deliverance and the person feels like there may be something more, it may be the spirit of anti-Christ or/and the False Prophet. These may have been picked up through the laying on of hands at church. Have them say this prayer being careful that they say it correctly. Sometimes it will be very difficult for them to say it:

“I choose to renounce the laying on of hands and the prayers by which I would have received any Anti-Christ or False prophet spirits. I will serve only Jesus Christ of Nazareth who is God and submit to manifestation of Holy Spirit of the God of Abraham, Isaac, and Jacob, Amen.”
22. **Blessing:** Once the process is complete have the person repeat the following prayer to receive the infilling of the Holy Spirit and power!
23. Have the person stand and put their hands out like they are receiving a gift and repeat the following prayer:

“I now ask Jesus Christ of Nazareth to baptize me in the Holy Spirit and give me power to possess my own Promised Land, which is my soul and my body and to help others possess theirs. I receive this now by faith.”
24. Agree and pray for them, as you feel led. Encourage them that they need to walk in their victory.

XI. KEEPING YOUR DELIVERANCE

1. Be prepared for Satan’s counterattack.
2. You have to make sure that Jesus is dwelling in you and that He is absolute Lord of your life.
3. Rebuild your protective walls.
 - Live by God’s Word. (Matthew 4:4)
 - Put on the garment of praise. (Isaiah 61:3)
 - Come under discipline. (Matthew 28:19)
 - Cultivate right fellowship. (Hebrews 10:24-25)
 - Be filled with the Holy Spirit. (Ephesians 5:18)
 - Make sure you have passed through the water of baptism. (Mark 16:15-16)
 - Put on the whole armor of God. (Ephesians 6:13-18)

XII. IMPORTANT NOTES

1. It’s recommended that you be with others that can stand, pray and believe with you. Two are better than one.

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2. Do not minister alone to a member of the opposite sex.
3. Use the Cross-, declaring the blood of Jesus and the sword of the Spirit. Let the sacrifice of Jesus on the cross be the basis of all you do.
4. Check for the following critical issues:
 - **Repentance:** Go through genuine repentance.
 - **Forgiveness:** Is there anyone the person has not truly forgiven? Make sure you don't hold resentment against anyone.
 - **Renounce:** Make sure you have totally renounced every contact with the occult and every binding personal relationship.
 - If there is any kind of spiritual 'logjam' or struggle, ask the Lord for a word of knowledge that will identify the nature of the problem.
 - If a name of a particular demon is brought up, ask the person, or yourself to rebuke and renounce that particular demon by name, in the name of Jesus.
 - Demons often come out through the mouth with sobbing, crying, screaming, roaring, spitting, or even vomiting. Have a supply of tissues or paper towels or other similar materials ready that you may need.
 - Women sometimes expel demons with loud screaming. If she continues to scream without receiving deliverance, remember that a demon may have lodged itself in the narrow part of her throat and be holding on there. Make sure she expels the demon from her throat with a deliberate, forceful cough!
 - If you get attacked with fear, declare, ***"God has not given (me) the spirit of fear, but of power and of love and of a sound mind"*** (2 Timothy 1:7). Remember the promise Jesus gave his disciples when they deal with demons: ***"Nothing shall by any means hurt you."*** (Luke 10:9)

XIII. STAYING FREE

1. Keep your eyes, ears and lips consecrated unto the Lord.
2. Throw away all secular music and even go on a media fast. Allow building your spirit man before allowing media to speak into your life again.
3. Commit yourself to spending time with likeminded believers. Those who do not live a life under the Lordship of Jesus Christ are not good to hang out as friends if you not ministering to them, (unless they are already your spouse).
4. Fill your home with worship music 24/7 is possible.
5. Spend time reading and meditating on the Word of God.
6. Pray in the Spirit with all kinds of prayers. Live a lifestyle of prayer in communion with the Holy Spirit.
7. Guard yourself from old patterns and habits.
8. True spiritual warfare is living a life of radical obedience (Matthew 5-7) Study this portion.