

How to Retain Inner Healing and Deliverance

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Now that you have received inner healing and deliverance, what now?

How do you keep the evil spirits from returning?

Keep the main thing the main thing by making sure your safety nets are in good repair—the five essentials of connecting with Christ: prayer, Bible study, worship, fellowship and service. Pursue trust and obedience to Him on a daily basis. Then you will be in a good position to do spiritual warfare!

The warning of Jesus

When the unclean spirit has gone out of a person, it passes through waterless places seeking rest, but finds none. Then it says, "I will return to my house from which I came." And when it comes, it finds the house empty, swept, and put in order. Then it goes and brings with it 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. Matthew 12:43-45

The spiritual battle

For the weapons of our warfare are not of the flesh, but mighty before God to the throwing down of strongholds, throwing down imaginations and every high thing that is exalted against the knowledge of God, and bringing every thought into captivity to the obedience of Christ. 2 Corinthians 10:4-5 WEB

Our place of authority

The seventy-two returned with joy, saying, "Lord, even the demons are subject to us in your name!" And he said to them, "I saw Satan fall like lightning from heaven. 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. Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven." Luke 10:17-20

How to begin ministry or self protection

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

Weapons of our warfare

1) Praise and worship

Let the godly exult in glory; let them sing for joy on their beds. Let the high praises of God be in their throats and two-edged swords in their hands, to execute vengeance on the nations and punishments on the peoples, to bind their kings with chains and their nobles with fetters of iron, to execute on them the judgment written! This is honor for all his godly ones. Praise the Lord! Psalm 149:5-9

2) The Name of Jesus

The name of the Lord is a strong tower; the righteous man runs into it and is safe. Proverbs 18:10

Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father. Philippians 2:9-11



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- 3) The Word of God—quote the word to the enemy; stand upon it in your heart.
Jesus answered him, saying, "It is written, 'Man shall not live by bread alone, but by every word of God.'" Luke 4:4 WEB
- 4) The Blood of Jesus—use the blood as a covering; plead the blood of Jesus over yourself, family, property, body, soul, spirit, mind and subconscious mind.
And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death. Revelation 12:11
- 5) The Angelic shield—ask God to send angels for protection.
For he will command his angels concerning you to guard you in all your ways. On their hands they will bear you up, lest you strike your foot against a stone. Psalm 91:11-12
- 6) The 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, and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel.
Ephesians 6:10-20
- 7) Praying in the Spirit
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 6:18
- 8) Binding the strong man
“When a strong man, fully armed, guards his own palace, his goods are safe; but when one stronger than he attacks him and overcomes him, he takes away his armor in which he trusted and divides his spoil.” Luke 11:21-22
- 9) Binding and loosing what heaven has bound and heaven has loosed.
I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.”
Matthew 16:19

