Overcoming Demonic Strongholds

A. Restoring Fellowship with God

In Semester 1 we learned that we should confess our sins frequently. Confessing our sins using 1 John 1:9 restores our fellowship with God. He forgives us and forgets the sins. Therefore, every time we are aware of sinning, we should take the time to repent and receive our forgiveness as soon as we are able to do so. If we go a long time without any known sins (1–3 hours), then we should stop and say, "Lord, I am not aware of any known sins, but please cleanse me of the ones of which I am not aware." We should also confess our sins every time before we approach the Lord, especially in giving tithes/offerings, doing affirmations, prayer, worship, Holy Communion, etc.

B. Four Components to Sin

As a result of confessing our sins, most of us, perhaps all, have had great improvements in our health and general lifestyle. Many praise reports have come in about the blessings of using 1 John 1:9 to call upon the Lord for forgiveness. In Semester 1, we learned that we do not want simply to confess our sins, but also to renounce the demons and evil spirits behind them and to break the covenants, agreements, and curses associated with the sins. All these can be accomplished with prayer. To begin, let me remind us that there are four components to sin. These are:

1) It breaks our fellowship with God.	1 John 1:6-9
2) It opens the door to demonic attacks.	John 5: 1-14 esp. 14
3) It affects our body and possessions.	Mark 2:1-11 esp. 9
4) It affects our relationship with others and with the world.	Josh 7 esp. v24; Rom 5:12

C. Overcoming Demonic Strongholds in Your Life

We know that by confessing our sins, we restore our fellowship with God. However, as we can clearly see, restoring our broken fellowship with God is only one of the four components. **The devil really doesn't mind a lot if we <u>temporarily</u> restore our fellowship with God as long as he still has his hooks into us.** I say "temporary" because, with his hooks established, the devil can easily jerk on the strings and get us to sin (e.g., provoking us to anger; thereby getting us again to break fellowship with God). Therefore, to avoid or minimize these occurrences, the other three components must also be addressed.

We deal with the other three components by renouncing and breaking. We renounce satan and all his demons, devils and evil spirits behind the sins. We also break any demonic holds or agreements which may have been connected to our lives or bodies as a result of the sins. Our lifestyle then should consist of repenting (including forgiving), renouncing and breaking (i.e., RRB).

1) Repent (i.e., turn your back on the sins and receive your forgiveness)
2) Renounce the demons behind the sins (i.e., take away their legal right to attack you)
3) Break the curses of the sins and the holds of the demons.

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As we have said, RRB'ing should become part of your daily lifestyle. However, it is also important to cancel any ungodly words and make them null and void. Finally, when we forgive all others and speak blessings over them, then we also spiritually restore the relationships with those we know. So, in summary, we deal with the other three components by forgiving, repenting, renouncing and breaking to accomplish the goals below.

1) Repent
   - This includes forgiving all others, who have offended you.
2) Renounce Demonic Influences.
   - This includes restoring personal relationships.
3) Break Curses and hold.
   - This includes canceling all ungodly words, spoken by you or against you.

Now in Semester 2 we want to add one additional part to this process. Once we have prayed the RRB over ourselves, we want to now cut off any strongholds that these demons may have set up or are setting up because of these sins by casting them out of our lives, including our homes, finances and all that pertains to us. **From this time on, whenever you RRB, please use the expression "demons, devils and evil spirits" to replace the word "demons".**

D. How to Pray

Heavenly Father, in the Name of Jesus, I repent of all my sins including every ungodly word that I have spoken; and in the Name of Jesus, I turn my back on all sins. In the Name of Jesus, I ask You, Lord, to help me not to commit these sins again. In the Name of Jesus, I forgive every person who has ever offended me and I speak blessings over them. In the Name of Jesus, I renounce satan and every demon, every devil and every evil spirit behind all of my sins and I take away their legal right to be in me, on me, or to influence me in any way because of these sins.

In the Name of Jesus, I break every hold, every connection, every tie, every curse, every agreement, every covenant and every contract involving these sins and involving the demons, devils and evil spirits behind them. In the Name of Jesus, I cancel every ungodly word that I have spoken and make them null and void. In the name of Jesus I bind and cast every demon, devil and evil spirit behind these sins out of my life, home, finances and all that pertains to me. Amen.

E. Summary Prayer

In the Name of Jesus, I forgive every person, who has offended me. In the Name of Jesus, I repent of all my sins; and I renounce satan, and every demon, devil and evil spirit behind them. In the Name of Jesus, I break all holds, ties and covenants to these sins and to the demons, devils and evil spirits behind them and I cast them out of my life.

F. Guidelines

1) Confess known sins regularly (i.e. sins with specific incidences). Repent of unknown sins.
2) Don't confess ongoing sins that are **specifically** unknown (i.e., you are not aware that you have committed them and so you have no example of their occurrence).
3) Don't confess again previous sins that have already been confessed.
4) Treat the memory of old sins as sin (i.e., confess – shame, guilt, condemnation), then RRB.
5) Walk in peace and patience.