

PRACTICAL WAYS TO STAY FREE

Praise God! You have been set free! We want to encourage you to continue to walk out and maintain your freedom, so we have put some practical ways to do this. Think about surgery in the hospital. They put you in a recovery room before you go back into the hospital room. Even in outpatient surgery, they put you in a recovery room. Just as a surgeon gives post-operative instructions, it's vital that we do the same for you.

If you were delivered from a spirit of fear, for example, meditate on scriptures about how God has not given you a spirit of fear and scriptures about the peace of God. If you were delivered from rejection, meditate on love and acceptance of God. If you were delivered from lust, mediate on the holiness and purity and beauty of God. If you mediate on the Word day and night and carefully do what it says, you will find good success (see Joshua 1:8.)

Be quick to cast down imaginations and voices that speak contrary to the Word of God (see 2 Corinthians 10:5.) If you were delivered from a spirit of anger, be quick to recognize and resist voices and urges towards anger. If you were delivered from a spirit of infirmity, rebuke the symptoms. The Bible calls them lying vanities (see Jonah 2:8) – instead of accepting them. Ultimately, the key to lasting victory is to submit yourself to God and resist the devil and he will flee (see James 4:7.)

Finally, keep worship music on in your home or your car. Listen to solid teachings that reinforce the freedom you are walking in. Develop a more intimate relationship with God. Fellowship with the Holy Spirit. Pray without ceasing. When you do these things, you'll walk in the reality that who the Son sets free is free indeed!

After your deliverance session, you will walk away with a new measure of freedom. We are celebrating your freedom with you! It is our honor and passion to help you walk in the prophetic life of victory Jesus died and rose again to give you. Now, you have to walk out your deliverance. The days and week after your deliverance, you are vulnerable to demonic attacks. Jesus said, "When an unclean spirit goes out of a man, it passes through dry 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 it empty, swept, and put in order. Then it goes and brings with itself seven other spirits more evil than itself, and they enter and dwell there. And the last state of that man is worse than before." (Matthew 12:43-45)

When you get delivered from a demon, that spirit will find a way to try to regain access to your life. Demons need a body through which to operate – and they're glad to take up residence in your vessel if you'll allow it. Don't allow it! You have to set your heart and mind against the enemy's moves to maintain the deliverance and study scriptures that combat the lies the enemy oppressed you with.

PROTOCOLS TO FOLLOW

1. **When you go home, do not engage in entertainment or idle talk.** Spend time with the Lord debriefing on what He showed you during your deliverance session. If you are too tired to do that, get something to eat and go to sleep. When you wake up in the morning, thank the Lord for the deliverance and study scriptures that combat the lies the enemy oppressed you with. For example, if you were delivered from rejection or fear, study the love of God. Study the truth that combats the lies the enemy wrapped you up in.

2. **Guard your mind. Watch your thoughts.** The enemy will usually attempt to tell you the same lies again and again during the first week or two or even three after your deliverance. This is why it's so important to renew your mind with the Word of God. The truth encounter with the Holy Spirit set you free, but it's walking in the truth that will keep you free. Test the voices (spirits) that you hear to see if they are from God (see 1 John 4:1.) The voice of God is full of wisdom, peace, love and truth. Paul said, "Whatever things are true, whatever things are noble whatever things are pure, whatever things are just, whatever things are pure, whatever things are lovely, whatever things re of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things." (Philippians 4:8)
3. **Continue to plead the blood daily over your mind, will and emotions, as well as your physical body.** You were redeemed and set free because of the shed blood of Jesus. Demons hate the blood and any talk of the blood.
4. **Cultivate a habit of leaving worship playing in your house or car, or a recording of the Bible.**
5. **At some point, the enemy may try to convince you that you were not delivered.** Remember, your behavior may not completely change after you are set free because you still must renew your mind and change your habits. A habit is different than a demon. When the enemy tells you that you are free, begin thanking the Lord for your freedom. Work with the Holy Spirit to create new habits.
6. **Watch your words.** The enemy will try to get you to confess that you are not delivered. The enemy will try get you to curse yourself rather than bless yourself. Do not gossip, slander or accuse others. Ask the Holy Spirit to help you tame your tongue (see James 3:8)
7. **Pray for a hedge of protection around your house, your workplace, your church or wherever you go.** Praying Psalm 91 is a good way to pray a hedge or protection.
8. **Cleanse your home of any objects that could attract demon powers.** Look through boxes, closets, drawer to see if you have any objects depicting the occult or witchcraft – even children's movies and toys.
9. **Throw away any jewelry that may be attracting demon powers.** This includes amulets, Catholic symbols occult charms, etc.
10. **Practice quick forgiveness.** Give no room for the enemy to gain a foothold. (see Ephesians 4:27)
11. **Ask the Lord to brake deception off your mind.**
12. **Ask the Lord to fill you with His Spirit again every day.** (see Ephesians 5:8)
13. **Yield to the Holy Spirit in every area of your life.**
14. **Dress in the full armor of God.** (see Ephesians 6:10-18)
15. **Stay away from bad alignments.**
16. **Put Jesus at the center of your life.** (see John 12:31-32)
17. **Wear the garment of praise.** (see Isaiah 61:3)
18. **Pray in tongues as much as possible.**