

# **WALKING OUT YOUR HEALING AND DELIVERANCE**

Understand you are in a very real spiritual battle and the attacks of the enemy will come and try to steal your healing/deliverance from you. He will try to cause you to agree with him and revert back to your enslavement from which you have just been released. You must remain alert and resist him. *“Resist the devil and he will flee from you. Draw near to God and He will draw near to you.” James 4:7-8.* There is nothing the enemy can do to you if you do not give him permission.

Through the blood sacrifice of Jesus Christ, God has given you the freedom from demonic influences over your life. You have been made free by the working of the grace of God in your life by the Holy Spirit. You have been given free will and from now on, the Lord relies on your active cooperation. God’s word is alive and active in you. *“For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intention of the heart.” Hebrews 4:12*

*“So if the Son sets you free, you will be free indeed.” John 8:36.* God has already given you victory and now you must come into alignment with your victory through your actions, thoughts, and lifestyle.

## **The Way to Walk ...**

*“Whether you turn to the right or to the left, your ears will hear a voice behind you, saying ‘This is the way; walk in it.’” Isaiah 30:21*

### **Power in the Word**

You must be prepared with the Word of God ready. Find scriptures you need to withstand the assault of the enemy and pray aloud.

### **The Armor of God**

Put on the whole armor of God according to Ephesians 6:12-17 each day and ask the Holy Spirit to reveal to you the devil’s attempts to reclaim you. Ask the Lord to show you any cracks where you are allowing access to the enemy again.

- *“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.” - Ephesians 6:12-17*

## **Recognize the Enemy: condemnation is from the enemy alone**

You have been given discernment to recognize our adversary, the devil, who comes to accuse and bring condemnation and guilt unlike *John 3:17* *"For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him."* The Lord will show you when and how the enemy is coming. He is no longer hidden within you, as you have been set free. Now he comes fully exposed. Be alert and ask the Holy Spirit to show you.

- *"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
- *"Therefore there is now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death..."* Romans 8:1

## **Renewing Your Mind**

Renew your mind and take every thought captive.

- *"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable if anything is excellent or praiseworthy think about such things."* Philippians 4:8
- *"We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,"* 2 Corinthians 10:5

## **Meditation on God's Word**

Take time to read and learn every day. Carry scripture with you in order to learn it and hide it in your heart.

- *"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable if anything is excellent or praiseworthy think about such things."* Philippians 4:8
- *"Study this Book of Instruction continually. Meditation on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do."* – Joshua 1:8
- *"Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God."* – Colossians 3:16

## **Know the Authority of Christ and the Authority You Have Been Given in Him**

Pray for all things to come under God's authority and obedience.

- *"For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ..."* 2 Corinthians 10:4-5
- *"Now if we are children, then we are heirs – heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory."* Romans 8:17
- *"But to all who did receive him, who believed in his name, he gave the right to become children of God,"* John 1:12

- *"No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you." John 15:15*
- *"And because you are sons, God has sent the Spirit of his Son into our hearts, crying, 'Abba! Father!' So you are no longer a slave, but a son, and if a son, then an heir through God." Romans 8:15*

## **Forgiveness**

Live a lifestyle of forgiveness; toward others and toward yourself.

- *"For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins." Matthew 6:14-15*
- *"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, I am he who blots out your transgressions for my own sake, and I will not remember your sins." Isaiah 43:25-27*

## **End Negativity, Criticism, Bitterness, Anger, and Judgement of Others**

Remember complaining is the worship music of hell. Take an inventory regularly to be sure you are not harboring any of the above toward anyone.

- *"And whenever you stand praying, forgive, if you have anything against any one, so that your Father also who is in heaven may forgive you your trespasses." Mark 11:25*
- *"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." Ephesians 4:32*

## **Choose Rightly, Trust the Lord, and Do Not Look Back**

Trust in the Lord afresh each day. He will meet every need and His power will help you overcome feelings that may deceive you. Feelings are not necessarily an indicator of truth and our emotions can deceive us.

- *"Having begun in the Spirit, are you now being made perfect by the flesh?" Galatians 3:3*
- *"Brethren, I do not count myself to have apprehended; but one thing I do, forgetting things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus." Philippians 3:13-14*
- *"Trust in the LORD with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight..." Proverbs 3:5*

## **Prayer Support**

Ask for prayer for yourself from others. If you are not in a small group or support group – join one. The enemy loves to isolate us. Isolation is the enemy's campground. Fellowship with other

believers allows us to do what Christ instructed: *"bear one another's burdens, and so fulfill the law of Christ."* Galatians 6:2

### **Break Wrong Friendships and Choose to Fellowship with those who Love Jesus**

The enemy will use the people with whom you associate to influence your thinking, habit and behavior. Choose to spend your time with people who will influence you in a Godly manner.

- *"Do you not know that friendship with the world is enmity with God? Whoever therefore wants to be a friend of the world makes himself an enemy of God."* James 4:4

### **Break Former Habits that Led to Sin**

Avoid media influences that may cause you to stumble. Turn away from your fleshly desires that led to sinful habits in the past.

- *"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable if anything is excellent or praiseworthy think about such things."* Philippians 4:8

### **The Power of the Blood of Christ Jesus**

Pray the blood of Jesus to cover you, your family, home, property, health, finances, business, ministry, etc. and ask for a hedge of protection to fill any gaps.

### **Thankfulness as a Lifestyle**

Live a life of thankfulness and rejoicing:

- *"Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God."* Philippians 4:6-7
- *"Rejoice in the Lord always [delight, gladden yourselves in Him]; again I say, Rejoice!"* Philippians 4:4-8

### **Avoid Deliberate Sin and Live from Love and Unselfishness**

- *"We know that whoever is born of God does not sin; but he who has been born of God keeps himself, and the wicked one does not touch him."* I John 5:18
- *"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."* I John 1:9
- *"Let all men know and perceive and recognize your unselfishness (your considerateness, your forbearing spirit). The Lord is near [He is coming soon]."* Philippians 4:5-7
- *"But love your enemies, and do good, and lend, expecting nothing in return,, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil."* Luke 6:35

- *“Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, “Vengeance is mine, I will repay, says the Lord.”*
- *“The second is equally important: ‘Love your neighbor as yourself.’ No other commandment is greater than these.” Mark 12:31*
- *“Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends. As for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away.” 1 Corinthians 13:4-8*

### **Resting in the Lord**

Be on guard. Learn to rest in God when under attack. Rejoice in His care and His ability to protect you. Let the battle be the Lord's. Rest and peace are weapons designed to keep your heart (emotions) and your mind (the main battleground) in Christ Jesus (Philippians 4:4-6 Amp). Soaking in worship music and allowing the Holy Spirit to minister to you is a posture of surrender and important in remaining healed from performance orientation or striving in a religious spirit to earn the favor of God.

### **Walk in Reliance on the Holy Spirit**

- *“But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.” Galatians 5:16-17*
- *“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” Romans 12:1-2*
- *“And do not get drunk with wine, for that is debauchery, but be filled with the Spirit,” Ephesians 5:18*
- *“Does he who supplies the Spirit to you and works miracles among you do so by works of the law, or by hearing with faith...” Galatians 3:5*

### **Prayer Sample:**

I am a child of the King, I am a co-heir with Jesus. All Jesus bought and paid for is my inheritance. I am united with Jesus, I have been crucified with Christ. I died with Him, I was buried with Him, I was raised with Him, I am seated with Him in the heavenlies far above all rule, all power, all authority, and above every name that is named not only in this age but the one to come. Therefore, I carry the authority of Christ. I have authority over sickness, over sin, over demons, and over the world. I will displace the darkness; I have the full armor of God. I put on the breastplate of righteousness, the belt of truth, the helmet of salvation, the sandals of peace, I take up the shield of faith and the sword of the Spirit, for the weapons of my warfare are not fleshly. They are

divinely powerful to tear down the strongholds of darkness. I can do all things through Christ because greater is He who is in me than he who is in the world.

I choose to align my thoughts with Christ for He is taking me from glory to glory and strength to strength. He has given me complete victory and I walk in my full inheritance as the beloved of God. I have no anxiety or worry but I will make all my requests known to my Father with thankfulness in my heart knowing that Jesus is interceding at the Father's right hand for me. I receive the peace of God that transcends all understanding.

I pray that out of His glorious riches He will strengthen me with power in my innermost being so Christ will dwell in my heart through faith. I pray that I am rooted and established in love and that I have power together with all the saints to grasp how high, long, wide, and deep the love of God is. That I am filled to the fullest measure of His love, right now in the name of Jesus.

I trust that faith is being sure of what I hope for and certain of what I do not see. I am secure in my Lord. I commit all that I am to You. I know and believe that I have been chosen before the foundations of the earth as Your beloved to be in the world for such a time as this. My plans and destiny have been established by You and all that You have for me will succeed.

Thank you, Father for your great love. I receive all that you have promised in the name of my Lord Jesus by the power of His Holy Spirit.

Amen