

# OVERCOMING DEMONIC OPPRESSION

RC BLAKES

## **Demonic Oppression:**

**Typically involves external attacks, such as severe temptation, spiritual harassment, feelings of despair, or persistent hardship.**

### **EPHESIANS 6:10-12 KJV**

**10 Finally, my brethren, be strong in the Lord, and in the power of his might. 11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. 12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.**

A Christian experiencing demonic oppression often encounters intense, persistent spiritual attacks that feel alien to their born-again nature. These signs can include a sudden and overwhelming barrage of condemning or blasphemous thoughts, a heavy spiritual atmosphere of fear or despair that resists prayer, and targeted harassment in dreams or through unusual, disruptive physical manifestations. Such torment is frequently aimed at isolating the believer from God's truth and the support of other Christians, seeking to erode their peace, joy, and sense of identity in Christ. Born Again Christians can experience oppression but not possession because the Holy Spirit dwells within them

### **1 PETER 5:8 KJV**

**8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:**

### **LUKE 22:31 KJV**

**31 And the Lord said, Simon, Simon, behold, Satan hath desired to have you, that he may sift you as wheat:**

To sift means to agitate and prove by trials and afflictions.

# **Spiritual Response to Demonic Oppression: A Biblical Guide**

## **1. IDENTIFICATION: Discern the Oppressing Spirit**

Without keen discernment, you can normalize the condition.

The foundational step in spiritual warfare is accurate identification. Demonic oppression frequently disguises itself as persistent negative thoughts, overwhelming emotions, or a heavy spiritual atmosphere. Without the gift of discernment, you may misdiagnose a spiritual attack as a personal failing, medical issue, or simple misfortune, allowing the oppression to become normalized in your life.

**Spiritual discernment supernaturally reveals the true nature of the forces at work, allowing you to address the root cause rather than just managing symptoms.**

### **1 JOHN 4:1**

**Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world.**

This command requires believers to evaluate spiritual influences actively. The standard for this testing is God's revealed truth.

### **2 CORINTHIANS 10:3-5**

**For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.**

This passage reveals the nature of the battle—against spiritual strongholds built on deception—and confirms our weapons are spiritual, not carnal.

**Application:**

When experiencing persistent oppression, pause and prayerfully ask: "Holy Spirit, reveal the source of this." Is this thought/emotion/atmosphere aligned with God's character and truth? Document what you're experiencing and compare it scripturally. Discernment moves you from victimhood "I always feel this way" to targeted warfare "A spirit of fear is attacking me".

## **2. CONFRONTATION: Rebuke the Spirit in Jesus' Name**

Take authority over the spirit by the authority given by Jesus.

Once discerned, spirits of oppression must be confronted directly with the authority Jesus delegated to believers. This is not a request but a command issued from your position "in Christ."

Your authority derives solely from His name and finished work, not your own merit.

### **IMPACT POINT**

**Effective spiritual authority flows from a life submitted to God's lordship—you cannot command in Jesus name while living in disobedience to His Word.**

Submission precedes resistance. This order is critical. The New Testament pattern is clear: you must first submit yourself to God, and then you can successfully resist the devil (James 4:7).

Sometimes, The Very Door of Disobedience is How a Spirit Gained a Foothold.

Persistent, unrepentant sin—such as unforgiveness, bitterness, pride, or involvement with the occult—creates a legal "right" or access point for demonic influence

### **EPHESIANS 4:26-27 CWSB**

**26 Be ye angry, and sin not: let not the sun go down upon your wrath: 27 Neither give place to the devil.**

Therefore, effective rebuke often must be preceded by heartfelt repentance, closing those doors and placing yourself firmly back under God's authority and protection.

#### **MARK 16:17**

**And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues.**

This promise is given broadly to "those who believe," not exclusively to apostles or clergy.

#### **LUKE 10:19**

**I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.**

The authority is comprehensive "all the power of the enemy" and protective "nothing will harm you".

#### **JAMES 4:7**

**Submit yourselves, then, to God. Resist the devil, and he will flee from you.**

Submission precedes resistance. Authority is exercised within the jurisdiction of obedience.

#### **REVELATION 12:11**

**They triumphed over him by the blood of the Lamb and by the word of their testimony, and they did not love their lives so much as to shrink from death.**

Our authority to rebuke is rooted in the finished work of Christ (the blood of the Lamb) and activated by our spoken declaration (the word of our testimony).

#### **Application:**

**Before rebuking, pause for self-examination and repentance. Pray: "Lord, reveal any area of my life where I have not been submitted to You." Confess**

and renounce any known sin. Then, from a heart cleansed and submitted, address the spirit aloud: “In the name of Jesus Christ, by the power of His blood, I command you, spirit of [name what you discerned], to leave me now. I break your assignment. You have no right here. Your testimony is your spoken agreement with God’s truth against the enemy’s lie.

### **3. WORSHIP: Emphasize the Presence of God Through Worship**

The demonic is canceled in God’s presence.

Worship is active spiritual warfare that transforms atmospheres. Demonic oppression thrives in environments of fear, isolation, and despair. Worship invites God’s manifest presence, which is inherently hostile to darkness. As you focus on God’s attributes—His holiness, power, and faithfulness—your perspective shifts from the enemy’s magnitude to God’s supremacy.

Historical accounts show that sustained worship can precipitate tangible breakthroughs, breaking physical chains and spiritual strongholds alike.

#### **PSALM 22:3**

**Yet you are holy, enthroned on the praises of Israel.**

God literally inhabits the praises of His people. Where He is enthroned, opposing powers cannot remain.

#### **ACTS 16:25-26**

**About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone’s chains came loose.**

Their worship in a place of extreme oppression (prison, beaten, bound) preceded a supernatural deliverance that affected not only them but everyone around them.

**Application:**

Create a lifestyle of worship, not just crisis responses. Play anointed music in your home and workplace. Sing scripture aloud. Speak declarations of God's goodness. When oppression feels heaviest, intentionally begin thanking God for specific attributes: "God, I worship you because you are my refuge and fortress. I magnify you as the deliverer and strong tower." Worship by choice, not by feeling.

## **4. CAPTURE THOUGHTS: Take Authority Over the Thoughts in Your Head**

The attack is through the thoughts. Control the thoughts and elevate your emotions.

The mind is the primary battlefield in spiritual oppression. Demonic forces inject "fiery darts" of condemning, fearful, blasphemous, or despairing thoughts, hoping you'll accept them as your own.

These thoughts, if entertained, create strongholds—fortified mental patterns that contradict God's truth.

Victory requires actively capturing every thought and judging it against Scripture. You don't defeat lies by analysis but by proclamation of greater truth. As your thoughts align with God's Word, your emotions follow into peace and stability.

### **2 CORINTHIANS 10:5**

**We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.**

The military language "take captive" indicates this is an active, aggressive discipline, not passive reception.

### **2 TIMOTHY 1:7**

**For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.**

A sound, disciplined mind is your inheritance through the Holy Spirit, not a spirit of fear.

### **ISAIAH 26:3**

**You will keep in perfect peace those whose minds are steadfast, because they trust in you.**

Peace is directly connected to a mind steadfastly focused on God.

### **Application:**

**When a condemning thought arises "You're a failure", immediately capture it and counter aloud with Scripture: I reject that lie. Keep a list of key verses addressing common attacks (fear, condemnation, worthlessness) and speak them consistently. Your mind is renewed through the truth you actively proclaim.**

### **ROMANS 8:1**

**Therefore, there is now no condemnation for those who are in Christ Jesus.**

## **5. PRAISE: Praise Your Way Out**

Maintain a continual posture of victory.

Praise is the sustaining force of spiritual victory. While worship focuses on who God is, praise focuses on what He has done—a declaration of His faithful acts.

Praise is called a "sacrifice" because you offer it when circumstances haven't changed, asserting by faith that God's character is more reliable than your present feelings.

This continual posture of thanksgiving seals deliverance, fortifies against future attacks, and creates spiritual momentum that carries you from oppression into liberty. Praise affirms the battle is won before the evidence appears.

### **PSALM 34:1**

**I will extol the LORD at all times; his praise will always be on my lips.**

Praise is to be continual “at all times”, not circumstantial.

**HEBREWS 13:15**

**Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name.**

Praise is explicitly called a “sacrifice”—it costs us our self-pity, complaint, and despair.

**NEHEMIAH 8:10**

**Do not grieve, for the joy of the LORD is your strength.**

Divine joy—accessed through praise—becomes your spiritual strength, directly countering the weakness oppression produces.

**Application:**

**Develop a vocabulary of praise. Begin and end your day thanking God for specific victories, past deliverances, and His faithful character. When feeling oppressed, shift from petition to praise: “God, I thank you that you are my deliverer. I praise you that no weapon formed against me will prosper. I thank you that greater is He in me than he in the world.” Let praise be your first response, not last resort.**

This approach addresses oppression at its root while building lasting spiritual resilience. Each element reinforces the others, creating a comprehensive defense and pathway to freedom.



