

✓ Preparing People For Deliverance

Saturday, 2 May 2026 8:26 AM

Wed Morning 5.

A Suggested Process for Preparing People for Ministry.

I. Introduction: Roots and Fruit

1. To Every Fruit there is a Root

- [Luk 6:43](#) "For a good tree does not bear bad fruit, nor does a bad tree bear good fruit.
[Luk 6:44](#) For every tree is known by its own fruit. For men do not gather figs from thorns, nor do they gather grapes from a bramble bush.
[Luk 6:45](#) A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.
 - To diagnose something is to determine the nature of the problem the person is facing
 - This requires **discernment of the spiritual roots** that are operating in the person's life
 - Wherever there is fruit there will be some contributing roots energising the behaviour

2. Spiritual Roots Energise Problems

- [Heb 12:15](#) looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;
 - Bitterness is a sinful root that develops unseen in the heart
 - Bitterness develops as a progression when people fail to deal with life's hurts and wounds in a godly way
- **The Progressive Development of Bitterness**
 - Hurt
 - Anger
 - Offence
 - Resentment
 - Bitterness
 - Hatred
 - Retaliation of Revenge
- **Reactions To Bitter Experience:**
 - Bitter root Judgments or expectations
 - Inner Vows
 - Death wishes
 - Burden bearing
- **Unresolved Sins and Wounds produce Bad Fruit**
 - Bitterness does not remain hidden it produces a tangible fruit in the persons life and relationships
 - "Cause trouble"...to disturb, trouble, annoy
 - "Defile"...to contaminate, stain, dye with a colour, pollute, contaminate
 - Unresolved issues of the heart don't just affect you they affect many people
- **Sin Energizes Personal Problems**
 - [Rom 7:5](#) For when we were in the flesh, the sinful passions which were aroused by the law were **at work in our members to bear fruit to death.**
 - We can choose to live in the Spirit by faith, or to respond to our flesh nature and desire
 - Passions.....sufferings, hardships, emotional influence, affliction
 - "Works".....energeo...to be at work, to be active, to put forth power
 - Sin has an impact upon us. It is a spiritual force that energizes emotions and thoughts
- **Demons Energize Personal Problems**
 - [Eph 2:2](#) in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now **works** in the sons of disobedience,
 - "Works".....energeo...to be at work, to be active, to put forth power
 - Demons have limitations to their access to the lives of people
 - Violations of God's law give them legal rights to work within us, to energize problems

(Leave out Section II.)

II. Demonic Doorways

1. Two Main Doorways for Demons

- There are two main ways that demons gain access to people to torment and to afflict them
 - i. **Violations of the Laws of God**
 - ii. **Unresolved Wounds and Trauma**

2. Violations of the Laws of God

- **Don't Give Place to the Devil**
- Eph 4:27 *nor give place to the devil.*
 - Place....a legal right or jurisdiction, opportunity
 - The Devil is called the accuser of the brethren (Rev.12:10)
 - He comes as a prosecutor in a court to lay charges/accusations and require a penalty
 - Demons are limited in their activity and access to humans. They need violations of the law
 - When the law is violated the hedge of protection we enjoy is broken down (Ecc.10:8)
- **Violations of Law bring Bondage**
- Jdg 2:11 *Then the children of Israel did evil in the sight of the LORD, and served the Baals;*
Jdg 2:12 *and they forsook the LORD God of their fathers, who had brought them out of the land of Egypt; and they followed other gods from among the gods of the people who were all around them, and they bowed down to them; and they provoked the LORD to anger.*
Jdg 2:13 *They forsook the LORD and served Baal and the Ashtoreths.*
Jdg 2:14 *And the anger of the LORD was hot against Israel. So He delivered them into the hands of plunderers who despoiled them; and He sold them into the hands of their enemies all around, so that they could no longer stand before their enemies.*
Jdg 2:15 *Wherever they went out, the hand of the LORD was against them for calamity, as the LORD had said, and as the LORD had sworn to them. And they were greatly distressed.*
- **Violations of God's Law Results in Captivity**
 - Baals and Ashtoreths were the tangible representatives of the Principality of Jezebel
 - To serve means to respond to their influence and commands, become subject to
 - God **sold** Israel into the hand of their enemies
 - When a servant ran up debts he could not pay, he was sold as a slave (Exod 22:3)
 - Sin creates a debt that brings us into the bondage of demonic powers
 - They could not stand....They had no spiritual power to overcome demonic powers
 - This is the pattern all through the Old Testament Eg Joshua.7:1-13 Achan' sin
 - They were greatly distressed ...oppressed, pressed into a close space, harassed

3. Unresolved Wounds and Trauma

- **Every person experiences hurts and disappointments and injustice that is painful.**
It is life
- **Wounds:**
 - A physical wound is a cut that causes pain and bleeding
 - There is possibility of it becoming infected and becoming life threatening
 - Wounds that are internal are not visible in the natural but are visible to the spirit realm
 - They attract demons like flies to meat
 - Unless they are healed they become doorways for demons
- **Traumas:**
 - These are experiences that overwhelm the ability of the body and mind to process the fear or pain, or shock
 - Trauma experiences open up a doorway into the spirit realm and also imprint the experience upon the body, nervous system, mind and ability to function in life
- **Reactions:**
- **Two Ways We Can Choose to Respond**
- When we experience any painful situation in life we have a choice how we will respond and handle it
 - 1. **Faith**
 - Psa 147:3 *He heals the brokenhearted And binds up their wounds.*
 - We can choose to draw near to our loving Father in faith and trust Him to help us
 - By faith we choose to respond to His process of healing and restoration

- That process involves humility , acknowledgement of pain and reaction, forgiveness and repentance
- **When we chose Faith:**
 - We come into agreement with God and His Word
 - We yield to the Holy Spirit and the Kingdom rule of God
 - We experience peace and empowerment
 - We gradually become shaped by the Holy Spirit to become like Christ in our thoughts and character and life. We become a mature son or daughter of God

2. Control

- We can choose to hide the pain and reactions in our heart and refuse to resolve them
- We try to control our pain, relationships and life so we do not get hurt again
- We may choose to try and comfort our pain in ways that become destructive to us and others
- *Rom.14:23...whatever is not from faith is sin*
- Attempts to control are rooted in pride and fear and are sin
- **When we Choose Control:**
 - We come into agreement with Jezebel and its Kingdom rule
 - We give access to demons to enter and to torment. Control creates legal rights
 - We loose power to stand spiritually and are drawn further into its Kingdom and rule
 - We create an illusion of control but are bound by fear and torment
 - We gradually become shaped by Jezebel in our thoughts, character and life, and become a channel for Jezebel to manifest through us and hurt people around us
 - Jezebel destroys lives and legacy

III. Diagnosis of Roots (Personal Counseling).

An Overview of the Process

- I like to follow the pattern that God demonstrated to Adam after Adam sinned and hid from Him
- [Gen 3:9](#) Then the LORD God called to Adam and said to him, "[Where are you?](#)"
[Gen 3:10](#) So he said, "I heard Your voice in the garden, and I was afraid because I was naked; and I hid myself."
[Gen 3:11](#) And He said, "[Who told you](#) that you were naked?
Have you eaten from the tree of which I commanded you that you should not eat?"

1. Engage the Person coming for help

- Help them feel safe and relax. Many come quite fearful
- Assure them of confidentiality regarding what they share (With one exception)
- Help them understand that freedom is a journey and a process and we don't have to fix everything at once
- I let them know I will take notes (confidential) to help me focus and to look for patterns

2. Engage the Presence of God

- **We need Holy Spirit's presence and voice to be able to get to the root of the issues**
 - Start with prayer and engage Holy Spirit. Only He sees the heart, only He knows the roots
 - Pray in Tongues
 - Invite Holy Spirit to come with power and discernment of spirits and the heart
 - Exert authority over The Spirit of Jezebel.
 - Bind and forbid its operation
 - Cut all cords of communication and power with any lower level spirit
 - Bind and forbid any retaliation against people, family member or property

3. Diagnosis

- **Uncover what is the problem and what are the hidden roots that energize that problem**
 - Take one problem and follow through to all its roots
 - A Question List can be useful and time saving

4. The Relationship Question:

- "*Where are you?*"
- Ask questions and listen carefully to establish what is happening in the persons life
- *What is the problem?*

- *When did it start?*
- I want to know what their presenting problem is and their journey to get there
- We want to uncover the hidden roots that energise the problem

5. **The Influence Question:**

- *"Who told you?"*
- What is influencing the persons thoughts, feelings and behavior?
- What spiritual forces are at work?
- List key issues as they arise to the surface in the talking
- Identify sin issues and unresolved wounds and trauma

6. **The Responsibility Question**

- *"Did you eat?"*
- This is an invitation from God for Adam to humble himself, take responsibility for his actions and for resolve the issue of his sin
- I go through the list and identify what I have discovered are key spiritual roots and unresolved wounds
- I explain what each one is and how it is affecting them, and the need to resolve
- I explain what they will need to do to prepare for ministry of deliverance and healing
- I set Homework for them to complete

IV. **What to look For?**

What Root Issues to Look For

1. **Generational iniquity and curses(Repeated Patterns)**

- Sickness
- Mental issues, oppression
- Divorce and family breakdown
- Sexual issues
- Miscarriages, conception, menstrual issues
- Financial failure
- Paranormal activity
- Inability to settle in one place

2. **Unresolved Conflict with Parents (Dishonour)**

- Bitterness
- Bitter Judgments/expectations
- Inner Vows
- Over responsibility

3. **Word Curses spoken over them**

- Parents
- Authority figures
- Self cursing
- Occult Practitioners

4. **Trauma Experiences**

- Unwanted/ unwanted gender
- Prenatal Trauma
- Birth Trauma
- Physical issues
- Hospitalization/separation from parent
- Early childhood experiences
- Rejection
- Abandonment
- Near death experiences,
- Demonic encounters,
- Surgery
- Adoption
- Rejection
- Controlling or Abusive relationships
- Abuse...Sexual, physical, verbal
- Accidents
- Betrayal
- Frightening experiences....natural disasters

5. **Sexual Sin (Specific)**

- Fornication
- Pornography
- Adultery
- Abuse

- Homosexuality/lesbian
- Pedophilia
- Rape
- Voyeurism

6. **Destructive Attachments (Soul Ties)**

- Sexual relationships
- Controlling people
- Dead people
- Idols
- Hobbies
- Addictions
- Tattoos

7. **Occult involvement/Idolatry**

- Divination
- Sorcery
- Idolatry
- Religious Bondage
- Gaming Addiction
- Occult Objects

8. **Habits of Sin**

- Rebellion
- Hatred
- Bitterness
- Prejudice
- Addictions

V. **Lay the Foundations for Freedom**

- **Faith is Foundational for Freedom....If you can believe**
 - [Mar 9:23](#) Jesus said to him, "If you can believe, all things are possible to him who believes."
 - [2Ti 2:24](#) And a servant of the Lord must not quarrel but be gentle to all, able to teach, patient,
[2Ti 2:25](#) in humility correcting those who are in opposition, if God perhaps will grant them repentance, so that they may know the truth,
[2Ti 2:26](#) and that they may come to their senses and escape the snare of the devil, having been taken captive by him to do his will
- **Explain that faith is expressed by action: Obedience**
 - Recognise the problem and its roots
 - Responsibility for our part in it
 - Repentance and confession of our own failures
 - Release forgiveness to the offenders
 - Renounce and break agreements with demons
 - Resist and reject any defiling spirits from your life

VI. **Participant Homework Assignment**

1. **Why is Homework Important?**

- **There are several good reasons to set a Homework assignment prior to ministry**
 - It shifts focus from the minister to what Holy Spirit is doing in their life
 - It shifts focus from a "quick fix" to a Journey, a Process
 - It places responsibility on the person to take responsibility for their freedom
 - It challenges them to actively participate in their own freedom journey
 - It gives Holy Spirit time and room to surface "forgotten" issues to the memory

2. **What Homework to Set?**

- **I am led by the Spirit in what to set in the way of Homework**
 - It could be a section of the Bible or a particular book to read
 - Almost always I set homework to journal and engage the impact of wounds they have received in their journey
 - I explain how to journal and ask them to list the people they have unresolved conflict with and journal the issues one by one to forgive them

3. **Pray and bind hidden Jezebelic influence**

- **Assert authority in the spirit to break hidden Jezebel influence**
 - The person has attempted to control pain and sin for possibly a long period of time
 - This has brought agreement with hidden controlling spirits

- Explain they have tried to save themselves by controlling pain and relationships
- Now they must repent and let go agreement to control and invite Holy Spirit it uncover

○ **Sample Prayer:**

VII. The Power of Journaling.

1. Two Activities Journaling is extremely helpful for

1. Engaging in two way conversation with Holy Spirit

- [1Ch 28:19](#) "All this," said David, "the LORD made me understand in writing, by His hand upon me, all the works of these plans."
- The Holy Spirit spoke and gave revelation to David by way of writing, inspired writing
- **2. Discovering unresolved core pain in the heart**
- [Pro 14:10](#) The heart knows its own bitterness,
- We may push painful experiences aside but our heart knows the bitterness it carries
- [Psa 139:23](#) Search me, O God, and know my heart; Try me, and know my anxieties
- David invites God to search his heart and to expose the things that are hidden

2. Journaling is effective in uncovering Hidden Core Pain in the Heart

○ **Jesus Commanded us to forgive people who have hurt us from the heart**

- [Mat 18:34](#) And his master was angry, and delivered him to the torturers until he should pay all that was due to him.
- [Mat 18:35](#) "So My heavenly Father also will do to you if each of you, **from his heart**, does not forgive his brother his trespasses."
- To forgive means to release or cancel a debt that is owed
- Frequently when people try to forgive they are out of touch with the pain and anger and damage they are carrying.
- Journaling can help a person connect with what is in their heart and bring it to the open so that forgiveness can be deep and a real release occur
- Writing or journaling is a safe way to identify and express emotions reactions without damaging a relationship because the words are never shared or spoken
- You can never take back spoken words, verbal attacks can fester in people for a lifetime
- I ask people to write an **Anger Letter**
- **Anger like other emotions is a signal that we are experiencing injustice, real or perceived, and that an active response is needed**
- The anger letter is a way of acknowledging and speaking forth things that they are carrying in their heart that they might never be able to say to a person directly.
- This is private and confidential between them and God and will never be shared.
- It is never to be sent or seen by anyone else
- It will be destroyed after it has served its purpose

VIII. Steps to Journal Heart Issues through an Anger Letter

1. The Issue of Misplaced Loyalty

- **Misplaced loyalty (or mistaken loyalty, misguided loyalty or misplaced trust) is loyalty placed in other persons or organisations where that loyalty is not acknowledged, is not respected, is betrayed, or is taken advantage of.**

- It is common for people in relationships that are painful or abusive to struggle standing up or speaking up for themselves, setting healthy boundaries, and acknowledging how painful and dysfunctional the relationship really is
- They may have a very low sense of personal value or worth
- When they try to express the pain they are feeling in their heart, they become conflicted with feelings of guilt and disloyalty to the person
- They cease exploring their own pain and the causes, because they feel guilty about this, and disloyal to the person concerned
- This struggle is common in issues related to
 - Parents, and older family members
 - Honor/Shame cultural backgrounds and
 - Church or Church Leaders
- The person is unable to express their thoughts and feelings about how badly they're have been treated

- **In those situations I tell people to write their anger letter in two parts:**

- **Gratitude Page.....** Things to acknowledge and be thankful for
- **Grief or Grievance Page.....** Things that are painful and need the grace of God to resolve

Practical Steps to Writing an Anger letter**1. Find a Place alone and private**

- It is important that you have privacy to open up your heart and express what you are carrying
 - It is also important that you have adequate time and do not rush the process
 - You do not know what emotions will emerge

2. Prepare what you will need to write the Letter

- Have a player and some suitable gentle music to play
 - You will need something to write on and write with
 - Handwriting is usually a better way of engaging your heart than typing
 - Have some tissues or a hand towel to wipe tears away
 - Make sure your phone is switched to "Off" mode

3. Worship and invite the Holy Spirit to come and help

- The Holy Spirit is your helper in the process of healing and cleansing
 - It is His assignment to uncover and bring issues to the surface to be resolved
 - He knows what is there and what you are ready to cope with at this point
 - Holy Spirit moves spontaneously and as a gentle flow of thoughts or pictures when He speaks to us
- **Sample Prayer**

4. Renounce all Agreements with Controlling Spirits

- We have done this at the first session but do this step again anyway
 - Your goal in this is to acknowledge you have tried to control core pain and break your agreement with Controlling spirits to help you
- **Sample Prayer:**

5. List the names of people you will need to write about

- There may be a number of different people who have caused pain and distress to you
 - These may have been people who have helped and supported you in some way
 - But they are also the "Villains" in your life that have treated you unjustly
 - Write a list. Name them. Holy Spirit will bring their names to mind
 - This may well surface painful feelings as you face this for the first time
 - Start at the beginning, with a parents/family or with whoever Holy Spirit tells you

6. Write the Gratitude Page

- (Only do this page if there are conflicted feelings of loyalty...eg parent)]
- Ask Holy Spirit to bring to mind the good experiences or things given to you by this person
 - This is the positive legacy you have received from their influence in your life
 - Write directly to the person: "*Dear Dad*"
 - Take your time to identify and to write all the things that you remember that were positive
 - Write until you can write no more
 - Read the list slowly. This is your gratitude list
 - Write and express your gratitude to them for these good things .
 - Thank God for them.

7. Write the Grief Page

- **This is the part that is the most painful to write.**
 - You have spent years trying to bury and forget these things and control the pain
 - It is a process not a race
 - It may have to be done in stages. You may have to come back to it
 - Only work on the issues caused by one person at a time
- **Here are the three key parts of this page for you to write**
 - 1. Actions**
 - What did this person do that caused you pain and grief? Write it down!
 - Be quite specific about their actions that hurt you
 - Sometimes it is the things that they withheld from us that caused deep pain. Write it down!
 - 2. Feelings**
 - What are you feeling in your heart about this? Write it down!
 - Be totally honest about this. They are what they are, feelings or indicators
 - You may be surprised at the intensity of feelings of anger, bitterness and hatred that exist
 - Allow the feelings to surface and weep over them.
 - Don't be afraid to feel. Don't try to control and suppress these feelings. Express them

- Grieving over pain and loss is part of the healing process

3. Reactions

- How did you react to what happened to you? Write it down!
- How did you try and save or protect yourself? Write it down!
 - Rage?
 - Bitterness?
 - Bitter judgments?
 - Inner vows...promises to make sure you never get hurt again?
 - Death wishes or suicide attempts?
 - Avoidance?
 - Blaming
 - Silence?.....become mute and unable to speak about feelings
 - False responsibilities...trying to rescue or minimize conflict
 - Fantasy and escapism?
 - Addictive substances?
 - Occult activities?
 - Controlling feelings, relationships and life

8. Respond now to what you have written

- **Read back over what you have written.**
 - Are there any things that you need to add to this? Write it!
- **Make a decision now to act in faith and obey God**
 - 1. Grieve over what you have suffered and release it to The Lord**
 - Grieving is a godly way of processing loss and pain and letting it go
 - Weep openly over what you have written and have never before faced honestly
 - Bring your griefs and sorrows to Jesus. (Is.53:3-4)
 - Ask Him to heal the deep wounds and remove all pain and grief
 - 2. Forgive the person and release the Debt**
 - Forgiveness is an act of the will. It is a choice
 - You are not forgiving because the person deserves it
 - You are forgiving because Christ forgave you
 - You are forgiving to break free of what they did and the impact of it on you
 - Speak words aloud, slowly and intentionally and release them
 - Speak blessing over their lives
 - 3. Repent and confess the sinful ways you have reacted to being hurt**
 - In every area of deliverance repentance is the key issue
 - Without repentance there is no forgiveness, legal rights remain and there is no deliverance Look again at the list of ungodly ways that you have reacted to being hurt
 - These are things that you are responsible for. These are your sinful choices
 - Repent deeply...turn from and abandon these ways of comforting yourself and controlling
 - Confess them specifically to the Lord and ask for His forgiveness
 - Declare 1John 1:9 over your life
 - *1Jn 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

9. Next Steps:

- **Review the Letter**
 - Put your letter away in a safe place for a few days
 - Take it out and relook at it
 - Are there any new issues that Holy Spirit is bringing to mind?
 - Write it down and process it as you previously did
- **You are now ready for the ministry appointment**
 - Arrange a time and place for the ministry appointment
 - There will be a ministry team of two praying for you
 - Ask who else will be present and indicate that you are happy for them to be present
 - Fast as you are able to prepare yourself for ministry

IX. Summary of the Steps

1. Bad Fruit comes from a Bad Root
2. Look beyond behaviours for hidden spiritual and emotional roots
3. Sin and demons energize problems in people
4. Unresolved wounds and trauma open doors for demons
5. Ask Questions and consider the person, whole journey
6. List unresolved roots to address and explain
7. Give Homework to address core pain
8. Pray and bind hidden Jezebelic influence

9. Be led by the Spirit as you minister