

Intro: At a suburban factory for processing French fries, workers discovered something on the conveyor belt full of potatoes: a World War II-era grenade. Manager Roland Spitaels said, “It looked very much like a muddy potato originally. But the guys were really calm and collected and they reacted in an extremely professional manner.”

According to the manager, police were summoned to the scene, who in turn called an ordnance disposal team from the New Zealand Defense Force. The military bomb squad identified it as a Mills bomb, a common WWII grenade. Upon subjecting it to X-rays, however, they found it to be non-explosive, likely used as a training device.

The manager told local news that the incident was the first of its kind during the factory’s three decades of operation. He hopes that police will return the grenade, so that it can be displayed in a trophy room.

Title: The Miracle Of Deliverance

Finding Freedom From Spiritual Oppression

Text: Mark 5:1-16

Where Does Spiritual Oppression Come From?

Text: Jesus has just come over from the other side of lake:

Mark 5:1-3 (NKJV) 1 Then they came to the other side of the sea, to the country of the Gadarenes. 2 And when He had come out of the boat, immediately there met Him out of the tombs a man with an unclean spirit, 3 who had his dwelling among the tombs; and no one could bind him, not even with chains,

Types of Spiritual Oppression:

1. Destructive thought patterns or behaviors.

Mark 5:3-5 (NKJV) 3 who had his dwelling among the tombs; and no one could bind him, not even with chains, 4 because he had often been bound with shackles and chains. And the chains had been pulled apart by him, and the shackles broken in pieces; neither could anyone tame him. 5 And always, night and day, he was in the mountains and in the tombs, crying out and cutting himself with stones.

2. Immobilizing Fear and Anxiety.

Anxiety and depression are prevalent mental health conditions in the US. Approximately 19.1% of adults experience an anxiety disorder annually, while 8.3% experience a major depressive episode, [according to the National Institute of Mental Health \(NIMH\)](#).

3. Compulsive Habits.

According to the 2023 United States National Survey on Drug Use and Health (NSDUH): 48.5 million (16.7%) Americans (aged 12 and older) battled a substance use disorder in the past year. 10.2% of Americans 12 and older had an alcohol use disorder in the past year

4. Compulsion To Isolate From People.

5 And always, night and day, he was in the mountains and in the tombs, crying out and cutting himself with stones.

Sources Of Spiritual Oppression: Where does it come from?

1. Sin: Disobedience To God.

1. Open Doors: Spiritual experience that Satan exploits and gains access

Devil:

1 Peter 5:8 (NKJV) 8 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

Flesh:

Romans 8:5-8 (NKJV) 5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. 6 For to be carnally minded is death, but to be spiritually minded is life and peace. 7 Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. 8 So then, those who are in the flesh cannot please God.

2. Deception: Mindsets, emotions that come through opening up to spiritually harmful teachings, images

2 Corinthians 4:4 (NKJV) 4 whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them.

3. Can come through demonic involvement

4. Any form of sexual sin, uncleanness

So what is to be done?

God Has An Answer For Spiritual Oppression

1. Jesus Brought Deliverance.

*Mark 5:7-8 (NKJV) 7 And he cried out with a loud voice and said, "What have I to do with You, Jesus, Son of the Most High God? I implore You by God that You do not torment me."
8 For He said to him, "Come out of the man, unclean spirit!"*

*Mark 5:11-16 (NKJV) 11 Now a large herd of swine was feeding there near the mountains.
12 So all the demons begged Him, saying, "Send us to the swine, that we may enter them." 13 And at once Jesus gave them permission. Then the unclean spirits went out and entered the swine (there were about two thousand); and the herd ran violently down the steep place into the sea, and drowned in the sea.
14 So those who fed the swine fled, and they told it in the city and in the country. And they went out to see what it was that had happened. **15 Then they came to Jesus, and saw the one who had been demon-possessed and had the legion, sitting and clothed and in his right mind.***

2 Timothy 1:7 (NKJV) 7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

2. Jesus' Disciples Brought Deliverance.

*Luke 10:17-19 (NKJV) 17 Then the seventy returned with joy, saying, "Lord, even the demons are subject to us in Your name."
18 And He said to them, "I saw Satan fall like lightning from heaven. 19 Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.*

3. Believers Appointed To Receive And Release Deliverance.

Mark 16:17-18 (NKJV) 17 And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; 18 they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover.'

FINDING JESUS' DELIVERANCE.

Will You Surrender To Jesus?

Expose sin and rebellion against God

Expose the source and bring it to Jesus

Mark 5:6 (NKJV) 6 When he saw Jesus from afar, he ran and worshiped Him.

Apply The Blood Of Jesus.

1 Peter 1:18 (NKJV) 18 knowing that you were not redeemed with corruptible things, like silver or gold, from your aimless conduct received by tradition from your fathers,

Judge And Close Spiritual Doors.

1 John 1:7-9 (NKJV) 7 But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.

8 If we say that we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Conclusion:

Former NFL player, Miles McPherson describes his bondage to cocaine and deliverance by Christ

I was a defensive back playing for the San Diego Chargers and living the life I always wanted. As a rookie arriving at training camp, I was in awe of all the veteran players. I'll never forget the day I walked into a hotel room occupied by six partying veterans. The pressure to get along, to fit in, was overwhelming. So when the guys pulled out cocaine and passed it around, I knew I had a decision to make: Take part or be left out.

The cocaine that I consumed that night took me by the lapels and forced me into submission. Soon enough, I was completely under its control. There I was, at the top of the sports world, playing on TV every Sunday and enjoying a nice contract. And yet, every chance I got, I drove myself down to the seediest neighborhoods of the city and paid good money to a dealer who sold me poison.

At the time, there were several guys on the team who were Christians, and they were very vocal about Jesus. One guy, in particular, was downright aggressive. One day, on a chartered flight back from a game, he got in my face. Staring me down, he asked, "If you were to die today, would you go to heaven? You know Jesus wants your heart. What are you going to do?" It freaked me out.

One night, one of my teammates drove me down to a ramshackle crack house. I encountered a shriveled-up skeleton of a soul in a dirty white tank top who was busy making a batch. He had given his life over to the drug, and it was killing him. I looked him up and down. I actually

felt sorry for him—until I caught myself in the mirror. God said to me, What’s the difference between you and him?

Just then, my teammate entered the bathroom, and the cook handed him a crack pipe. He stood right in front of me, put that filthy thing in his mouth, and took a hit. I watched his eyes roll back in his head and his body go limp. I thought he was going to die. He asked me, “You want to try it?” I gulped, “Nah.” “You’re strong,” he said. I replied, “Not strong. Just scared.”

I began begging myself not to do it anymore. I was throwing away my dream, the best opportunity I ever could have hoped for. But no matter how furiously I pleaded with the man in the mirror, I just couldn’t stop. “Just one more day,” a voice from the dark side of my soul would say. “Just one more party.”

Finally, the moment of truth arrived. I began a cocaine binge in the evening, and when 5 a.m. rolled around, I still hadn’t gone to sleep. I was shackled by my habit and utterly helpless against it—I fully believed it would kill me. If anything was going to free me, it had to be mightier than my addiction. I recalled what my Christian teammates had said about the power of Jesus. And so I called out to Jesus to save me. Who else was going to do it?

When I got up off my knees, everything was different. I felt as if I had been delivered—that all the desire to use had fallen away. By God’s grace, from that point forward, I would never do drugs again.