

Chapter 10

Spiritual Cleanse

So, are you ready to clean house? If so, I suggest you set aside a couple of hours to be alone with the Lord and work through this chapter. Take a pen and several blank sheets of paper, and be ready to write down any areas that the Holy Spirit brings to mind that need to be cleansed. You can destroy or burn them at the end.

Make sure you've given your life to Jesus, and if in doubt, go back to chapter 2 and spend some time on the prayer at the end of that chapter. When Christ has ownership of the house, then you can use His power to clean it! Remember, you'll need His authority to clean house as well as keep it clean, so make sure that you're fully surrendered to Him as best you know how.

A good rule of thumb is to **Consecrate first, Cleanse second**. God takes care of what belongs to Him! He also doesn't want the enemy attached to anything of His. When you've given an area of your life to Christ, you have authority to command the enemy to leave because it fully belongs to the King of Kings. You'll see this pattern outlined in the prayers.

Clearing the Air

I like to pray three prayers that set the stage and prepare the way for a spiritual cleanse. Remember, the spirit realm is real and active, and it will respond when you speak to it in the Name of Jesus. Be humble toward God, but don't be humble toward the enemy- it's time to pick up your sword and do battle from your position in Christ!

1) **Bind all distractions** in the name of Jesus. Life happens- we all get that. But I'm sure you recognize that sometimes the enemy deliberately wants to steal your attention away from Christ, and this is no time for that!

Prayer: *Father, I dedicate this time to You and ask for the Holy Spirit to fill this place and have complete freedom to speak to my heart about any matter. I freely dedicate my life to You, and ask You to help me see what You see. Satan, in the Name of Jesus, I bind you from clouding my mind, bringing distractions and rabbit trail thoughts, or blocking my mind or memories.*

2) **Bind manifestations**. Remember the California story at the beginning of this book, and how the woman was writhing on the ground? Knowing what I know now, I would have commanded the demons to stop manifesting their presence, in the Name of Jesus. Jesus often told the demons "be quiet and come out." ¹ Deuteronomy 18:11 strictly forbids the practice of those who "consult with evil spirits." I believe that conversations with the demonic realm are nearly always out of order since the Old

¹ Mark 1:34, Luke 4:35

Testament clearly forbids communicating with unclean spirits, and we are not interested in glorifying demons. **You can command them to leave quietly and without a fuss.**

Prayer: Demons, I command you to be bound from manifesting your presence in any way. You must leave at once in the mighty Name of Jesus when you are told.

3) **Tell them where to go.** Sometimes Jesus was very specific with telling the enemy where to go, for instance, he let them go into a herd of pigs. (Since pigs were an unclean animal and since Jesus was a Jewish man, I'm sure this made quite an impression on their owners!) A very good principle is to tell the enemy where to go before kicking him out of your life. It really makes a difference when you put them under the authority of Christ and the holy angels, rather than letting them find another victim right away.

Prayer: In the Name of Jesus, I command every demon and fallen spirit to leave this area when you are commanded to leave. You are not allowed to enter into any children, any of my loved ones, or any place under my ownership, and you will be under the authority of the angels of God to go wherever Christ commands you to go.

If your mind becomes foggy, come back to these prayers and repeat them. Remember, the enemy doesn't want to leave his house. Jesus crushed the serpent's head and took away his power, but every believer has to use their authority in Christ to walk in victory.

#1 Generational Curses

Every one of us has demonic strongholds, patterns, and curses that were passed down through our parents from one generation to the next. These are doors and windows in our lives that we didn't open ourselves but that still influence us. For instance, alcoholism may run in a family, or rage, or mental illness. Often this is a demonic cycle that we can break off now that we belong to Christ. These are called "sins of inheritance." Ask the Holy Spirit to bring to remembrance any relative who may be involved in the following and write them down:

- -Occult Activities
- -Witchcraft
- -Masonry or secret organizations (-these all deal with curses that are placed on the person involved and their descendants. These curses must be broken and removed from your life.)
- -Baby dedications from another religion including cults (-all religions dedicate their babies to their god. Once you choose to follow Christ, you may be struggling against former dedications that have been placed on you. These must be broken.)
- -Cycles of: rage, unforgiveness, substance abuse, smoking, lust, mental illness, perversion, etc. Ask the Holy Spirit to show you the strategy of the enemy in your family. Also, list any physical sicknesses prevalent with a family.
- -Check out list #5, which covers a list of sins that become strongholds in a family.

Prayer: Father, I want to consecrate my entire life and lineage to You. I humbly confess that my ancestors have sinned against you in these ways (read your list.) I'm asking You right now to separate me from these sins, and any others I am not aware of. I ask You to shield me from any consequences of their sin, and close the doors of inheritance for me and my descendants from this day forward forever, in the Name of Jesus. By the blood of Jesus, seal us so that we can never receive anything through these doors again.

In the name of Jesus Christ, I command every demon to leave that entered my life through the sins of my fathers! I renounce and break all dedications, curses, and cycles of demonic oppression in Jesus' Name. I consecrate my life to the one true King, Jesus Christ!

Leftover Crumbs

Obviously, you will not know all the sin that has occurred within your family or ancestors. (If you're adopted, you need to go back with both sets of parents as far as you can.) I found a helpful prayer strategy from Jewish tradition that can cover what's been left out.

During a Jewish Passover Service, the participants search the house for leaven (or yeast, representing sin), to show their passion for a clean life, and gather any breadcrumbs that may be hiding. At the end of the search, they pray a symbolic prayer that references the fact that God honors our desire for the best we can to clean our lives, and also asks Him to pardon the sin we are not aware of. With that idea in mind, we can pray:

Prayer: Father, You see every part of my ancestry. To the best of my ability, I've repented of the sin I'm aware of, and I'm asking You to render null and void all other sin that I am not aware of, and place them all under the cross. Thank You, in Jesus' Name.

#2 Witchcraft and the Occult

We were created for connection with the spirit realm, because God is Spirit and we were made to encounter Him. However, it's also possible to open ourselves to Satan and his demons who are also spirits. The occult is a direct open door to the enemy of our souls. Also any activity that requires you to blank out your mind is an open door to demon possession. God calls us to actively renew our minds, not blank them out. (Romans 12:2)

- Ouija board
- Attending/participating in occult services or practices
- Astrology or horoscopes
- Child abuse of any form
- Fortune telling of any sort: tarot cards, crystals, palm reading, tea leaves
- Visiting a witch doctor of any type

- Calling a psychic hotline OR if you have “special powers” or psychic abilities
- Participating in a séance
- Astral projection or leaving your body
- Yoga and hypnosis- many forms involve blanking out the mind
- Martial arts, purely beyond the physical level
- Praying to or honoring the spirits of dead people
- Demonic games: Dungeons and Dragons, Live Role Playing, Pokemon, etc.
- Many video games involve magic and open doors to demons. Let Philippians 4:8 be your guide and think through your entertainment. Many movies with magic arts grieve the Spirit of God.
- Divination of any form
- Many initiation rights to collage sororities involve paying homage to the dead.
- Hypnosis
- Voodoo
- Spirit-guides other than the Holy Spirit
- WICCA involvement or other pagan forms of worship that do not worship and acknowledge Jesus Christ as the only, true God.

Prayer: *Father, I confess that I have sinned against you in this area_____ . I ask You to forgive me and cleanse me from it. In the name of Jesus Christ, I take authority over every demon spirit that came into my life through_____. I command you to leave forever in the name of Jesus!*

If you have been involved in occult activities, go deeper to renounce and reject each of those sins and the spirit guides you’ve associated with. If you’ve been involved with a Satanic group, you may need a pastor who is familiar with spiritual warfare to pray with you and agree in prayer.

Sometimes people receive supernatural powers that are NOT rooted in Christ and His Kingdom. They might make the person feel gifted and special, but it’s only a temporary ego boost if the power does not come from the Holy Spirit. It’s important to renounce those powers and completely stop using them. Ask the Lord to “turn off the spigot” to anything you’ve tapped into that’s not of Him.

#3 Sexual Sin

God says that any sex outside of the covenant of marriage between one man and one woman is sin, so in order to close the door to the enemy, we have to take full responsibility for our actions, repent, and command all demons to leave in Jesus’ name. Remember, the devil is a cheater. You may have asked God for forgiveness, but unless you specifically command demons to leave that may have entered in through that sin, they may still be around.

Write out a list that includes every person you’ve sinned with sexually. This also includes any doors that may have been open through pornography, molestation, rape,

oral sex, sexual rituals, homosexual behavior, or any sexual behavior outside of marriage that's not ordained by God and the Holy Spirit. Take Philippians 4:8 for your model and ask the Lord to show you any door from your past.

Prayer: Father, I completely dedicate my life to You, including the area of sexual activity. I confess that I have sinned sexually with _____ (name of person/s), and I repent for that activity. I ask You to wash me clean by the blood of Jesus and forgive my sin. I COMMAND every demon that came into my life through this activity to LEAVE forever in the name of Jesus Christ! Father, I ask You to sever and release me from every soul and spirit tie with this person(s) forever.

Prayer: In the name of Jesus Christ I command every demon to leave that entered my life through rape, molestation, and invasion of privacy to leave forever.

#4 Substance Abuse, Eating Disorders, and Cutting

When we introduce foreign substances into our bodies for the purpose of an emotional or physical experience, we often open the door for demonic entrance.

This is also the case for extreme eating disorders like anorexia and bulimia. While these diseases are often linked to emotional trauma, they also seek to control the body through unhealthy eating patterns and physical abuse, this often opens the door for spiritual oppression and darkness.

Cutting, or self-mutilation, is a form of self-destruction that attempts to release emotional pain instead of facing the situation and applying God's healing. Since the enemy seeks to kill, steal, and destroy, we need to repent for forming any alliance with the enemy of our souls that attempts to destroy God's creation- our bodies.

Prayer: Father, I dedicate my body to You, and choose to please You with my lifestyle. Please forgive me for contaminating/controlling my body in this manner: _____ Please wash me completely with the blood of Jesus and remove any curse of darkness on my life as the result of my participation.

Command: I command every demon, curse, and cycle from Satan that entered my life as a result of this practice to leave my life now and forever in the name of Jesus Christ!

#5 Trauma

Just as flies are drawn to an open wound, demons are drawn to traumatic situations. If you've had a deep, traumatic experience in your life, including car accidents, fires, loss, and abandonment or various disasters or *PTSD*, the trauma may have opened a door for demonic oppression. Now is a great time to ask the Holy Spirit to shut any open doors through trauma.

Prayer: Father, I believe that You are a Good Father and can work all things together for my good. I ask You to cover my life completely with the blood of Jesus in the area of this event(s)_____. I completely give You this situation and thank You for bringing beauty from ashes.

Command: In the Name of Jesus, I command every demon associated with _____ to leave! You are released from your assignment now. I break all cycles of torment and oppression from this event in the name of Jesus Christ.

If you work on a job that deals with trauma, like a medical unit, EMT, or fire department, it's important to put on the full armor of God every day and ask the Lord to shield you from warfare that surrounds trauma. If you are sensitive to the Holy Spirit, He will use to intercede and pray in specific ways during traumatic situations with others. Remember the anointing oil, and use it to anoint your car or workplace in a discreet way and pray for the peace of God to make it a "safe zone" for everyone.

#6 Heart Check-up

Sometimes we build strongholds in our lives that tie God's hands from blessing us. We like to believe that God will sovereignty move in our lives, but often He is waiting on us to align with His heart in order to release His purposes. If we're Biblically unhealthy, why would He call us to run a marathon? It's time to get "in shape" and do a heart check, so that He can trust us with great things! These are areas that will not bring demons into our lives, but they will quench the Holy Spirit's ability to bring forth fruit. Please take it seriously!

Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

2 Corinthians 7:1

Idolatry

Where are you investing your passion and time? Are you placing Christ at the core of your life and placing other things as secondary investments? Is your heart for Him evident by your lifestyle?

Words

Gossip, strife, and confusion are the result of speaking the wrong thing at the wrong time. We are each accountable for what comes from our lips. Are you speaking life and encouragement to people? A great exercise is to read the book of Proverbs and underline every place the words "tongue" and "words" are used. Isaiah 58:13 describes the fast God delights in and talks about a "word fast," where you chose to honor God with your words. Words are so powerful!

Identity

Are you a victim or warrior? Self-pity is not a friend of God. It's a beautiful thing to

pour our hearts out to God and tell Him of our sufferings, and it's totally cool to ask for prayer when we are struggling! But if we allow those wounded places to dictate who we are, then we start to see ourselves as victims- which is NOT how Christ sees us! In *The Last Battle*, C.S. Lewis describes such people as "the dwarfs that wouldn't be let in." They were so caught up in their own world of unbelief, that they refused to see the beauty God had prepared for them. It's really important to ask the Lord to give us fresh eyes with His perspective and refuse to become "stuck" with an identity of pain. Cultivating a thankful heart is a great place to start!

Entitlement

Most of us live in a very wealthy nation, but instead of being humble and grateful, we arrogantly demand more and feel entitled to our share. This attitude is the very opposite of being "poor in spirit," which is a requirement to receive God's Kingdom.

Lack of Love

There are times to walk away from relationships and set up good boundaries. However, most times we hang out with people we are comfortable with and do not step outside the box to love those who are not like us. We're often quick to cut off relationships when we don't feel appreciated, when sometimes it's our own shallowness that keeps us from seeing people for who they really are and connecting with them with Christ's love. Ask the Lord for His heart and a deep love for people.

Sowing

Giving is an important principle in God's Word. Tithing is a healthy, Christian discipline. Also, investing your time, talents, and prayer into ministries you are passionate about is a fulfilling part of following Christ. If you are not investing in this way, it's time to ask yourself why and really seek God on this matter.

Lying and Manipulation

Most lies are the result of insecurity. We feel like we'll lose something if we don't cover the truth, so we self-protect by twisting the truth. Manipulation is also the result of operating in our own strength instead of Christ's to get our way. This kind of control/fear-based living is the very thing Christ wants to set us free from! It's time to open up, tell the truth, and let God be our defender or else take the consequences. (1 John 4:18)

Being "right"

It's easy to miss God's righteousness because we've built an identity of being "right!" True righteousness recognizes that God is perfect and we delight in being aligned with Him- however we are human beings that are imperfect. If we have to be "right" to be "ok," then our identity is still in our righteousness more than His Grace. (Philippians 3:12-14)

Lack of a Servant-heart

Christ never used His power to make others feel “less than.” Quite the opposite- He was completely secure in the Father’s love and poured out His life without needing affirmation from people. Part of becoming a warrior is receiving the courage from our Father to serve without needing constant affirmation from anyone but Him. Are you offering your life to His service?

Forgiveness

This also a huge key to freedom! Forgiving others releases us from torment. Think through your life and anyone you need to forgive. Make a list of those people, tell the Lord you choose to forgive, and release these people into His hands.

Word Curses

Is there anyone who has, knowingly or unknowingly, spoken evil over your life? Ask the Father to reveal if there are any words that need to be severed, then take a moment to forgive the person and ask the Lord to break the words off you forever in Jesus’ name.

Ministry Backlash: If you’ve ever been involved in ministry, you probably recognize that you come under more intense spiritual warfare when standing for Christ in leadership! Not only are many people critical of leaders, but also jealousy, envy, and desire for control can take its toll. Many people have been stabbed in the back by situations that would never have happened unless they’d stepped forward to walk in leadership.

If this has happened to you, then there are probably some word curses that need to be broken! Jesus was the best, most faithful leader ever, and even He had to deal with Judas and the other disciples who were constantly quarrelling over who would be the greatest. The strategy to be free is **forgiveness and release**.

Father, I choose to forgive_____ and anyone else that I may not be aware of who has spoken against me because of the role of ministry You have called me to. I release any hurt, betrayal, and all bitterness towards them. In the name of Jesus, I break the assignment of accusation, ridicule, and belittling that has come against me, and I command every curse to be broken and every door shut in the Name of Jesus that does not align with His plan for my life. I break off all spirits of envy and covetousness, and place them under Your blood. Lord, I thank You for working all things for my good.