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**TEN  
STEPS  
TO  
VICTORY**

**Beginners Guide To Spiritual Warfare**

# CONTENTS

Introduction	02
Who Is Jesus Christ?	03
Ready For The Rapture?	04
Step 1 - Identify Your Sins	05
Step 2 - Repentance	08
Step 3 - Generational Curses & Blessings	09
Step 4 - Forgiveness	11
Step 5 - Cursed Items & Activities	12
Step 6 - Breaking Soul Ties & Covenants	13
Step 7 - Fasting	15
Step 8 - Baptism Of The Holy Spirit	16
Step 9 - Praise & Worship	17
Step 10 - Church & Community	18
Bonus Step - Strongholds	19
Conclusion	21

# INTRODUCTION

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SPIRITUAL WARFARE IS VERY REAL, THE APOSTLE PAUL WRITES IN EPHESIANS 6:12, "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." THIS MEANS THAT THE BATTLE WE FACE IS NOT PHYSICAL, BUT SPIRITUAL. IT IS A BATTLE FOR THE HEARTS AND MINDS OF PEOPLE, AND FOR THE SOULS OF MEN AND WOMEN WHO ARE LOST AND IN NEED OF SALVATION.

The enemy, Satan, is a master strategist who seeks to deceive and destroy people through various means. He may use temptation, discouragement, fear, or doubt to weaken our faith and cause us to fall away from God. He may also use false teachings or false prophets to lead us astray from the truth of God's Word. It is important for Christians to be aware of the enemy's tactics and strategies so that we can be prepared to resist him and stand firm in our faith.

As Christians, we have access to powerful tools and weapons that can help us in our battle against the enemy. These include prayer, fasting, the Word of God, and the Holy Spirit. By relying on these tools and weapons, we can overcome the attacks of the enemy and walk in victory. We can also use these tools to help others who are struggling in their own spiritual battles.

To confess with your mouth and believe in your heart that Jesus is Lord and God raised him on the third day declares you shall be saved, however this doesn't mean that 'once saved always saved'. You must actively live a repentant lifestyle and turn away from sin. The moment you choose Jesus is the moment Satan just lost, with that said Satan isn't going to make it easy for you to follow Jesus which is why you got to stay equipped and ready to fight to stand strong against him.

If you haven't yet given your life to Christ, here is a simple prayer to accept Jesus...

***"Lord Jesus, I come before you today and admit that I am a sinner, I believe you died for my sins and rose from the dead. I turn from my sins and invite you to come into my heart and life. I put my faith in you and receive you as my Lord and Saviour. Amen."***

Now let's start with the basics...

# WHO IS JESUS CHRIST?

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Jesus was born in Bethlehem in Judea, his mother who was Mary a virgin and he was conceived in her through the Holy Spirit (the spirit of God). Jesus grew up in Nazareth, and as an adult, he began preaching about the kingdom of heaven and his father God.

Jesus performed miracles, such as healing the sick, casting out demons and raising the dead which drew more people to him. However, his teachings also drew the attention of the Jewish authorities, who saw him as a threat to their power.

Jesus was eventually arrested and put on trial by the Jewish authorities, who accused him of blasphemy. He was sentenced to death by crucifixion, which was a common form of execution in the Roman Empire. Jesus died on the cross and then rose from the dead three days later, demonstrating his power over death and sin.

After his resurrection, Jesus appeared to his disciples and others before ascending to heaven, where he sits at the right hand of God above all power, authority and dominion. His followers went on to spread his teachings and to expand the ministry of Jesus Christ for free, which was stated in **Matthew 10:7-9 And as ye go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give. Provide neither gold, nor silver, nor brass in your purses.**

## THE BLOOD OF JESUS

The significance and importance of the power of the blood of Jesus represents the sacrifice that Jesus made for the forgiveness of sin. For without the shedding of blood there is no remission of sin which is why animals were sacrificed in the Old Testament. Jesus became the sacrifice and was referred to as the sacrificial lamb so that all humanity could be saved through his blood. This means when we accept Jesus as the Lord and saviour of our life's we receive the forgiveness of all our sins. The blood of Jesus is immensely powerful as it sanctifies the believer freeing them from the bondage of sin and death. It also brings about inner healing, mental transformation and emotional freedom. The blood of Jesus has the power to break the power of generational curses, emotional wounds, and negative patterns, allowing believers to experience emotional, mental and spiritual healing.

# READY FOR THE RAPTURE?

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The rapture is viewed as a pre-tribulation event, meaning it will happen before the Great Tribulation, a period of intense suffering and turmoil predicted in the book of Revelation. The rapture will involve the sudden disappearance of a remnant of believers who get caught up to the heavens, leaving behind non-believers as well as believers who are not developing their relationship with Jesus to face the tribulation.

**1 Thessalonians 4:16-17**, which states: "**For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever.**". Also in **Revelations 3:10** it states, "**Since you have kept my command to endure patiently, I will also keep you from the hour of trial that is going to come on the whole world to test the inhabitants of the earth**". The Great Tribulation will be far greater than any war ever known to mankind. Only those who have developed an intimate relationship with Jesus that have developed a sanctified righteous life will escape the Great Tribulation.

## Who Will NOT Inherit The Kingdom Of Heaven ?

- **Revelation 22:15**

Outside are the dogs, **those who practice magic arts, the sexually immoral, the murderers, the idolaters and everyone who loves and practices falsehood.**

- **1 Corinthians 6:9-11**

Do you not know that the **unrighteous** will not inherit the kingdom of God? Do not be deceived. Neither **fornicators**, nor **idolaters**, nor **adulterers**, nor **homosexuals**, nor **sodomites**, nor **thieves**, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God. And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.

- **Galatians 5:19-21**

The acts of the flesh are obvious: **sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies,** and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

- **Revelation 21:8**

But **cowards, unbelievers, the corrupt, murderers, the immoral, those who practice witchcraft, idol worshippers,** and **all liars** — their fate is in the fiery lake of burning sulfur. This is the second death.

## But Wait...There is HOPE!

When Jesus was crucified he took up all our sins so that we could be washed, cleansed and sacrificed by his blood. However Jesus specifically told us to deny ourselves and to follow him. This means you must follow his commands and actively change to become a new person who resembles more of Jesus and less of yourself. A believer who lives a repentant lifestyle constantly seeking the way of Jesus, pursuing to live a righteous, pure, sanctified life will guarantee they will inherit the kingdom of heaven. There will also be a chance to get saved even during the Great Tribulation, but not for those who take the mark of the beast.

# STEP 1 – IDENTIFY YOUR SINS

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Sin separates us from God and the ultimate consequence of sin is spiritual death. Sin is first introduced in the book of Genesis, where Adam and Eve disobeyed God by eating from the tree of the knowledge of good and evil, which God had forbidden them to do. This act of disobedience introduced sin into the world and resulted in humanity's separation from God.

The Bible teaches that sin is not only a violation of God's moral law, but also an expression of humanity's fallen nature. The apostle Paul writes in **Romans 3:23**, "**For all have sinned and fall short of the glory of God.**" This passage emphasizes that all human beings are sinners, and that none are exempt from the need for forgiveness and redemption.

The only way to be reconciled to God and be forgiven for our sins is through faith in Jesus Christ, who died on the cross as a sacrifice for the sins of all humanity. By placing our faith in Jesus and accepting his sacrifice, confessing our sins we can be forgiven and restored to a right relationship with God.

Committing sin opens the door to the enemy (Satan the devil) to attack and torment, which is why repentance and submission to God is so crucial to your success in walking in victory. By reading and studying scripture you are building your foundation to stand strong on Gods word through any trials and tribulations you may face. **James 4:7** says "**Submit yourselves, then, to God. Resist the devil, and he will flee from you**". Notice it's says submit to God first, which puts a great emphasis on the importance of studying the scriptures and spending time in God's presence. Daily discipline is the key! A morning and evening routine are essential in your relationship with God. The aim is to eventually go from reading the scriptures to walking in the full manifested expression of the scriptures where the word of God becomes your reality, this is revelation.

## EXERCISE

Download the bible app, or order a bible, click the orange tab for more information.

[Order a bible](#)

Make a morning and evening routine, you can use this template as a guide and adjust times accordingly.

### Morning Routine

1) Spend 5mins praising God and thanking him for everything you are grateful for and welcome Holy Spirit to lead you.

### Example Prayer

*"Heavenly Father Lord I glorify your name I honour you and Thank you for all that you have done and are doing for me. I thank you for the sacrifice of your only begotten son Jesus who died for my sins. Thankyou, Thankyou, Thankyou...Holy spirit I welcome you in this place, in my home and in my time with the Lord and I ask you to lead me and guide me and take me further and deeper into the truth of Gods word"*

2) Chose 1-2 scriptures (more if you have time) and slowly read each line and discuss the meaning of the scripture to yourself, taking however long you need to understand what it means. Then read the scripture of the whole armour of God)

## STEP 1 - IDENTIFY YOUR SINS

### Example

Read through your selected scriptures.

Example Scriptures (Psalm 91 and Ephesians 1: 17-23). Read slowly and try to understand what each line means.

Now say this prayer.

*I declare and decree I shall be strong in the Lord and in his mighty power. I put on the full armor of God, so that I can take my stand against the devil's schemes. 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 I put on the full armor of God, so that when the day of evil comes, I may be able to stand my ground, I stand firm then, with the belt of truth buckled around my waist, with the breastplate of righteousness in place, and with my feet fitted with the readiness that comes from the gospel of peace. In addition to all this, I take up the shield of faith, with which I can extinguish all the flaming arrows of the evil one. I take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. In Jesus name I pray Amen.*

You can also play this audio prayer, click on the orange tab.

[Morning Prayer audio](#)

3) Take 5mins to sit quietly and reflect on the scripture you just read. Then ask God to reveal the depth of that scripture as you carry on about your day. Then plead the blood of Jesus Christ.

### Example

*Heavenly Father I pray for the spirit of wisdom and revelation so that I may know you deeper my Lord. I plead the blood of Jesus over me, my family, my friends, my spouse, my children, our homes, our vehicles, our schools, our jobs, our finances, our hearts and, our minds. I loose warring angels and ministering angels from the third heavens to guard, protect and to minister to us all. I pray for a hedge of protection around us all and I pray that your will will be done on earth as it is in heaven in Jesus name. Amen.*

### Evening Routine

1) Think about how your day went and repent of anything that you may have done, said or thought that was against Gods word.

2) Read over the same scriptures you read in the morning and take your time to really understand what each line means.

3) You can repeat the prayer from the morning and also play some evening prayers by Robert Clancy available on his YouTube.

Next...

Write a list of people place and activities that are encouraging you to sin...this is your list of what to avoid and make a conscious effort to stay away from. Now replace the time you would spend at the wrong places with time studying the bible and online services that you can get strengthen from.

## STEP 1 - IDENTIFY YOUR SINS

Here are some online ministries you can checkout on YouTube, click on the orange tab to find out more:

### **Army Of God Ministries**

[@armyofgodministries](#)

### **Ryan LeStrange**

[@RyanLeStrange](#)

### **Katie Souza**

[@KatieSouza](#)

### **Ed Citronelli**

[@EdCitronelliMinistries](#)



# STEP 2 – REPENTANCE

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Repentance refers to the act of turning away from sin and turning towards God. It is a recognition of one's own sinfulness and a decision to change one's behavior and attitudes and turn away from sin.

Repentance is necessary for salvation. **Romans 6:23** says "**the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord**". In order to receive this gift of eternal life, we must repent of our sins and turn to God in faith. As we turn away from sin and towards God, we become more like Christ and grow in our relationship with Him.

Repentance is important for maintaining fellowship with God. Sin creates a barrier between us and God, and repentance is the means by which we can remove that barrier and restore our relationship with the Lord. As we confess our sins and seek forgiveness, we are able to experience the fullness of God's love and grace in our lives.

## EXERCISE

Have some time to consider anything you want to confess to God, remember in **1 John 1:9** it says **If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.**

### Example Prayer

*Heavenly Father, I glorify your name and I honour you Lord. I Thank you for your mercy and for the blood of Jesus that washes all my sins. Father Lord I repent of all sins I've committed known and unknown. I repent of... (e.g idolatry, lust, sexual immorality, lying, cheating, swearing, all idol thoughts, anger, jealousy, malice, pride, homosexuality, adultery etc)....i renounce all...(state whatever you repented of) in Jesus name. I cover all these sins in the blood of Jesus Christ. I declare and decree I'm a new creation in Christ Jesus and I am filled with the spirit of wisdom and revelation so that I may know my Heavenly Father better in Jesus name. I declare and decree the resurrection power that raised Christ from the dead will now heal and resurrect every area of my soul that got damaged by all these sins in Jesus name. Holy Spirit I ask for you to reveal to me anything else that I need to repent of as I continue in my walk with Christ in Jesus name. Amen.*

It's extremely important to work on your prayer life, with this you won't maintain your deliverance. As it states in **Matthew 12:43-45** "**When an unclean spirit goes out of a man, he goes through dry places, seeking rest, and finds none. Then he says, 'I will return to my house from which I came.'** And when he comes, he finds it empty, swept, and put in order. Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last state of that man is worse than the first. So shall it also be with this wicked generation."

So once you get free from an unclean spirit for instance the spirit of rejection or addiction. If you aren't submitted to God, have a regular strong prayer life, changing your habits, but instead are falling back into the sin you got free from you could end up worse. Purely because the spirit has come back with 7 other spirits. This is why you must and I mean **MUST** read the Word or God (the Bible scripture) everyday until it completely transforms your mind. Because when Gods word is dwelling in you evil spirits cant stay and they have to flee. To understand the meaning of scripture and live in obedience to it, is how Gods word can dwell in you.

# STEP 3 – GENERATIONAL CURSES & BLESSINGS

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The sins of previous generations can affect future generations, resulting in curses, while the righteousness of previous generations can bring blessings to future generations.

**Exodus 20:5** says, "You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me."

The idea of generational blessings is mentioned in passages such as **Genesis 12:2-3**, where God promises Abraham, "I will make you into a great nation, and I will bless you; I will make your name great, and you will be a blessing. I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you."

Generational curses are caused by the evil and ungodly sins of our forefathers either committed intentionally or out of ignorance. Worshiping idols is one of the ways a curse can be afflicted on you and your generation. Idols are false gods and anything that takes the place of God in your life. A lot of this stems from paganism and false religion like Hinduism where they have a lot of statues of deities they worship. Catholics worship statues of Mary which is idolatry and now celebrities have made idols out of themselves and there is a culture of self worship. We must tear these idols down and break these curses.

The New Testament emphasises the importance of personal responsibility and individual repentance. In **Galatians 3:13-14**, it says, "Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is every one that hangeth on a tree. That the blessing of Abraham might come on the Gentiles through Jesus Christ; that we might receive the promise of the spirit through faith."

## EXERCISE

Take a pen and paper and write down the number of sins or negative family patterns you can notice in your family's bloodline. Is there a cycle of depression, drugs, false religion, idolatry, theft, divorce, gambling? Maybe someone in your family reads horoscopes or is homosexual.

Then repent on behalf of your bloodline and renounce the sin and declare the promises of Gods word.

## Example Prayer

*Heavenly Father I glorify your name I honour you and I Thank you for setting me free through the blood of Jesus. Father lord I repent of every sin, iniquity and transgressions known and unknown in my bloodline on my fathers side and mothers side going back the third, fourth, fifths generations. I repent of anyone in my bloodline or myself for committing any sins of....(mention sins from your list e.g I repent of all rebellion, pride, rejection, manipulation, control, dominion, pharamacia, unforgiveness, bitterness, shame, guilt, anger, lawlessness, idolatry, trusting in man and not the Lord, false religion, rape, murder, incest, sexual immorality, homosexuality, lesbianism, bestiality, sodomy, sexual perversion, isolation, maybe list the sins in Deuteronomy 27 as well). I Declare and decree I cover all these sins in the blood of Jesus Christ.*

### STEP 3 - GENERATIONAL CURSES/BLESSINGS

*I now declare and decree that I break every generational curse of (e.g homosexuality, sexual perversion, pride, marital failure, divorce, rejection, etc) and i destroy every stronghold of (what your breaking e.g homosexuality, sexual perversion, pride, rejection etc) in the name of Jesus Christ. I destroy every evil altars from my fathers house and my mothers house right to the root with the fire of the Holy Ghost and the blood of Jesus Christ to completely destroy them right to the root in Jesus name. I declare and decree I renounce and break every evil covenant, ungodly soul tie, vow and agreement made in my bloodline or made by myself with Satan and the kingdom of darkness, be broken in Jesus name. I repent of forming ungodly soul ties and I now declare and declare I break them all in Jesus mighty name. I declare and decree that the blood of Jesus speaks for me and washes me completely clean from all these sins, and I declare and decree that I loose and release the resurrection dunamis power over every wound in my soul, over every wound in my heart, my mind, will and emotions that was caused by any of these sins or evil spirits, I ask Father Lord for the resurrection dunamis power of the Holy Spirit to now come and fill every wound in my soul and fill me with the light and glory of Jesus Christ. Father in the name of Jesus I bind the strongman over my family, I bind the strongman over my destiny, I bind the strongman over my finances and over my life in Jesus name. I declare and decree that everything that was taken from me shall be restored unto me seventh fold in the name of Jesus. I break every curse vex voodoo I bind every accusation spirit every manipulation devil, every rejection devil, evil orphan spirit, every confusion devil, every depression and oppression spirit every division and discord I burn them in the holy fire of the Holy Spirit and command them to loose their grip off my life and go to the abyss in Jesus name. I pray father for you to restore my family completely and fully that they will have a love for one another. They will know their identity in Christ Jesus, that they will have encounters with Jesus Christ and know exactly how much Jesus loves them, that they will be saved by Jesus Christ. That they will be grateful for one another, they will be compassionate and merciful and respectful to one another lord release that upon us all in Jesus name. Amen.*

#### THE COURTROOM OF HEAVEN

If you are struggling with getting completely free from a specific problem you are battling and it seems as though your prayers aren't producing breakthrough. You may need to take your case to the Courtroom of Heaven where God is the righteous judge and you can get a just verdict.

Satan is called the accuser of the brethren as stated in **Revelation 12:10** **“And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night”**

In **Daniel 7:9-10** it says **“As I looked, thrones were set in place, and the Ancient of Days took his seat. His clothing was as white as snow; the hair of his head was white like wool. His throne was flaming with fire, and its wheels were all ablaze. A river of fire was flowing, coming out from before him. Thousands upon thousands attended him; ten thousand times ten thousand stood before him. The court was seated, and the books were opened”**.

Psalms 89:14 and Revelations 4:4 also reference the courtroom of heaven. It is here where we can revoke the legal rights Satan has been using to attack us because of the sin and iniquity in our bloodline. Our attorney in the courtroom is Jesus as stated in **1 John 2:1** **“My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father— Jesus Christ, the Righteous One”**. Remember your sins that you have repented of have been covered by the blood of Jesus, and Jesus is our defender in the courtroom. So victory is yours.

For teachings and prayers on the courtroom of heaven check out sermons and books by the following preachers. Click on the orange tabs for an introduction to the courtroom of heaven.

[Apostle Fred Ogwuche](#)

[Robert Henderson](#)

# STEP 4 – FORGIVENESS

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To walk in forgiveness is to walk in freedom. Unforgiveness is usually coupled with bitterness which allows an open door for the devil to run rampant. Jesus was rejected, persecuted and betrayed yet he still chose to forgive.

What does the bible say about forgiveness?

- **"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." - Colossians 3:13**
- **"If you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins." - Matthew 6:14-15**
- **"Then Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?' Jesus answered, 'I tell you, not seven times, but seventy-seven times.'" - Matthew 18:21-22**
- **"Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift." - Matthew 5:23-24**

It may seem very difficult to forgive someone who has really hurt you but it's essential for your own emotional and spiritual freedom to forgive. If you want Gods forgiveness for your sins you must be able to forgive others who have wronged you. This does not mean you have to have a relationship with the person who hurt you, boundaries are very important. You just need to forgive and forgive quickly, if Gods mercy is so great we need to be able to extend grace and also show the same mercy and forgive, especially if you want God to forgive you. A great way of knowing you have forgiven is you won't play the blame game when retelling a painful memory, or better still you won't actually feel any anger or bitterness when you think of the person you just forgave.

## Example Prayer

*Heavenly Father, I glorify your name and I honour you. I confess that I have struggled to forgive those who have wronged me, and I ask for your help in releasing them from my heart. Help me to see them as you see them, and to love them with the same love that you have shown me. I know that forgiving others does not excuse their actions, but it frees me from the bondage of anger and resentment. I forgive (name all those who you hold unforgiveness towards). Lord, I release these individuals to you and I pray that you would bless them and lead them to repentance and restoration. I renounce all anger, unforgiveness and bitterness in Jesus mighty name. I ask for the resurrection dunamis power to heal every part of my mind, my soul, my heart, my relationships and any other area of my life that got damaged from any of the events that lead me to unforgiveness. Help me to follow your example of forgiveness and love, and to live a life that reflects your grace and mercy. In Jesus name, I pray. Amen.*

# STEP 5 - CURSED ITEMS & ACTIVITIES

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It's important to know how the devil works in order to walk in true victory and freedom with God. The devil is a deceiver and his motive is to steal, kill and destroy whereas Jesus Christ came to give us life and to give it more abundantly.

Satan is actually a fallen angel who rebelled against God and was cast out of heaven. Satan was originally a powerful angel named Lucifer who was created by God to serve Him. However, Lucifer became prideful and desired to be like God, so he rebelled and also led a third of the angels in rebellion. As a result of this rebellion, Lucifer was cast out of heaven and became known as Satan or the devil. Satan is the embodiment of evil and temptation, seeking to lead humans away from God and into sin towards hell. He also comes disguised as an angel of light as he is the master of deception.

The multiple ways the devil has come to deceive everyone are as follows:

New age, yoga, meditation and eastern practices. By practicing yoga and opening your chakras you are actually opening yourself up and inviting demons to have a legal right to attack you. All things new age are all works of the devil, that includes crystal healing, reiki, horoscopes, tarot cards, palm reading, eastern practices and meditation, sage and incense, Buddha, and all Hindu traditions, statues and rituals.

Dreamcatchers, Ouija Boards, Pokémon, Harry Potter are all works of witchcraft as well as most fictional fantasy books, games and shows are too. Mermaids are actually evil water marine spirits and are to be avoided. Any secular music and movies are simply ways to brainwash and entrap you into demonic covenants.

For more information on this particular topic check out John Ramirez who was an ex satanic high priest, he exposes the tactics and strategies of how the devil operates. He has a number of books on Amazon such as 'Unmasking The Devil' and 'Armed and Dangerous'. Also Jenny Weaver an ex witch has a video that talks about getting rid of cursed items from your home. Click on the orange tab for more information.

[Clean your home.](#)

## EXERCISE

Collect all items mentioned above and burn them or permanently dispose of them. Having these items or participating in these practices are open doors and gateways to the devil.

### Example Prayer

*Heavenly Father I glorify your name I Thank you Lord for revealing the truth and setting me free. I repent of and renounce all practices of (yoga, chi gong, meditation, reiki, crystals, tarot cards, horoscopes, sage, incenses, buddah, hindu rituals, false religion, palm reading, necromancy, divination, dream catchers, watching Harry Potter, Pokémon and any other secular demonic movies, music, books and games). I cancel any covenant, vow or agreement I may come into from participating in any of these practices in Jesus name. I cover all sins I committed from these practices in the blood of Jesus Christ. Amen.*

# STEP 6 – BREAKING SOUL TIES & COVENANTS

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A soul tie is a deep emotional and spiritual connection between two people, often in the context of friendship, family, romantic or sexual. It is believed that when two individuals become physically intimate, their souls become tied or interconnected, and this connection can be difficult to break.

The idea of soul ties can also refer to emotional bonds or connections that people form with others through shared experiences, such as traumatic events or close friendships. Negative or unhealthy soul ties have negative impacts on a person's mental, emotional, and spiritual well-being and need to be broken and renounced.

Breaking a soul tie can be a complex process that requires introspection, forgiveness, and intentional action. Here are some steps that can help you break a soul tie:

1. Acknowledge the soul tie: Recognize that you have a soul tie with another person and that it may be harmful to your emotional, mental, or spiritual well-being. May be an old friend, family member or ex partner.
2. Identify the source: Reflect on the root of the soul tie. Is it a romantic relationship, a toxic friendship, or a family member who has a negative impact on you?
3. Seek forgiveness: If you have hurt the person, apologize and seek their forgiveness. If they have hurt you, forgive them. Forgiveness is essential for breaking soul ties and moving forward.
4. Cut off communication: If possible, cut off communication with the person, at least for a period of time. This will give you space to heal and break the emotional ties.

A covenant is a solemn binding agreement or contract between two or more people. Covenants can take many forms, such as a marriage covenant, a covenant of friendship, a covenant of peace, or a covenant of obedience.

They are typically characterized by mutual promises or obligations, with each party agreeing to uphold their end of the bargain in exchange for certain benefits or protections. Covenants are seen as a way to establish a deep and meaningful relationship and this can cause huge implications if they are sexual in any way.

Why is sexual sin so bad?

The moment you have sexual intercourse with a person you have now come into a covenant, because sex is what consummates a marriage in the spirit realm. The culture of fornication (pre marital sex) has given easy access for demons to transfer from person to person through the act of sex. Once you have sex with someone you then come in contact with all their demons. A sexual soul tie can also be formed if you are having lustful thoughts fantasizing over someone you are not married to. Having a girlfriend or boyfriend that doesn't lead towards marriage is where a lot of soul ties get formed. Pornography and masturbation are also considered sexual sin and open doors to demonic attacks.

The consequence of sexual sin leads to bondage with a spirit spouse. A spirit spouse is a demonic spirit that engages in sexual activity with you while you are asleep and dreaming. It can claim you as their wife or their husband hence the term 'spirit spouse'. This wicked spirit is responsible for delay in marriage, divorce, uncontrollable bursts of anger, unexplainable arguments in your relationships with your real spouse, miscarriages, barrenness and problems in your sexual organs. In some severe cases there can be an ancestral spirit spouse that attacks the members of a bloodline

## STEP 6 -BREAKING SOUL TIES & COVENANTS

because of a demonic initiation that took place by someone in your bloodline and now this demon is claiming you as its spouse and you may not even know it. This is why it is extremely important to break any agreements and covenants made with any demonic spirits in your bloodline. It's also very important to keep yourself away from all sorts of sexual sin, this includes not watching or listening to anything that would be promoting any sort of ungodly behaviour. Be careful of the things you watch and the music you listen to. Dressing modestly, living a repentant lifestyle and using the scriptures to fight your battle is going help you stay on the right path.

For more information on how to get set free from spirit spouses (if you are really struggling) you may need to seek deliverance. Click on the orange tabs for more information.

Apostle Fred Ogwuche has a sermon on divorcing the spirit spouses from the courts of heaven.

[Divorcing Spirit Spouses](#)

The Agapekind Media also has a deliverance prayer on this demonic spirit and further information on them.

[Deliverance - Spirit Spouses](#)

Isaiah Saldivar has a service that offers deliverance.

[Deliverance Map](#)

Mountains of Fire and Miracles is a church that specialises in deliverance. They are a worldwide ministry and you can search for your local branch on their website. Below is a list of branches in the U.K.

[MFM Deliverance Church](#)

### Example Prayer

*"Heavenly Father I come before you today and I honour you and give you praise. Father I Thank you for your mercy and for the blood of Jesus that covers all my sins. Father I repent of having pre-marital sex, for having ungodly relationships that lead me astray and caused me to sin against you. I declare and decree I renounce all soul ties, vows, blood covenants, blood oaths, sexual blood covenants and agreements I made Satan in my bloodline and with anyone myself. I declare and decree I break all evil soul ties, vows, blood covenants, sexual blood covenants, blood oaths and agreements made with anyone who lead me to sin against you (fill in the names of people you had sexual intimacy/activity with) in Jesus name be broken. I renounce every covenant made with Satan in my bloodline, I renounce every ungodly soul tie and I divorce every spirit spouse in Jesus name. Loose your grip off me now in Jesus name. I repent of all sins known and unknown I committed when I was in these relationships and I break every curse that may have come from these relationships with the blood of Jesus in Jesus name. Let all evil and spiritual relationships in my life be broken now in the name of Jesus. I cancel all agreements I came into with any of these past relationships and I choose to forgive them all and release them to you Father Lord. I now ask Holy Spirit to fill every area of my life and all my relationships so that Jesus will be glorified. I declare and decree the kingdom of heaven will now begin to manifest in all my relationships and I ask for the resurrection power that raised Christ from the dead to resurrect my relationships and all the broken areas of my life. I now declare and decree I come into a new covenant with Jesus Christ in Jesus name I pray. Amen.*

Now throw away any gifts, items of clothing or belongings that was given to you by any of these people you have just prayed to break soul ties and covenants with. By keeping anything that connects you with them only sets you up for spiritual attacks from the devil, so get rid and get free.

# STEP 7 – FASTING

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Fasting is an important practice in Christianity because it is seen as a way to deepen one's spiritual connection with God and to grow in faith. Fasting involves abstaining from food or certain types of food for a set period of time. Fasting also gives greater leverage to your prayers in getting set free from evil spirits as it says in Matthew 17:21 "However, this kind does not go out except by prayer and fasting".

Fasting is often associated with repentance, prayer, and seeking God's guidance and wisdom. For example, Jesus himself fasted for 40 days and nights in the wilderness before beginning his public ministry (Matthew 4:2). Fasting is also mentioned in other parts of the Bible, such as in the Old Testament book of Daniel, where the prophet fasts in order to seek God's favor and understanding (Daniel 9:3).

As we previously mentioned fasting can be a powerful way to break free from unhealthy habits or patterns of behavior, to strengthen one's spiritual resolve, and to focus on becoming more like Jesus Christ. Remember the emphasis is on prayer and fasting, not just fasting to abstain from food, your main focus is on scripture as you are fasting to build up your spiritual strength.

Fasting is a powerful tool to break down your carnality, doing this will strengthen you in the spirit giving you a greater chance in gaining victory. By fasting and focusing on prayer and scripture this is how victory is attained, with out focusing on God, you are simply starving yourself. Better to eat and read your Bible than to fast and still indulge in sin and in the world. Fasting gives additional power to your prayers, imagine how much you will transform if you apply the additional key of fasting to your prayer life.

## **EXERCISE**

Build up a lifestyle of regular fasting , this could be done in multiple ways, maybe start with one day a week. You first choose your time frame, 12hours, 16hours, 24hours etc. Then you decide what you will abstain from during your fast. You could just skip one meal, or you may just eat fruit and vegetables or you may decide to only drink water. Continue with your morning and evening routine of prayer and include any additional time in the day or night of your fast to read through your scriptures again.

One thing to be aware of is that sometimes when you fast your warfare can become more intense and you feel overwhelmed. This is where you need to press into prayer the most, maybe you need to rest more during your days of fasting. But one thing for sure if when your flesh is weak your spirit is willing and you get stronger. So keep pushing and don't give up, start small and work up momentum with building up a lifestyle of regular fasting.



# STEP 8 – BAPTISM OF THE HOLY SPIRIT

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The baptism of the Holy Ghost (Holy Spirit) is spiritual empowerment with the gifts of the Holy Spirit. The baptism of the Holy Ghost the receiving of Gods power to be witnesses for Jesus Christ and to proclaim the gospel which essentially brings a renewed sense of purpose and commitment to God's will and mission

**1 Corinthians 12: 8-10 “To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues”.**

The Holy Spirit is the third person of the Trinity, along with God the Father and Jesus Christ, for God is one being in three aspects. The Holy Spirit plays several important roles in the life of believers, including:

1. Comforter and Counselor: The Holy Spirit is our comforter and counselor who guides and strengthens believers in their faith.
2. Convictor of Sin: The Holy Spirit convicts believers of sin and helps them to repent and turn away from sinful behavior.
3. Provider of Spiritual Gifts: The Holy Spirit is responsible for providing believers with spiritual gifts, such as prophecy, speaking in tongues, and healing.
4. Revealing of Scripture: The Holy Spirit helps believers to understand the depth and meaning of scripture, which encourages mental transformation.
5. Empowerment for Witnessing: The Holy Spirit empowers believers to share the gospel and to live out their faith in their daily lives.

Jesus promised to send the Holy Spirit to his followers after his ascension as mentioned in John 14:26 “But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you”. The Holy Spirit empowers believers to continue the ministry of Jesus Christ; casting out demons, healing the sick and preaching the gospel.

## Example Prayer

*Jesus I surrender my life to you and I repent of all sins known and unknown that I have committed. I renounce all sin in my life and I ask you to cleanse me with your blood. I ask to you to baptise me in the fire of the Holy Ghost as it says in Acts 1:8 “But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” I ask for guidance so that I may effectively proclaim the gospel. I ask for a fresh infilling of the Holy Ghost and also to receive my prayer language of speaking in new tongues in Jesus name Amen.*

Everyone has a different experience of receiving the baptism of the Holy Ghost, keep consistent in your walk with God and be patient if you haven't yet received your new prayer language of speaking in tongues. You can listen to other worship leaders and preachers who pray a lot in tongues such as Apostle Joshua Selman, then try and pray along to work on developing your prayer language. Click on the orange tab.

[Praying in tongues audio](#)

# STEP 9 – PRAISE & WORSHIP

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Praise and worship are secrets to releasing the presence and glory of God and its here where your relationship with God gets deeper as well your prayers producing more power and speed. This is why we always start prayer with praise and worship to create the atmosphere for Gods presence to dwell and essentially honour God for who He is, what He has done, and what He will do.

Praise and worship is also a powerful weapon in spiritual warfare. When we praise and worship God, we declare His goodness and sovereignty over our lives, and we push back against the enemy's attacks.

In the Old Testament King David was anointed by the prophet Samuel to be the next king of Israel while Saul was still the reigning king. Saul became jealous of David and sought to kill him, forcing David to flee and hide in the wilderness. During this time, David relied heavily on his faith in God and used praise and worship to strengthen himself and seek guidance from God. It is in this period of time David wrote the book of Psalms, which are songs of praise and prayer to God. One example of this is found in 1 Samuel 23:14-16, where David was hiding in the wilderness of Ziph and Saul was pursuing him. While David was there, he learned that Saul was on his way to capture him. In response, David "found strength in the Lord his God" (1 Samuel 23:16) and wrote Psalm 54 as a prayer for deliverance from his enemies.

David's use of praise and worship allowed him to focus on God's strength and guidance rather than his own fears and weaknesses. Through his faith and reliance on God, David was able to find comfort and hope even in the midst of danger and uncertainty.

Praise and worship help us to renew our minds and focus on God's truth instead of the lies of the enemy. As we sing and declare the truth of God's word, we are transformed and renewed.

## EXERCISE

Play a worship playlist and start to thank God and read the scriptures you have been focusing on. Spend at least 15mins a day and then increase the time accordingly to 30mins or 1hour a day. Click the orange tab.

[Worship Audio 1](#)

[Worship Audio 2](#)

# STEP 10 – CHURCH & COMMUNITY

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Finding a church that preaches on the crucifixion and the ministry of Jesus Christ which was to cast out demons, heal the sick and proclaim the gospel is a good foundation for your walk as a Christian. It may be hard to find a good church as a new believer and it's important to know that we are not meant to worship statues of mary, this is called idol worship. God made it clear he doesn't approve of idolatry. We worship in spirit in truth not to any physical objects or statues.

**'First Love'** is founded by Bishop Dag Heward Mills when he was studying at University. He's a qualified medical doctor who oversees over 3000 churches worldwide. Bishop Dag Heward Mills also has a podcast channel. You can simply download the podcast app and start listening to one podcast a day which is another way to grow mentally aswell as spiritually. Click the orange tabs for informatio.

[First Love Church](#)

**'The Core Group'** is founded by Jenny Weaver who was an ex drug addict that practiced witchcraft and homosexuality. She now runs her online global ministry that also trains and teaches how to cast out demons. What initially started as a women's group has now developed additional groups for men, children, singles and married couples. As this is an online membership program there is a small fee of £20 a month.

[The Core Group](#)

## OTHER RESOURCES

John Ramirez is an ex-satanic high priest who exposes the kingdom of darkness and the occult. John has a number of books available on Amazon that will equip you with the strategy and tactics you need to walk in victory and defeat the devil. A few books to name are 'Unmasking The Devil' and 'Fire Prayers'.

[John Ramirez](#)

Robert Clancy is a pastor who has a YouTube channel full of prayers (prayers for every problem you can think of). You can make a playlist to listen to as you sleep and receive breakthrough and deliverance.

[Robert Clancy](#)

Robert Henderson is an apostolic leader who is the author of the Courts of Heaven series which explains how to gain victory and speed in long stubborn battles.

[Robert Henderson](#)

# BONUS STEP – STRONGHOLDS

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A stronghold is a deeply ingrained pattern of thinking or belief that is contrary to the truth of God's word. These strongholds are usually negative and destructive thought patterns that entrap a person to fear, doubt, and unbelief. 1 Corinthians 10:4, where it says, **"For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds."** This scripture highlights that strongholds can be overcome through the power of God. Strongholds are obstacles to living a life of faith and freedom in Christ. Breaking down these strongholds requires identifying and challenging the negative beliefs and thought patterns that are holding a person back, and replacing them with God's truth and promises. Having a strong disciplined Christian lifestyle of prayer, Bible study, and counseling or support from other Christians can accelerate this process. If you are struggling to find Christian's nearby there are always online communities as mentioned in the previous chapter. But first of all what you can work on is your prayer life and studying the bible to build a foundation and start the process of walking in freedom and victory.

The problem most of the time is an identity crisis, you simply don't know who you are in Christ. Instead of shaping your identity based on what others or the media have told you to believe, you need to start studying the personality of Jesus and focus on what God's word says. There are also key characters in the bible who overcome so many challenges and pressed into their faith in times of such adversity and overcome once they had revelation of how God sees them like;

- David who was a shepherd boy anointed to be king at a young age, however he didn't reign as king until he was 30. Although David was a skilled musician and an amazing warrior, he was rejected by his family. King Saul tried to kill him on a number of occasions. David struggled and suffered but he gained his confidence and strength from his relationship with God.
- Esther was an Jewish orphan who became Queen and in the process saved the lives of the Jewish people. Esther fasted for 3 days and also called for the Jewish people to fast in order to press into her faith to save her people, in which she was successful.
- Job was a wealthy righteous man who's love for the Lord was tested with great trials and tribulations. He lost all his wealth, his children and got severe boils on his skin, even his wife rebuked him and he was mocked by his friends. As deep as his suffering was, Job still praised God and he prayed for his friends. In the end God restored Job and gave him twice as much as he had before.
- Paul who was formerly known as Saul, used to persecute Christians. However, one day on his way to arrest more Christians he encountered a bright light and heard the voice of the resurrected Christ. Paul was blinded for three days and during this time had a vision of Jesus, once he regained his eyesight he went on to preach the gospel. He suffered great hardship but still continued to preach and even wrote a number of books in the New Testament whilst he was imprisoned.

Challenges are always going to be part of everyone's life, we all go through something that really tests us at some point in life. The question is do you want to be on the winning team where God is the one fighting for you? Jesus is undefeated seated at the right hand of the Father far above all rule, power, authority and dominion. But in order for us to walk in victory we need to know our identity in Christ, we need to be a vessel of honour for Holy Spirit to dwell inside us and empower us so we can always hear God's voice and walk like a true champion and secure our eternity in heaven. Living a life that's disciplined and sanctified where we are constantly avoiding sin and choosing to live righteously makes us a far better vessel for God to use for his plan and purpose to come to fruition in our life. Baring in mind you will have to put in the effort and you have to really push back all the distractions the devil tries to throw your way. So make it a daily habit to invest in your relationship with God. Say 'No' to sin and 'Yes' to Jesus the King of Kings.

## BONUS STEP - STRONGHOLDS

You may think 'I'm too anxious or nervous to do anything', 'I'm scared' or 'I can't do it'....

This would be replaced with either

- **2 Timothy 1:7** "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."
- **Psalms 34:4** " I sought the Lord, and he heard me, and delivered me from all my fears."

You may think 'I'm not beautiful', 'I'm depressed, my life is so dark' or 'I'm insecure'...This would be replaced with either

- **Psalm 139:14** "I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."
- **Philippians 4:6** "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."

Next...

When you are in your personal time of prayer, you focus on what strongholds you want to pull down and command it to leave in the name of Jesus.

### Example Prayer

*Heavenly Father I honour you, I glorify your name father and I thank you for the leading of the Holy Spirit in my life to guide me to all the places I struggle to experience your word. I Thank you for the power of the blood of Jesus which has set me free. I declare and decree by the power of the blood of Jesus I rebuke every satanic stronghold that is affecting my life in Jesus name. I tear down every stronghold of rejection, bitterness, anger, lust, pride, shame, guilt I tear it down in Jesus name! By the power of the blood of Jesus I declare and decree I have the mind of Christ and take every thought captive to the obedience of Christ Jesus in Jesus name. Amen.*

# CONCLUSION

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THE KEY TO SPIRITUAL WARFARE IS TO RECOGNIZE THAT WE ARE NOT FIGHTING AGAINST FLESH AND BLOOD, BUT AGAINST THE POWERS OF DARKNESS. WE MUST PUT ON THE ARMOR OF GOD AND USE THE WEAPONS OF PRAYER, FAITH, AND THE WORD OF GOD TO STAND FIRM AGAINST THE ENEMY.

AS BELIEVERS, WE HAVE THE VICTORY THROUGH JESUS CHRIST, WHO HAS ALREADY DEFEATED THE ENEMY ON THE CROSS. BUT WE MUST REMAIN VIGILANT AND PERSEVERE IN OUR FAITH, KNOWING THAT THE ENEMY WILL CONTINUE TO TRY AND ATTACK US. BEING ON GUARD, LIVING A LIFESTYLE OF PRAYER, FASTING AND DILIGENTLY SEEKING THE LORD WE CAN COUNTER ANY ATTACKS THAT MAY COME OUR WAY.

UNDERSTANDING SPIRITUAL WARFARE, ALLOWS US TO EXPERIENCE GREATER LEVELS OF FREEDOM, BREAKTHROUGH, AND TRANSFORMATION IN OUR LIVES. WE CAN ALSO MAKE A SIGNIFICANT IMPACT BY BRINGING LIGHT INTO DARKNESS AND SHARING THE LOVE OF CHRIST WITH THOSE AROUND US.

REMEMBER WE DO NOT FIGHT ALONE, BUT WITH THE POWER OF THE HOLY SPIRIT AND THE WORD OF GOD. MAY WE STAND FIRM IN OUR FAITH AND BE READY FOR WHEN JESUS CHRIST RETURNS.