

UNDER SPIRITUAL TORMENT? A BRIEF NOTE

How do you break free from spiritual torment?

It's too broad of a question, and a fleeting statement can provide relief that isn't helpful in your situation. However, the generalized response in this note provides a blanket understanding of some areas to review.

- Is the person a true kingdom citizen? Have they entered eternal life in King Jesus?
- Have they renounced past actions?
- Are they free of sexual sin and walk in holy living?
- Are they joined to unholy soul ties or blood covenants?
- Are they dabbling in new age or occultic practices?
- Are they harboring unforgiveness towards any?
- Have they gone against spiritual protocol and let in unseen influences through the eye and ear gates (through demon-based movies, clubs, or friendships)?
- Are they free from a joining or connection through occultic objects? Do they carry objects in their homes, cars, or workplaces that are joined to the dark demon-based side? Do you have objects connected to practices prohibited in Yahweh's Word? The one who claims the objects can burn, throw away, or discard the item however Yahweh leads, but do not give them to anyone else, transferring that bondage.
- Do they practice, entertain, or tolerate any form of magic (séances, tarot card readings, yoga, horoscopes, burning sage, hypnotic chanting, etc.)?
- Is the person unwilling to stop partaking in sin-filled actions? Those actions are anything Scripture names an abomination or acts of the flesh. Are they reluctant to live a way of holiness, sanctification, clean hands, and a pure heart towards Yahweh?

Those points mentioned are some of the baseline actions to consider. But ultimately, Yahweh's Word gives us the way to live.

Submit to Yahweh. Resist the devil, and he will flee. Be transformed by the renewing of the mind. Continually read the written Word, seeking Yahweh's strength. Submit to Yahweh's Spirit and not the flesh. Continue to bring every thought captive; follow the leading of the Great Holy Spirit.

There is another plan that many need to consider. Entryways to torment can also be a plan that stems from wounded ways. There may be a trauma not dealt with, a wound from an experience that occurred at any age. And from the trauma, a doorway opened, leading to a demon torment or ways of being influenced. Painful past experiences also must be released to Yahweh, asking Yahweh to:

"Heal me within. I do not want to be hurt by what this person did to me any longer. I renounce this _____. I forgive this person for this _____. I throw away these objects. I ask You, Yahweh, to break off all soul joinings to unholy connections, covenants, and treaties. Yahweh, please bring healing to me to this way within."

Name and renounce any event or action Yahweh shows you. And begin getting rid of (yielding forgiveness, renouncing) layers of past hurt and pain through Yahweh's wisdom. Over time, Yahweh will show more areas to release in prayer time. Stay in an active prayer way, and don't be discouraged if demons attempt to reenter. When a painful past action comes up in your memory, talk to Yahweh about that trauma or memory, asking Yahweh to help you to heal.

"Yahweh, I need You. Please create in me a clean heart and renew the right spirit in me. Please show me the hindering ways that Your power can only strip away. I submit to Your governing. I pray to You and cry out for help. Deliver me, Yahweh, I pray. Remove every connection from my way of living that is not pleasing to You."

A Prayer of Salvation

Dear Jesus, I ask You to forgive me of all of my sins. I ask You to save me. I have turned my back on You, but now I come to You. Please cleanse me from all unrighteousness. Please heal me. Please heal me in every area of my life. Most importantly, please come to live within me. I want to know You. I want to have a relationship with You. I am Yours. I am Yours forever, my God, my King, and I choose to serve You for the rest of my days. Thank You, Lord, for dying for me and for saving me. I receive all that You have for me. I look forward to being with You forever. Amen.

We wrestle not against flesh and blood. Satan will attempt to occupy again through his demons. Give no placement to darkness. Celebrate no unholy event. Stay separated unto Yahweh.

Here are some Scripture references:

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

—Ephesians 6:12 ESV

Put on the whole armor of God, that you may be able to stand against the schemes of the devil.

—Ephesians 6:11 ESV

(3) For though we walk in the flesh, we are not waging war according to the flesh. (4) For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. (5) We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, (6) being ready to punish every disobedience, when your obedience is complete.

(19) Then the disciples came to Jesus privately and said, "Why could we not cast it out?"

(20) So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. (21) However, this kind does not go out except by prayer and fasting."

—Matthew 17:19-21 NKJV

(25) Therefore, ridding yourselves of falsehood, speak truth each one of you with his neighbor, because we are parts of one another. (26) Be angry, and yet do not sin; do not let the sun go down on your anger, (27) and do not give the devil an opportunity. (28) The one who steals must no longer steal; but rather he must labor, producing with his own hands what is good, so that he will have something to share with the one who has need. (29) Let no unwholesome word come out of your mouth, but if there is any good word for edification according to the need of the moment, say that, so that it will give grace to those who hear. (30) Do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. (31) All bitterness, wrath, anger, clamor, and slander must be removed from you, along with all malice. (32) Be kind to one another, compassionate, forgiving each other, just as God in Christ also has forgiven you.

—Ephesians 4:25-32 NASB

(6) But He gives a greater grace. Therefore it says, "God is opposed to the proud, but gives grace to the humble." (7) Submit therefore to God. But resist the devil, and he will flee from you. (8) Come close to God and He

will come close to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.

—James 4:6-8 NASB

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

—Romans 12:2 ESV

(21) Then Peter came up and said to Him, "Lord, how many times shall my brother sin against me and I still forgive him? Up to seven times?" (22) Jesus said to him, "I do not say to you, up to seven times, but up to seventy-seven times.

(23) "For this reason the kingdom of heaven is like a king who wanted to settle accounts with his slaves. (24) And when he had begun to settle them, one who owed him ten thousand talents was brought to him. (25) But since he did not have the means to repay, his master commanded that he be sold, along with his wife and children and all that he had, and repayment be made. (26) So the slave fell to the ground and prostrated himself before him, saying, 'Have patience with me and I will repay you everything.' (27) And the master of that slave felt compassion, and he released him and forgave him the debt. (28) But that slave went out and found one of his fellow slaves who owed him a hundred denarii; and he seized him and began to choke him, saying, 'Pay back what you owe!' (29) So his fellow slave fell to the ground and began to plead with him, saying, 'Have patience with me and I will repay you.' (30) But he was unwilling, and went and threw him in prison until he would pay back what was owed. (31) So when his fellow slaves saw what had happened, they were deeply grieved and came and reported to their master all that had happened. (32) Then

summoning him, his master *said to him, 'You wicked slave, I forgave you all that debt because you pleaded with me. (33) Should you not also have had mercy on your fellow slave, in the same way that I had mercy on you?' (34) And his master, moved with anger, handed him over to the torturers until he would repay all that was owed him. (35) My heavenly Father will also do the same to you, if each of you does not forgive his brother from your heart."

—Matthew 18:21-35 NASB