



Training believers to break ungodly oppression

Deliverance Session Worksheet

Name _____ Date: _____

1. Spiritual Readiness Assessment

- **Salvation in Christ** – Confirm that the individual has accepted Jesus Christ as their Lord and Savior (Romans 10:9-10). Without salvation, deliverance may not be effective, as true freedom comes through Christ alone.
- **Active Walk with Christ** – Assess whether they are actively involved in a Bible-believing church and pursuing a relationship with Jesus. A life surrendered to Christ is essential for lasting freedom and protection (John 15:4-5).
- **Confession of Sin** – Ask the Holy Spirit to reveal any unconfessed sins (1 John 1:9). Sin gives the enemy legal ground, so repentance is key to breaking strongholds.
- **Forgiveness** – Ask the Holy Spirit to reveal any unforgiveness in their heart (Matthew 6:14-15). Unforgiveness can be a major barrier to deliverance. Lead them in fully releasing those who have wronged them.
- **Breaking Spiritual Bondages** – Identify and renounce any ungodly soul ties formed through past relationships, sexual connections, or unhealthy emotional bonds. Additionally, reject any false beliefs or lies that contradict God's truth (2 Corinthians 10:4-5). These spiritual bondages must be severed to remove the enemy's access and fully embrace God's freedom.
- **Breaking Generational Curses** – Lead the individual in breaking generational curses in the courts of heaven (Galatians 3:13). Stand on Christ's finished work to break any inherited spiritual bondage.

2. Thoroughly Explain the Deliverance Process

3. Read the List of Commands to Begin the Session

4. Identify and Bind the Strongman (Common strongmen on page 4 and 5)

At the start of the deliverance session, **it is crucial to identify and bind the strongman**, as taught in **Mark 3:27, Matthew 12:29, and Luke 11:21-22**. This demon holds the highest rank among the others and acts as their leader or ruler. The lesser demons follow his commands and are often afraid of him. Command the leader of each major demon group to reveal their ranking number and write it next to their group. Demons function in a structured hierarchy, so knowing their order allows for a more effective deliverance.

Rather than casting out the strongman right away:

1. **Bind him in the name of Jesus Christ.**
2. **Strip him of his power and assignments.** This weakens his control and disrupts the demonic hierarchy, making the other spirits easier to remove.
3. **Do not cast him out yet.** Keep him bound until the end of the deliverance session.
4. **At the end, command him to take all remaining demons with him when he is expelled.**

5. Begin By Casting Off Every Spirit On the Outside of the Person

6. Cast Out These Demons Next - Removing these initial strongholds weakens the enemy's grip and allows for a smoother and more complete deliverance process.

- Blocking and Hindering** - Command that the demon loose their mouth and ears - this demon will block their ministry and their calling - Matthew 16:19
- Deaf and Dumb** - Stops the person from hearing from the Holy Spirit and stops them from speaking for Jesus
- False Spiritual Attributes** - Commonly named "**George**" false Holy Spirit, false tongues, false word of knowledge, false prophecy, false worship, false dreams, false healing, etc. - these demons add to real Spiritual gifts twisting them.
- Maha Bones** - Demons associated with **freemasonry** (breathing problems, circulatory problems, asthma, allergies, heart problems)
- Orion - Confusion, Doubt, and Unbelief** - This will be an octopus on the head with tentacles buried in the mind. Command the demon to remove the tentacles and reconnect the damaged electrical circuits in the brain. The person will feel the pressure on their head.
- Unforgiveness** - Can stop people from forgiving.

7. Generational Sins - These demon groups will be named after a person's biological mother and father - *Cast out the group by their parent's name.*

✦ **Biological Mother's Name:** _____
Generational issues: _____

✦ **Biological Father's Name:** _____
Generational issues: _____

8. Soul Ties - (Spouse, ex-spouses, step-parents, friends, family, sexual partners, pets)

9. Spoken Word Curses and Ungodly Agreements - (stupid, fat, lazy, ugly, etc)

10. Cast Out the Lower Level Common Demons *(Check all that apply)*

Mental & Emotional Strongholds:

- 1. **Distraction - ADD/ ADHD** - Inattention, impulsivity, and/or hyperactivity
- 2. **Autism** - Development disorder that affects communication and social behavior
- 3. **Bi-polar disorder** - Extreme mood swings from mania to depression
- 4. **Bitterness** - Anger and disappointment
- 5. **Blaspheming - "Poindexter"** (Court Jester) Mocks God and makes others laugh
- 6. **BPD (Borderline Personality Disorder)** Intense, unstable emotions and impulses
- 7. **Doubt / Shame** - Often associated with abuse victims
- 8. **Distrust** - Lack of trust or confidence in others, questions others honesty or reliability
- 9. **False Burdens** - Carrying the burdens of others - Person may see donkeys
- 10. **False version of yourself-** A spirit that takes over a person to impress or cope with situations
- 11. **Grief / disappointment / discouragement** - Sadness, regret, discontent
- 12. **Guilt** - Typically present in abuse victims
- 13. **Justice and judgement** - Judges people and demands justice / God brings these - not us
- 14. **Leviathan** - Twist the Word of God and the words of others - sea serpent
- 15. **Mutism** - The inability to speak
- 16. **Negativity / Narcissism / Selfishness** - A sense of entitlement, lack of empathy, pessimism
- 17. **Orphan Spirit** - Can cause feelings of isolation, abandonment, illegitimacy, and loneliness
- 18. **Peter Pan** - Keeps an adult in a childlike state (arrested development)
- 19. **Pride** - May be linked to Leviathan
- 20. **Recognition** - Amplifies the need for acknowledgment of accomplishments
- 21. **Resentment** - Emotion that can feel like a combination of anger and bitterness
- 22. **Schizophrenia / Paranoia** - Multiple personality disorder or voices in head
- 23. **Disney characters and princesses.** - Cinderella, Snow White, Ariel, Belle, Pocahontas, etc.

Behavioral Strongholds:

- 1. **Ahab / Passivity** - A submissive spirit that usually partners with Jezebel
- 2. **Addiction** - Drugs, alcohol, behavioral, food
- 3. **Apathy** - Lack of interest or enthusiasm
- 4. **Gluttony - Sam** - Overindulgence
- 5. **Greed** - An excessive desire for material possessions
- 8. **Manipulation and Control** - Manipulation, intimidation, and domination (witchcraft)
- 9. **Murder** - This can be generational or may be tied to a woman who has had an abortion
- 10. **Perfection / OCD** - Repetitive checking, fear of making mistakes, need for things to be right
- 11. **Profanity** - Foul language
- 12. **Procrastination** - Putting off tasks or responsibilities
- 13. **Rage, Anger, Fury** - Manifested as a bear (sometimes growls); usually only one present
- 14. **Rebellion** - Resist or defies authority, may manifest as some form of a pirate
- 15. **Selfishness** - Lack of consideration for others
- 16. **Speed demon** - May cause "tics" Nail biting, hair pulling, skin picking, lip biting, blinking, etc.

Physical Afflictions:

- 1. **Allergies** - Often named after Zyrtec, Allegra, Claritin, (takes on nickname of the medicine).
- 2. **Butterworth** - Candida, inflammation, fibromyalgia, lupus, arthritis, chronic fatigue, hashimotos
- 3. **Covid** - Associated with post-infection lingering spirits, heart, lungs, circulation, breathing
- 4. **Eating Disorders** - Anorexia and bulimia
- 5. **IBS / Constipation** - IBS- Vipers inject poison in the colon, constipation - constrictors on colon
- 6. **Insomnia** - May be named "Red Bull" Sleeplessness and restlessness
- 7. **Migraines** - Usually accompanied by **spiders** in the head, combine with webs, and eggs
- 8. **Pharmakia** - Caused by vaccines (covid) or medications (heart, lungs, circulation, tinnitus, migraines)
- 9. **Snakes** - Vipers or constrictors - on organs or body parts brings disease or constriction
- 10. **Temeku** - Lyme's disease
- 11. **Wootiege** - A squid on the pancreas causing diabetes or cancer

Witchcraft:

- 1. **Delilah** - Manipulation and control (associated with Jezebel)
- 2. **False Healing** - New age healing practices (stones, oils, vibrations, reiki, needling, etc.)
- 3. **Jezebel** - Manipulation and control (will manifest with uncontrolled laughter) (attracts Ahabs)
- 4. **Kundalini** - Snake at the base and up the spine from witchcraft, yoga, or new age beliefs
- 5. **Regional Witchcraft - Brujeria** (Puerto Rico / Mexico), **Santeria** (Cuba), **Voodoo** (Haiti), **Obeah** (Jamaica)
- 6. **Witchcraft (Astaroth)** - Manipulation and control, Includes occult practices, Satanism, Santeria

Religious & Theological Bondages:

- 1. **False Religion** - Buddhism, Mormonism, Hinduism, Islam
- 2. **Religion** - Focus is on practices and rituals over a personal relationship with God
- 3. **Theological Spirits** - Pride in Biblical knowledge. They will put scripture before God (pharisee)
- 4. **Tradition** - Keeps a person bound to outdated religious systems
- 5. **Obligation** - Binds a person to people, groups, work, or ministries

11. Cast Out Major Demon Groups From Low to High - Common Strongmen

_____ **Trauma / PTSD** The demon may be named after the abuser or the trauma. Identify the age when it entered and what allowed its entry. (Surgery, trauma at birth or in the womb, car accidents, sexual abuse, mental abuse, physical abuse, military service, death of a relative, verbal abuse)

_____ **Abuse (Molech)**

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Incest | <input type="checkbox"/> Physical abuse |
| <input type="checkbox"/> Mental abuse | <input type="checkbox"/> Rape |
| <input type="checkbox"/> Molestation | <input type="checkbox"/> Verbal abuse |
| <input type="checkbox"/> Neglect | |

_____ **Lust (Astaroth / Marcus)** - Usually a viper wrapped around the neck injecting poison causing neck and shoulder pain.

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Adultery | <input type="checkbox"/> Pornography |
| <input type="checkbox"/> Fornication | <input type="checkbox"/> Promiscuity |
| <input type="checkbox"/> Gender confusion - Mermen | <input type="checkbox"/> Prostitution |
| <input type="checkbox"/> Homosexuality | <input type="checkbox"/> Masturbation |

_____ **Destruction (Beelzebub) - (Almost always #1 in pastors and ministry people)**

Arrogant and defiant, he wields power through intimidation, silencing the other demons. Strip him of his authority and power. These spirits are often assigned to those called into ministry or devoted to serving God, working relentlessly to wreak havoc - destroying finances, ministries, relationships, health, and every area of their lives.

(Destruction sub groups)

- 1. **Dissension and Division** - Builds walls with family, friends, and church
- 2. **Poverty**
- 3. **Self-harm (Baal)** This demon wants a blood sacrifice / encourages cutting
- 4. **Suicide**
- 5. **Torment and torture**
 - 6. **Tinnitus (ringing in the ears)**
 - 7. **Hormone imbalance**
 - 8. **Night terrors / Bad dreams (Baphomet)** the person may see bats or owls
Incubus / Succubus - Night sex demons; Incubus /male, Succubus / female
 - 9. **Pain - Legion** - Undiagnosed pain across body, bursitis pain
 - 10. **Skin issues - Chiru** - jellyfish over the head with stinging tentacles

- ☐ **Death ("Black" or "Rancid")** Will usually be in charge of cancer and disease
 - **Ask if the demon has brought in cancer** and identify its location.
 - **List all affected areas**, then question each demon of cancer to determine if they introduced cancer cells.
 - **If no cancer cells are present**, the demon is likely generational.
 - **If cancer cells are present**, command that every cancer cell be welded to the demon in charge of that area (e.g., prostate, liver, lung, etc.).
 - Once this process is complete, **cast out the spirit of death**, commanding it to take all remaining cancer cells and disease with it.

Cancer Location _____ Cancer Cells _____ ?

Cancer Location _____ Cancer Cells _____ ?

Cancer Location _____ Cancer Cells _____ ?

Cancer Location _____ Cancer Cells _____ ?

Disease Location _____

Disease Location _____

_____ **Fear (Apollyon) - Sometimes Abandon. The most common strongman**
(combine and cast out the entire group) Abandonment, anxiety, depression, despair, despondent, inadequacy, insecurity, loneliness, low self-esteem, paranoia, phobias, rejection, regret, sadness, terror, worthlessness, worry.

12. Conclusion of the Session / Casting Out the Strongman

The Session Should Conclude with the Expulsion of the Strongman
Ensure the following actions are taken:

- **Command the strongman** to gather and remove all remaining demons, consolidating them as one. Require that he returns everything stolen, restores what was damaged, and reverses any harm inflicted.
- **Remove the generational demons from the children** by making the strongman take back all ancestral demons passed to the kids.
- **Petition God the Father, the Supreme Judge, to issue a divine ruling** that any demonic forces attempting to remain are found guilty of defying the authority given to us in Jesus' name.
- **Petition the Father, requesting that He dispatch His holy angels** to carry off any lingering demonic spirits, enforcing this judgment. This divine cleansing will remove any residual spirits that no longer have a legal right to remain, ensuring the person is fully free. This does not work on demons that have a "legal right" to stay.
- **Pray for the infilling of the Holy Spirit**, asking that the individual receives all the gifts of the Spirit.
- **Pray for complete healing** from any infirmities or afflictions caused by demonic oppression.
- **Pray an anointing** over the person, declaring divine protection, strength, and empowerment for their walk with Christ.



Training believers to break ungodly oppression

Commands to Begin a Deliverance Session

(Fill in the blanks with the name of the deliverance candidate.)

- In the name of Jesus Christ, I bind every blocking and hindering demon and break every assignment on anyone in this room. In the name of Jesus Christ, I break all assignments to stop this deliverance and command that every associated demon leave immediately.
- In the name of Jesus Christ, I take authority over this space and command any principalities to return to the heavens. I command that no assistance be given to any demonic power in _____. I also command that you do not send any new demonic powers into _____.
- In the name of Jesus Christ, I command that every demon in _____ not be allowed to multiply, divide, reorganize, regroup, pass assignments or duties.
- In the name of Jesus Christ, I destroy all hiding places, shields, covers, or cells in this house.
- In the name of Jesus Christ, I command that every demon hear my voice and obey my commands, coming out quickly and easily. I also command that no harm be done to _____ or to anyone else in this room.
- In the name of Jesus Christ, I command that the only way a demon may move is out, away, and into the pit of hell.
- In the name of Jesus Christ, I command that above all senses, you use the sense of speech. I command that you speak clearly through _____ or to the conscious mind of _____, so that we can clearly understand everything being said.
- In the name of Jesus Christ, I put every demonic power under oath before Jehovah God and command that you tell the truth, the whole truth, and nothing but the truth before Jehovah God.
- In the name of Jesus Christ, I command that all demonic powers associated with _____, whether here, away, in hiding, sleeping, using some form of trickery, roaming free, in the conscious or in the subconscious, come out of every room of the house and be gathered in the center along with your works, your associated works, the residue of your works, and all your associated demons.
- In the name of Jesus, I command that when you leave, you restore everything in _____ back to the way God originally created it. I also command that you return everything you have stolen multiplied seven times in accordance with Proverbs 6:31.
- In the name of Jesus, and by the authority given to me in Luke 10:19, I strip every demon of your power, your authority, and your control. I remove every crown, every promotion, and every level of influence you have received, and I destroy them now in the mighty name of Jesus.
- Now in the name of Jesus Christ, by the calling of the great commission, the power of the blood of Jesus Christ my Savior, and by the authority given to me in Luke 10:19, I take absolute control over every demonic in this house. You will hear my commands and you will obey in the name of Jesus Christ my Savior, or you will be judged in the court before God the Father.
- I command in the name of Jesus that every demonic power stand at attention before God the Father. I bind every demonic power in the house, and command in the name of Jesus that every demon be put into holy handcuffs and holy chains. I command that you do not move.
- Now in the name of Jesus Christ, I command the one who is considered the king or the strongman, the one ranked number one to step forward and stand at attention before Jehovah God.