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PODCAST EPISODE 40
Demonic Oppression or Just Me? Part Five: Cleansing My Atmosphere

PRAYER EXERCISE

Make this a time of prayer and reflection. Remove distractions. Begin an authentic conversation with Jesus. Consider writing down thoughts as they come to you.

Thank you, Jesus, that You are here with me. I ask You to reveal truth to my heart and guide me in this time of prayer and reflection. Teach me how to spiritually cleanse my house, office, hotel rooms, and land.

Prayer for Spiritual Cleansing a Home, Space or Land

We have discussed the importance of individually meeting with God where we can get to know Him in a deep, personal way. This creates a consistent environment where we can practice being in His presence and listening to His voice so that we can recognize and move with Him throughout our day.

Home – It’s beneficial to practice regular spiritual cleansing in our homes or offices (any space you are responsible for). Then you will be able to recognize when it shifts—when something has followed you home or come in with someone else.

Hotel Rooms – It’s always wise to spiritually cleanse our hotel room. We don’t know what others have done in that room that may have invited a demonic presence, and we don’t want any leftover oppression.

Objects in your home – Be aware of any objects in your home that have been worn or used by anyone involved in the worship of false gods, “secret brotherhoods or sisterhoods,” or the occult. This includes jewelry, hats, coats, scarves, books or Bibles (if used in Freemasonry or other such groups), pictures, wall art, cups, statues or other ornaments. ASK the LORD for direction about any suspicious items. Some can be cleansed and consecrated to the Lord, but other times, they need to go.

Used clothes, furniture, and dolls – If you purchase items from a garage sale, secondhand store, or another owner, pray as the Lord leads to cleanse and consecrate these items.

To Cleanse Your Space

- 1) Before you start, seek the Lord. Confess and repent for any sins you are aware of, and ask the Lord to make you aware of any sins you may have overlooked.
- 2) Thank Jesus for the authority He has given you as you pray in His name. Once your heart is right with God (through any needed repentance), ask Him if there is anything you need to specifically know before cleansing the space—anything He wants to show you.
- 3) Make note of what the Lord shows you and be sure to follow His instructions.
- 4) Use a small drop of oil, lightly rubbed on your finger, to anoint doors, doorways, and windows. I often anoint headboards of each bed as well. (You can use anointing oil such as frankincense or pure olive oil. Since sage is so often used by witches and mystics, I do not recommend using sage. Remember, there's no such thing as "good spirits." We are not welcoming or inviting any spirits to linger or stay with us except the Holy Spirit.)
- 5) Start from the back of the house or room and work towards the front and out the door. Bless the home. Bless that space and the person who lives/works in that room. Consecrate it to God. Worship Him. Invite Him. Welcome Him. Command any spirits to leave, in Jesus' name!
- 6) You may sense as you walk through a room to pause at certain spots. You may even feel something specific in a certain part of the room. Stop there. Ask the Lord to show you what He wants you to know about that spot or seating area (who often sits there and what they do there?) and what to do to cleanse it. This usually involves repenting on behalf of the one who committed sin there. This has happened at computers, TVs, pictures, video games, a certain spot on the couch, an area of the bathroom, certain bedrooms, artwork, the closet, under the bed, etc.
- 7) Walk through every space, from the back of the home or office, to the front, including all closets and floors if multiple stories.
- 8) Anoint the outside of the front door as you go out and bless the home.
- 9) If you (or the person you are cleansing for) is experiencing spiritual warfare outside the home on the property or having long-standing problems, it would be good to cleanse the entire property as well. Walk around the outside borders of the property line, praying to cleanse, cover and consecrate it by the blood of Jesus. There may also be a need to repent on behalf of the previous owners for ungodly vows, deals, or crimes that happened there. The Lord will show you this if you ask Him.

Begin today making this a regular habit in your home, office, or other spaces, and see what a difference it makes!

Written for *Free to Be Me* online course, available at FearlessAndFreeCommunity.com.

**If you have yet to call on Jesus as your Lord and Savior,
find a biblical explanation of the vital need and a prayer guide at
FearlessAndFreeCommunity.com/Saving-Faith**