



*with Dana Grindal and Laura Gallier*

[FearlessAndFreeCommunity.com](http://FearlessAndFreeCommunity.com)

**EPISODE 41: Demonic Oppression or Just me?  
Part Six: Delivering from Evil**

**REFLECTION AND 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 discern the spirits, and help me to be obedient to Your Holy Spirit in everything.*

**Prayer for Deliverance from Demonic Influence**

This is a prayer tool you can use for yourself and for sharing with others. It is important to seek the Lord first in each situation before ministering to another, for His guidance on what you need to know and how to respond. We never try to do deliverance on someone who isn't asking for help or willing to repent for their agreement with sin. It will be hurtful to them and can hurt you as well.

**Repentance for my part** – What is the sin that has opened the door to the demonic influence? The fruit in your life will reflect the root cause. Ask the Holy Spirit to show you the root. Pray and repent from the root cause. Pray from the heart with a commitment not to return to that sin. Pray:

*Lord, in the name of Jesus, I renounce all involvement or agreement with demonic spirits. I repent for turning to powers other than Your Holy Spirit. I want nothing to do with the darkness. I ask You to forgive me for my participation in sin (be specific) and I ask You to remove the legal right of the enemy in my life. In the name of Jesus, I break all demonic agreements and command them to be loosed from me in Jesus' name, never to return. Cover every area of vulnerability in my life and family with Your precious blood. Seal the healing in Jesus' name, amen. Thank you, Jesus.*

**Generational Prayer for Freedom** – The sins of our ancestors are called generational sin or iniquity. It is the combined influence in your life of the sins of those in your family line who did not repent for their demonic agreements and therefore passed it down in the bloodline. This generational sin gives the enemy legal right to harass and sometimes have influence in the descendants because the open doors

are still open doors. These can be closed by standing in the gap and repenting on behalf of your ancestors. Pray:

*Lord, I repent on behalf of my family line for all who opened doors to the enemy. I ask You to wash my generational lines in Your precious cleansing blood, from me all the way back to Adam. Bring the cross of Christ between me, my family, and every occultic event in my generational line, closing the doors to the enemy and stopping the flow of harm from entering my life or my descendants' lives. Thank you, Jesus, that You have victory over sin, death, and the evil one. Bring victory over the enemy's schemes in my family. Destroy all demonic strongholds in Jesus' name. Heal my family. Restore relationships, health, finances, peace, love, sound mind, and restful sleep. Demolish any other destructive patterns that have been established and restore godly patterns in their place. Thank You for Your angels that protect and minister to us. Send Your angels to deliver our family from harm. Restore all the blessings the enemy stole. I pray to bless my family in Jesus' name, amen.*

**Sealing the Healing** – inner healing and deliverance is part of the process of sanctification. It is not earning or performing for salvation but walking out the freedom and inheritance that is ours through a personal relationship with Jesus Christ. As you invite the Spirit of God to cleanse your soul from the effects of sin, trauma, and demonic influence, you will experience the love of God in a deep and fulfilling way and more capacity to move in alignment with the Spirit of God. The Holy Spirit will guide you in truth and empower you to walk it out. Your part is to stay clean by not going back to the sin that opened you up to demonic influence.

For more on deliverance and freedom check out the *4 Freedom* Bible study, *Free to Be Me* online course, and more resources available at [FearlessAndFreeCommunity.com](http://FearlessAndFreeCommunity.com).

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**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](http://FearlessAndFreeCommunity.com/Saving-Faith)**