

Spiritual Warfare
Freedom from demonic footholds
Ephesians 6:10-12

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Ephesians 4:27 Do not give the devil a foothold.

- “a place where a person's foot can be lodged to support them securely, especially while climbing.”
- “a secure position from which further progress may be made.”
- Greek: topos “A place”

Possible Indicators of Demonic footholds – Dr. David W. Appleby

- Feelings of shame or guilt that don't yield to God's forgiveness.
- Accusatory voices in the mind that won't stop; mental torment.
- Ungodly coping mechanisms that just make the situation worse.
- Difficulty making connections with people and with God.
- Recurring nightmares/thoughts that disrupt sleep.
- Sins that don't yield to traditional spiritual disciplines like meditation, prayer, fasting.
- Inability to experience the love, peace, joy that the Holy Spirit produces.
- A sense that your life is not your own and something else is working against you, trying to destroy you and all that you and God hold dear.
- Inability to change any of the above no matter how much you want to or how hard you try.
- Personal or family problems that don't respond to therapy.
- Physical or psychological problems that don't respond to medication.

Common reasons for demonic Footholds

Long term sin

- Ephesians 4:25-32

<input type="checkbox"/> Anger	<input type="checkbox"/> Idolatry	<input type="checkbox"/> Occult/False religions
<input type="checkbox"/> Apathy	<input type="checkbox"/> Impure thoughts/Lust	<input type="checkbox"/> Racism
<input type="checkbox"/> Arrogance	<input type="checkbox"/> Inappropriate TV/Movies/Literature	<input type="checkbox"/> Rebellion against God, spouse, others
<input type="checkbox"/> Argumentative/Stubborn	<input type="checkbox"/> Judgmental	<input type="checkbox"/> Revenge
<input type="checkbox"/> Covetousness	<input type="checkbox"/> Laziness	<input type="checkbox"/> Sarcasm
<input type="checkbox"/> Envy/Jealousy	<input type="checkbox"/> Lying	<input type="checkbox"/> Self-Pity
<input type="checkbox"/> Excessive use of alcohol	<input type="checkbox"/> Materialism	<input type="checkbox"/> Self-Righteousness
<input type="checkbox"/> Fantasizing	<input type="checkbox"/> Negativity	<input type="checkbox"/> Stealing
<input type="checkbox"/> Fighting/Violence	<input type="checkbox"/> People pleasing	<input type="checkbox"/> Swearing/Dirty language
<input type="checkbox"/> Fornication/Adultery	<input type="checkbox"/> Perfectionism	<input type="checkbox"/> Unbelief
<input type="checkbox"/> Gluttony	<input type="checkbox"/> Pornography	<input type="checkbox"/> Unforgiveness/Grudges
<input type="checkbox"/> Gossip/Slander	<input type="checkbox"/> Pride	<input type="checkbox"/> Vandalism
<input type="checkbox"/> Greed	<input type="checkbox"/> Procrastination	<input type="checkbox"/> Other(s) _____
<input type="checkbox"/> Hatred		

Prayer: Lord I confess _____ as my sin. I repent of it and I ask you to forgive me. Lord I believe your promise that I am forgiven.

Generational sin

- A demonic foothold that is passed down from generation to generation.
- 2 Samuel 21:1
- What about Ezekiel? Ezekiel 18:20
- Lamentations 5:7 Romans 5:12
- Grandma's Experiences Leave a Mark on Your Genes - Discover Magazine, May 2013
- Epigenetics Offers New Solution to Some Long-Standing Theological Problems: Inherited Sin, Christ's Sinlessness and Generational Curses Can be Explained. By: Dr. Norman Geisler.

Prayer: "In the name of Jesus, I break all generational sins and curses of (name bondage, sin or curse) that are in my family lines, and that were passed on to myself and were passed down to my children (if applicable)."

Soul Ties

- Connection with someone that affects us at our soul level.
- 1 Corinthians 6:16-17

Signs of an ungodly soul tie

1. You are in a physically, and/or emotionally, and/or spiritually abusive relationship, but you "feel" so attached to them that you refuse to cut off the connection and set boundaries with them.
2. You have left a relationship (maybe long ago), but you think about the other person obsessively (you can't get them out of your mind).
3. When you have sex with someone else (hopefully your husband or wife), you can hardly keep yourself from visualizing the person you have a soul tie with.
4. Whenever you do anything – make a decision, have a conversation with someone etc., you "feel" like this person is with you or watching you. What they would think affects all your decisions.

Prayer: In the name of Jesus, I break the soul tie between myself and _____. I sever that link supernaturally and ask God to remove all ungodly influences of the other person and make me whole again.

Trauma

- Physical/Sexual/emotional Abuse or Assault
- Mind control
- Neglect
- Serious Accident or illness
- Domestic Violence
- Bullying
- Natural or Manmade Disasters
- War, Terrorism, or Political Violence
- Military/job Trauma
- Traumatic Grief or Separation
- Ungodly vows and beliefs

Occult

- The occult: Any practice that tries to gain supernatural connection, supernatural power or supernatural knowledge apart from God.

Charged object/places

- Deuteronomy 7:25-26 Acts 19:19
- To burn...
 - Occult, new age, demonic books
 - Ouija board
 - Tora cards
 - Ascended masters decks
 - Idols, pagan Gods
 - Crystals that have been used in the Occult
 - spell kits



Look over personal sin and occult charts. If you see anything in yourself or in your ancestors then pray out loud the following prayers for each sin.

Prayer: In the name of Jesus, I cut myself free from all attachments to (name sin) and I cast away every spirit of (name of sin).

Prayer: In the name of Jesus, I break all generational sins and curses of (name bondage, sin or curse) that are in my family lines, and that were passed on to myself and were passed down to my children (if applicable).