



## **“Binding”<sup>1</sup> the Enemy: Prayers and Commands to Alleviate Demonic Harassment and/or Oppression**

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The primary purpose of these prayers and commands is to provide temporary relief from demonic oppression and/or harassment between prayer for emotional healing sessions. These prayers and commands are not intended to provide permanent deliverance from demonic oppression and/or harassment. Our perception is that harassing/oppressing demonic spirits are usually anchored to truth-based pain, unconfessed sin, sinful defenses, and lies that have not yet been resolved. If deliverance prayer is attempted before these underlying issues are resolved, the demonic spirits leave temporarily but then come back easily.<sup>2</sup> A “window” for re-entry seems to open whenever something triggers the wounds and lies the demonic spirits previously infected. This is especially true if the person receiving ministry responds to the activated lie and accompanying negative emotions with sinful behavior. We therefore agree with many others that it is best to bind demonic spirits until the underlying wounds, lies, and sins have been resolved. At that point the harassing/oppressing demonic spirits can be easily removed.<sup>3</sup>

We give these sample prayers and commands to our clients as a handout. We discuss with them that all problems aren't demonic, but we encourage them to experiment humbly with this between sessions. In this humble attitude, little harm is done trying this prayer on fear, suicidal thoughts, or other thoughts and emotions that oppress them. If the problem is demonic, this simple binding prayer often helps dramatically. If it is not demonic, then we keep working to address other possible sources. As many of you know, often it is some of both, and eliminating the demonic component makes it easier to work with anything else. We have had a number of clients who were amazed to discover longstanding symptoms that resolved immediately with this simple binding prayer. Clients can also share these prayers with any family or friends who wish to support them in prayer.

***Preparatory/faith foundation prayers:*** These prayers were especially helpful to me as I (Karl) was just beginning to minister in my authority in Christ over demonic opposition. I experienced a lot of uncertainty and insecurity, and found that the affirmations of truth and scriptural references bolstered my faith and authority.

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<sup>1</sup> There is much scholarly debate about the meaning of “binding” and “loosing” found particularly in Matthew 16:19 and 18:18. While some believe it refers to the Christian’s authority over evil spiritual forces, many do not. Our usage of the word is not intended to invoke the authority referred to in these verses. Rather we are using the term as a simple way to express the idea of rendering harmless any evil which may be attached to some wound, deception or sin in a person’s mind. That we as Christians do have authority over evil spirits is attested elsewhere in Scripture (Mtw 10:1, Luke 9:1, Luke 10:17-20).

<sup>2</sup> Most ministers experienced in prayer for emotional healing seem to agree on this point. See, for example, Francis MacNutt *Deliverance From Evil Spirits*, p.182-195, and Charles Kraft *Deep Wounds, Deep Healing* p.255-273, *Defeating Dark Angels* p.119-156, 177-198.

<sup>3</sup> See “Closing Prayer” on the Ministry Aids page for additional comments regarding this point and for a sample prayer to permanently remove demonic spirits.

***Considerations regarding focusing the target:*** Our perception is that focusing the target increases the impact of our commands. For example, addressing “demonic spirits contributing to this sleepiness” is more focused and would have more impact than “all demonic spirits present.” The caveat is that this only applies when you have the right target. The risk is that you can miss something. Demonic spirits are happy to take any loopholes (for example, if internal parts are causing sleepiness and a demonic spirit is contributing confusion, they are happy to dodge if you address “all demonic spirits causing this sleepiness”). The “shotgun” approach is less likely to miss, but has less impact on what it hits. We are constantly observing and learning regarding all of this. We will share as we learn. We also welcome input from you all.

***Enforcement/demonic behavior modification:*** We are currently experimenting with using the enforcement prayer below at the end of every interaction with demonic spirits. It seems burdensome regarding time and energy, but our hope is that in the long run we will experience the same kind of benefits that parents experience when they take the time and energy to consistently enforce any rules they make (a lot more obedience and a lot less nonsense). See “Dealing With Demonic Interference/Opposition During the Session, Prayers and Commands to Neutralize Demonic Interference” for additional comments.

***Pray with authority, but be aware of the conditions under which the demonic spirits can disobey:*** The reality that there are a number of situations in which demonic spirits can disobey caused me considerable confusion as I was learning to deal with demonic interference. “How can I be confident in my authority in Christ when the demonic spirits successfully defy me on a regular basis? I look like a fool, claiming to have all this authority, when they just laugh in response to some of my commands.” This confusion was based on the incorrect understanding that having confidence in my authority required that I *know, with complete certainty*, that the demonic spirits in question would always obey my commands. The correct understanding is that having confidence in my authority requires that I *know, with complete certainty*, that the Lord is present, good, and victorious over all demonic spirits, that He will be faithful to the principles and rules He has established to govern creation (including demonic spirits), that He has given me authority to enforce these principles and rules, and that demonic spirits *will* comply with my commands unless there is some other more important consideration involved. It is important that the facilitator and the person receiving ministry understand this perspective so that demonic disobedience doesn’t cause confusion and/or undermine their confidence. When demonic spirits are able to disobey, instead of being confused or concluding “I guess we don’t really have authority over demonic spirits,” they will non-anxiously work together to discern and resolve whatever is making it possible for the demonic spirits to disobey. See “Dealing With Demonic Interference/Opposition During the Session, Prayers and Commands to Neutralize Demonic Interference” on the Ministry Aids page of our web site for additional comments.

***Angelic assistance:*** See “General Introductory Comments Regarding Ministry Aids” for comments regarding asking for angelic assistance. Include this only if you feel comfortable doing so.

***Don’t pray against dissociative parts:*** Sometimes people who have dissociated parts in their internal psychological system will feel frightened, threatened, or confused by binding and/or deliverance prayer. It can feel like the dissociated parts are being attacked and/or prayed against. Our experience is that dissociation (especially mild dissociation) is much more common than most people realize. In light of this, we try to discuss this possibility with every client and clarify that these prayers are addressing only demonic spirits, and NOT any part of the person. See “Dealing With Demonic Interference/Opposition During the Session, Prayers and Commands to Neutralize Demonic Interference” and “Distinguishing Between Demonic Spirits and Internal Parts” for additional comments.

***Regarding our place in the Theophostic® community, and the place of our ministry aids in Theophostic® Ministry:*** Dr. Ed Smith, developer of Theophostic® Ministry, reports an increasing number of people who seem to be confused about our place in the Theophostic® community. We ask that people carefully read and remember our “Home Page” disclaimer (see [www.kclehman.com](http://www.kclehman.com)) regarding our relationship with Alathia and Dr. Smith. Dr. Smith has specifically mentioned people who think that our ministry aids are a required/necessary part of Theophostic® Ministry. We want to be very clear about this: In the explanatory essay (above), we discuss the thoughts, personal experiences, other references, and principles behind the sample prayers and commands at the end of the document. Please consider our discussion, consider for yourself how to interpret the experiences we describe, and then decide whether/how to use this ministry aid. Many have found our ministry aids to be helpful tools as a part of various forms of emotional healing ministry, but it is *not* necessary to use our ministry aids in order to do Theophostic® prayer ministry.

We also want to be clear that our emotional healing ministry is built around a core of Theophostic® principles and techniques, but that we also include “non-Theophostic®” material. For example, our material on medical psychiatry, our material on EMDR, our material on dealing with curses, our material on dealing with spiritual strongholds, our material on dealing with generational problems, our material on journaling, our material on spiritual disciplines, and our material on dealing with suicide-related phenomena are not a part of what we understand Dr. Smith to define as Theophostic® prayer ministry.

## **“Binding” the Enemy: Sample Prayers and Commands**

### **Preparatory/faith foundation prayers (optional):**

“Lord Jesus, we recognize You as the supreme authority over all of creation. We claim the truth that you have invested us with your authority as your ambassadors. We position ourselves in you, and acknowledge that all we accomplish comes through you and through the power and authority you have invested in us. We ask you to guide us and grant us discernment and wisdom. Help us to understand the spiritual principles and rules that You have established to govern Your creation, and to issue commands that are consistent with Your principles and rules. We ask that You would help us discern the reason whenever demonic spirits fail to obey our commands, so that we can find and resolve whatever is allowing the demonic spirits to disobey.”

“All evil spirits present here, we confront you with the truth. Jesus Christ has been Lord over you since your creation. He triumphed over you in defeating Satan in the wilderness and every day during His ministry on earth. He triumphed over you on the cross and in the grave. His resurrection has sealed your fate, and is ultimate proof of His victory over you, and proof of your inability to oppose Him. Jesus has continued to triumph over you throughout the earth during the last two thousand years of Christian history.

“We stand humbly in our position in Christ. We are seated with Christ in the heavenly realms (Eph 2:6). We abide in Christ as branches in the vine (John 15:4-8). We are living temples (1 Cor 6:19, 2 Cor 6:16), with Jesus and the Heavenly Father living in our hearts (John 14:23), as promised in Scripture. We are surrounded by and filled with the Holy Spirit. (Acts 2:38)

“We come boldly in the authority of Jesus Christ, speaking the sword of the Spirit, the Word of God (Eph 6:17), into this situation. We come obeying Jesus’ explicit commands to heal the sick, raise the dead, and cast out demons (Mtw 10:8). We come in the authority Jesus has explicitly given us over evil. We come with spiritual weapons in the name of Jesus for exposing and tearing down your strongholds (2 Cor 10:4-5).”

### **Commands to Bind the Enemy:**

“In the name of the Lord Jesus Christ, we command all demonic spirits \_\_\_\_\_ (*examples: “contributing to this depression”, “contributing to these suicidal thoughts”, “contributing to this fear”*) or harassing or oppressing me/ \_\_\_\_\_ (*name*) in any way to be bound in and under the name and authority of Jesus Christ.”

“You may not touch my/ \_\_\_\_\_ ’s mind, body, or spirit in any way except as the true Lord Jesus allows in order to provide information He wants us to have. You may not harass or oppress me/ \_\_\_\_\_. You may not hinder the work of Jesus Christ in my/ \_\_\_\_\_ ’s life in any way.”

### **Enforcement/Demonic Behavior Modification (optional):**

“We command you now to submit yourselves to the true Lord Jesus Christ and deal with Him personally regarding whether you have adequately complied with our commands.”

“Lord Jesus, we acknowledge you as the righteous judge and we submit these demonic spirits into your hands with respect to whether they have adequately complied with our commands. We ask you to deal with them as You see fit. (Optional) We ask that you release and empower the angelic warriors you have prepared to enforce compliance in this situation.”