...as He leads... Copyright 2026

SPIRITUAL WARFARE & DELIVERANCE

Spiritual warfare is real, and the Bible gives us clear strategies as to how to fight Satan.

i. BIBLICAL STRATEGIES

a) **SUBMIT YOURSELVES TO GOD, RESIST THE DEVIL, AND HE WILL FLEE FROM YOU** *(Jam 4:7):*

In spiritual warfare, your preoccupation is to be with God, not the devil. And only when you are submitted humbly before Him are you able to face and oppose the enemy with triumphant victory.

It also important to realise that resisting the devil means he will *eventually* flee, but *eventually* implies a process, not always an instant victory.

Submitting yourself to God means you surrender your life to Him and acknowledge His Lordship over you. It means you give up your own plans and desires and choose to obey God and live life as He asks you to. Staying faithful to Him.

God calls us to be holy as He is holy *(1 Pet 1:15–16).* This isn't limited to moments of ministry, it is to be our complete lifestyle.

Walking closely with God in loving obedience is always important as it is the expression of our love for Him *(Jn 14:15, 23; 1 Jn 2:3-4).* An obedient, holy life not only brings Him glory, but it also forms the foundation of our spiritual authority.

Thus, because your spiritual authority is directly linked to your level of obedience and faith in Christ *(Isa 1:19, Mk 9:23, Phil 2:8-9),* if your relationship with God is not 'right' and you have areas of disobedience, trying to deliver someone from an evil spirit/s is simply dangerous *(Acts 19:11-20).*

Jesus' statement: "*These kind come out only through prayer and fasting"* speaks to this *(Mk 9:29)*. It is not about using prayer and fasting as a ritual technique to force out demons. It's about living the kind of life that carries spiritual authority.

"These kind come out only through prayer and fasting" means that effective spiritual authority flows from a life of deep communion with God, cultivated through prayer, fasting, and dependence on His Holy Spirit.

Jesus is teaching that victory in the unseen realm comes from intimacy, not impulse; from relationship, not ritual; and from a heart continually yielded to Him in loving obedience (not driven by duty, but affection).

b) **BE SOBER MINDED & ALERT. YOUR ENEMY THE DEVIL PROWLS AROUND LIKE A ROARING LION LOOKING FOR SOMEONE TO DEVOUR** *(1 Pet 5:8):*

To be '*sober minded'* means keeping a calm, disciplined, and steady mind. Do not let fear, doubt, anger, anxiety, or substances cloud your judgment. When you are level-headed, you make better decisions and see traps before stepping into them. '*Being alert'* means paying attention to your surroundings and your own choices. Avoid complacency. Severe mistakes often happen when you lower your guard, assume you are safe, or become spiritually lazy.

A lion roars to terrify and paralyse its prey. So the enemy often uses fear and intimidation in order to make you panic, isolate yourself, and make a mistake out of desperation. Predators do not usually attack the strong, unified herd. They target the isolated, weak, and distracted. If you wander away from righteous living, your church, or your Chrisitan friends, you become highly vulnerable. Do not give up the habit of meeting together *(Heb 10:25).*

c) **PUT ON THE FULL ARMOUR OF GOD SO YOU CAN TAKE YOUR STAND AGAINST THE DEVIL'S SCHEMES** *(Eph 6:11-18):*

- *Belt of Truth:* Read your Bible regularly. Ground yourself in the truth of God's Word so you can recognise deception.
- *Breastplate of Righteousness:* Trust in the righteousness provided by Christ, not your own self-righteousness. Live in obedience to Christ's commands and pursue a holy life.
- *Shoes of the Gospel of Peace:* Keep in peace (unity) with God and others, and share the Gospel whenever an opportunity arises.
- *Shield of Faith:* Actively trust in God, His character and His promises, to deflect the fiery darts of the Enemy e.g. doubt, fear and temptation.
- *Helmet of Salvation:* Guard your mind with the assurance of your salvation in Christ and focus on your eternal life in Him.
- *Sword of the Spirit:* Use the Word of God as an offensive tool to combat spiritual attacks e.g. quote Scripture as Jesus did when He was being tempted in the wilderness.
- *Prayer:* Continually engage with God in prayer, bringing every need, concern, and situation before Him.

Note: the armour isn't activated simply by reciting the passage each morning. It is activated by your intentional act to live daily in these ways through the power and enabling of the Spirit of God.

Your spiritual protection comes from living each day in the truth, righteousness, peace, faith, salvation, Word of God, and prayer. All of which have been made possible through the finished work of Christ: His life, death, burial, resurrection and ascension.

To put on the armour is, in essence, to put on Jesus Christ Himself. To allow Him to work through your life every moment of every day.

d) **CAST OUT EVIL SPIRITS** *(Mk 16:17, Lk 10:17):*

Casting out demons refers to the act of expelling a demon/s. It is often when a direct, forceful command in Jesus' Name is given to a demon/s to leave a person *(Acts 16:18).* However, this is not always the case. There were occasions in the Bible where demons were cast out of people without the Name of Jesus being used *(Acts 8:7, 13:8).* And Paul carried such a powerful anointing of the Holy Spirit that people were delivered from demons simply when cloths that he had touched were taken to the demonised (*Acts 19:11-12).*

FOLLOW THE EXAMPLE OF JESUS WHEN CASTING OUT DEMONS

Jesus never went looking for demons, and neither should we. But when they appear, we are to act as Jesus did. If a person starts manifesting, Believers are to take authority over the demon and cast it out *(Mk 9:25-27, 16:17).*

We need to remember though, Jesus taught: *"Very truly I tell you, the Son can do nothing by Himself; He can do only what He sees his Father doing, because whatever the Father does the Son also does" (Jn 5:19).* So we have to admit, as Jesus did, that we can't cast out demons on our own. It's only done by working in cooperation with God.

Jesus also taught that He spoke with divine authority that came directly from God. *"For I did not speak on my own, but the Father who sent Me commanded Me to say all that I have spoken. I know that His command leads to eternal life. So whatever I say is just what the Father has told Me to say" (Jn 12:49-50, Jn 16:13, Rom 8:26).* Hence, when Jesus cast out evil spirits with a word, it was with the word that God gave Him.

So in any deliverance, it is imperative to submit to God and trust Him to guide you through the process required to set the individual free. He will tell you what you are to do and what you are to say, just as He did for Jesus. Simply put, we are to trust and obey Him when He asks us to cast out demons.

And though there may be occasions when you are led to ask the demon a question, it should be noted that in every case except one *(Mtt 8:29-32, Mk 5:1-13, Lk 8:27-33),* Jesus refused to have a conversation with them. Instead, He commanded the demon to be silent *(Mk1:23-25, 3:11-12, Lk 4:33-36,41).*

Hence, do what Jesus did and resist conversing with the evil spirit when God hasn't asked you to. Keep your communication open with God through prayer and follow His Spirit's leading in regard to what you are to do and to say *(Isa 8:19-20),* recognising that there is no singular formula to use when casting out demons. There were in fact various different methods used, and words spoken in New Testament deliverances:

<u>Deliverance Events in the Ministry of Jesus:</u>

a) Man in the Capernaum Synagogue *(Mk 1:23–27, Lk 4:33–36)*

Method: Verbal command ***Words:*** Be silent and come out of him!

b) Many Demons in Capernaum *(Mtt 8:16, Mk 1:32–34, Lk 4:40–41)*
Method: Rebuke + command ***Words:*** He rebuked the spirits with a word.

c) Gerasene/Gadarene Demoniac *(Mtt 8:28–34, Mk 5:1–20, Lk 8:26–39)*
Method: Command + questioning ***Words:*** Come out …, you unclean spirit!

d) Mute Demoniac *(Mtt 9:32–33)*
Method: Command ***Words:*** None - described as cast out.

e) Blind & Mute Demoniac *(Mtt 12:22, Lk 11:14)*
Method: Command ***Words:*** None - described as cast out.

f) Syrophoenician Woman's Daughter *(Mtt 15:21–28, Mk 7:24–30)*
Method: Authoritative declaration at a distance ***Words:*** The demon has left your daughter.

g) Boy with Deaf & Mute Spirit *(Mtt 17:14–1, Mk 9:14–29, Lk 9:37–43)*
Method: Command + naming the spirit ***Words:*** deaf and mute spirit… come out and never enter again.

h) Woman Bent Over 18 Years *(Lk 13:10–17)*
Method: Declaration + laying on hands ***Words:*** …you are freed from your disability.

i) General Summaries of Jesus' Ministry *(Mtt 4:24, 8:16, 12:15, Mk 1:34, Lk 6:18)*
Method: Rebuke + command ***Words:*** He cast out the spirits with a word.

Deliverance in the Ministry of the Disciples:

a) The Twelve *(Mtt 10:1, 8; Mk 6:7, 13; Lk 9:1)*
Method: Delegated authority ***Words:*** They cast out many demons.

b) The Seventy-Two *(Lk 10:17)*
Method: Command in Jesus' name ***Words:*** Demons submit to us in Your name.

c) Unaffiliated Exorcist *(Mk 9:38–41, Lk 9:49–50)*
Method: Using Jesus' name ***Words:*** Casting out demons in Your name.

Deliverance in the Early Church (Acts):

a) Philip in Samaria *(Acts 8:6–7)*
Method: proclamation of Christ + command ***Words:*** Unclean spirits… came out of many.

b) Paul & the Slave Girl *(Acts 16:16–18)*
Method: Direct command in Jesus' name ***Words:*** I command you in the name of Jesus Christ leave her.

c) Paul in Ephesus (*Acts 19:11–12)*
Method: God-empowered authority ***Words:*** Evil spirits came out of them.

d) Sons of Sceva Failed Attempt * *(Acts 19:13–16)*
Method: Attempted formula without relationship ***Words:*** …by the Jesus whom Paul proclaims…

*[*This failed attempt to cast out demons makes it clear that deliverance isn't released by using Jesus' name as a formulae. It flows from His delegated authority, empowered by the Holy Spirit, and expressed through a life rightly aligned with Him].*

Thus, in Scripture we learn there is no single formula or method for casting out demons. Every deliverance in the Bible was different. The only one constant was the source of the deliverance i.e. the power and authority of the Person, Jesus Christ.

It is never a technique that carries the anointing to cast out demons. God empowers the person, not the method. This protects us from reducing casting out demons to a ritual, a formulae or a script, and keeps our eyes on the true source of all deliverances: the living Person of Jesus Christ.

ii. NON-BIBLICAL SPIRITUAL WARFARE STRATEGIES:

a) **BINDING SATAN**
When entering into spiritual warfare, many Christians use the phrase *"I bind you Satan in Jesus Name"*. While it sounds powerful and Biblical, a closer examination of Scripture reveals that this practice is not actually supported by the Bible.

There are only three verses often used to justify this practice of binding Satan, and none of them apply to Believers verbally binding the devil.

The misunderstood verses:

Mtt 12:29 & Mk 3:27: Jesus describes entering a strong man's house and binding him to plunder his goods. In context, the Pharisees accused Jesus of casting out demons by the power of Satan. Jesus used this illustration to show His absolute superiority over the devil. The 'strong man' is Satan, and his 'goods' are the possessed people Jesus was setting free. It demonstrates Christ's ultimate victory, not a formula for Believers to follow in prayer.

Mtt 16:19 & 18:18: Jesus tells His disciples that "*whatever you bind on earth shall be bound in heaven.*" In ancient Jewish culture and early church history, 'binding and loosing' referred to legal and administrative authority, not 'tying up'. Peter is given the 'keys' (authority) to open the kingdom by preaching the Gospel to Jews, Samaritans & Gentiles. Then in chapter 18, the context is strictly church authority to discipline and resolve conflicts among Believers, not spiritual warfare.

Furthermore, if Christians truly had the authority to bind Satan in prayer, it raises several logical and theological contradictions:

- While Jesus used the verbal authority of God's Word, the power of the Holy Spirit, and explicit commands in dealing with Satan during His ministry *(Mtt 4:10, Lk 4:8, Mk 16:23),* He never once 'bound' Satan.

- The apostles never directly addressed Satan at all in the New Testament. They consistently directed their verbal commands only towards demons whilst casting them out of individuals.

- Even the archangel Michael did not presume to rebuke Satan on his own authority, instead saying, "*The Lord rebuke you*" *(Jude 1:9).*

- Satan is not everywhere. He is a created being and is not omnipresent. He cannot be bound by thousands of different people praying in different parts of the world simultaneously.

- If a prayer effectively binds Satan, how does he constantly break free for the Bible tells us he roams the earth seeking someone to devour? *(1 Pet 5:8).*

Satan was legally defeated at the Cross *(Col 2:15),* but his literal, physical binding will not occur until a future time appointed by God, when an angel will throw him into the bottomless pit *(Rev 20:1-3).*

Until then, Christians are called to rely on the finished work of Christ, submit to God and resist Satan so that he will flee *(Jam 4:7),* be sober-minded and alert to his prowling *(1 Pet 5:9),* and put on the armour of God as a means of defence against him; noting that our need for armour would be unnecessary if we could simply bind him *(Eph 6:10-18).*

The New Testament explicitly states that Satan is currently loose, operating as the god of this world *(2 Co 4:4)* and roaming like a roaring lion *(1 Pet 5:8).* And as previously stated, the Bible has given Believers a clear strategy against him that is focused on steadfast faith in God and vigilant resistance.

Furthermore, in Biblical theology, binding and resisting are opposite concepts involving two different types of authority.

Binding is an offensive command: It attempts to exercise direct authority over Satan to restrict his movement or lock him down. It implies you have the power to handcuff the enemy, or try to put a lion in a cage yourself. The New Testament never commands Believers to do this.

Resisting is a defensive stance: It exercises authority over yourself by submitting to God and refusing to give in to the devil's influence. It acknowledges the enemy is loose and dangerous, but recognizes that he cannot harm your faith if you put up a shield, stay alert, and stand firm in Christ.

Hence, Christians should leave the actual binding of Satan to God and His timing.

b) **BINDING TERRITORIAL SPIRITS**

Nowhere in Scripture did Jesus or the disciples verbally bind or rebuke a territorial spirit over a city or region.

When addressing the topic of waging spiritual warfare against evil powers and principalities in the heavenlies, Paul instructs Christians to 'stand' against them using God's armour. He then emphasizes the need for prayer *(Eph 6:11-18).* Hence, victory over demonic hierarchies involves us walking in truth and faith, actively sharing the Gospel, living righteously and praying to God.

Note: Daniel in the OT only learned of the warring in the angelic realm ***after*** he had prayed and fasted and the warring between the Archangel Michael and the Prince of Persia had already happened *(Dan 10:12-14).*

c) **PLEADING THE BLOOD OF CHRIST**

Scripture never instructs Believers to 'apply' or 'plead' the Blood of Christ.

There is no example of the apostles, nor the early church, using the phrase as a protective measure against the Enemy, nor as a means to avoid earthly hardships and suffering e.g. shipwrecks, robbery, hunger, floggings *(2 Cor 11:16-29).*

Many Christians today cite the Old Testament Passover as a basis for 'applying' or *'*pleading the Blood of Christ' for protection *(Ex 12:7, 13).*

In this text, God instructs Israel to mark their doorposts with the blood of a lamb so that their households would be spared from His final judgement on Egypt i.e. the death of the firstborn. However, this event does not establish a pattern for applying Jesus' Blood today for protection, the Passover primarily functions as a foreshadowing of Christ Himself.

The lamb's blood pointed forward to Jesus' sacrificial death, through which Believers are rescued from God's eternal judgment *(1 Cor 5:7, Heb 10:11-14).*

In both the Passover and the Cross of Christ, the blood is God's provision to satisfy His own righteous judgement. It is not being used as a tool for warding off the devil, evil spirits, or potential harmful incidents.

Another commonly cited verse given as evidence to 'plead the blood of Christ' is *'Believers overcome Satan by the blood of the Lamb' (Rev 12:11).* Yet this phrase is referring to Christ's atoning work on the Cross - the decisive act that disarmed Satan once and for all *(Col 2:14-15).*

In context, this verse is not instructing Christians to plead Jesus' blood in prayer in order to gain victory over earthly and spiritual challenges. Rather, it proclaims that victory has already been secured through Christ's finished work at Calvary.

For this reason, we must be careful not to elevate the Blood of Christ over Christ Himself. Christ's Blood cannot be treated as an independent power or incantation for our physical or spiritual protection. To do so diminishes the sufficiency of His finished work on the Cross.

Scripture consistently teaches that the Blood of Christ deals specifically with sin: its guilt, its stain, and its penalty *(Heb 9:12, 22; Eph 1:7).*

The Blood of Christ cleanses us from our sins as long as we are walking in the light and confessing to them *(1 Jn 1:7).*

The New Testament focuses on the Blood of Christ as the means by which Believers are forgiven, cleansed and freed from their sins, and bought back in to right relationship with God *(Mtt 26:28, Rev 1:5, Rom 6:18, 1 Pet 1:18-19).*

Jesus Christ Himself, not His Blood in isolation, is our Mediator, Advocate, Intercessor, and Saviour *(1 Tim 2:5, 1 Jn 2:1).*

Through His sacrifice, Christ has already rescued us from the dominion of darkness *(Col 1:13),* and disarmed demonic powers and authorities *(Col 2:13-15).* The power of the Blood cannot be separated from the Person of Christ and His atoning work.

Therefore, we must avoid attributing to Jesus' Blood a kind of power Scripture does not give it. His Blood was poured out to deliver us from God's righteous wrath; not to shield us from worldly dangers or spiritual threats. Our hope, confidence, and protection rest entirely in Christ Himself.

As with every doctrine, our understanding of spiritual warfare must be grounded in Scripture, not in personal experiences, fine sounding arguments *(Col 2 :4),* cleverly invented stories *(2 Pet 1:16),* or godless myths *(1 Tim 1:4, 4:7; 2 Tim 4:4).*

Thus, when it comes to spiritual warfare, instead of using the phrase *'I plead the blood of Christ',* Believers should follow the clear instructions of Scripture: submit to God, and resist the devil *(Jam 4:7),* be alert and sober minded *(1 Pet 5:8-9),* and put on the armour of God *(Eph 6:10-18),* trusting in the protection already secured through Christ's victory on the Cross *(Col 2:15).*
