



A BOOK on DELIVERANCE and HEALING

**John and Elaine McLachlan
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FOREWORD

The title of this book came to us from the Lord after we had asked Him for our next study. For at least 30 years we have been meeting people who are trapped in their sins and weaknesses, and just do not know that Jesus can and will **set us free** when we pray and obey.

When we first began to learn about the person and work of the Holy Spirit we saw many "deliverance" and some "exorcism" sessions, with which we were very uncomfortable but we could not understand why we felt so. In the last 11 years since we have worked in the streets, asking people if we might bless them with the Holy Spirit, God has taught us, first how people have been "trapped" and then how very simple it is to be freed. In nearly every case the trap has been caused by disobedience to God's original commands. (See chapter 2)

We believe that digging into the past and rehashing that, or commanding demons to get into a box (yes, we have really seen that as a ministry) is not the way Jesus delivered people who were trapped, so we will be studying the various ways Jesus dealt with people with differing problems. God was very specific in His

commands to His chosen people so that they would be a "light" to all people outside of His family. God is good all the time and wants people everywhere to have a good life. He is merciful and gracious and when we mess up He is always willing to help us get it right. The Bible says about itself, **"The Word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit** (separating the mind and emotions from the psyche within), **joints and marrow** (the active function and movement of the body and the production of our "stem cells" and red blood cells which are essential for our health); **it judges the thoughts and attitudes of the heart** (where our thoughts expressed in our speech originate). **Everything is uncovered and laid bare before the eyes of Him to whom we must give account."** (Hebrews 4:12&13) If you are reading this book to get free or to help another get free, this Scripture needs to be accepted as truth from Almighty God (El Shaddai – see Psalm 91:1) who loves and cares about us.

The other Scripture that is an important truth to be accepted is **"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work."** (2 Timothy 3:16&17) This means that though, under the New Covenant, we are not under the Old Law for our right standing with God, it is still helpful to understand God's plan, and particularly God's protection for us from the enemy, Satan, who wants to kill, steal and destroy. (John 10:10)

In our hearts we feel the grief that God must feel to see so many people that He loves, kept so far from fellowship with Him because of the sin that the Bible says "so easily entangles" (Hebrews 12:1). God is

so holy that His cleansing power would burn all the dross if He came close to our sins. This is why Jesus' sacrificial death is so glorious. **Jesus has taken on Himself all the sins of the world and paid the death penalty so that we can be clean.** He said, "I tell you the truth, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it for ever. So if the Son sets you free, you will be free indeed." (John 8:34&35) This last verse will be our theme.

*If the Son sets you free,
you will be free indeed!*

Many sins and habits are long-standing and some have been inherited, but a study of Jesus' ministry will give insights even into this. We already have a book on the strategy of the enemy on the website (munumin.com) ("We have an Enemy") so we trust that God has given us Scriptures that are appropriate for various individual problems, and a prayer of repentance which will bring victory into each situation. We are relying on His anointing to increase faith in each who reads so that the prayer is effective. Jesus has done everything necessary when He died on the Cross, went to Hell and took the keys of sin and death from the enemy – "Surely He took up our infirmities and carried our sorrows...pierced for our transgressions, crushed for our iniquities (inherited and inherent wickedness and rebellion); the punishment that brought us peace (with God) was upon Him, and by His wounds we are healed...the Lord has laid on Him the iniquity of us all." (Isaiah 53:4-6)

CHAPTER 1

SIN ENTERS GOD'S PERFECT CREATION – How our problems began.

God made everything perfect according to the first chapter of Genesis (beginnings). The garden setting was idyllic; the two people there lived in harmony with God and with each other and with the plants and animals. There was harmony in relationship, respect and honour, especially to the Creator God who had prepared this world. But God had given those He had placed in the garden a moral choice, because of the Tree of Knowledge. Would these humans submit to His superior plan and guidance? He had already planned that they would represent Him on the earth, the greatest privilege and honour He could accord them, and He looked forward to teaching them about the authority He had placed in their hands.

God also knew about the devil that had been cast down to the earth because he wanted to be the god. (Isaiah 14:12-14) Jesus said He saw this happen. (Luke 10:18) When He sent the 12 (Luke 9:1-2) and then the 72 (Luke 10:19) He gave them the authority that God had originally given to Adam and Eve in the garden. This was a foretaste of what would be available to all men through the Cross if they would receive such a wonderful gift. The response to such a gift would be to show the honour and trust that had made the harmony God had designed in the Garden of Eden, before sin entered the world. The moral choice offered has never changed. Through the death and resurrection of Jesus we can freely eat from the tree of Life, for our health, healing and other blessings. Jesus said some amazing things. "I am the Life". (John 14:6) "Whoever eats my flesh and drinks my blood has Life". (John 6:53) When we receive the Seed of the Father into our

hearts and lives it begins to grow in us so that God's power and love change us to His likeness. "No one who is born of God will continue to sin, because God's seed remains in him; he cannot go on sinning, because he has been born of God." (1 John 3:9) However, in spite of this great gift of God, sin continues to flourish in our world in all who choose to ignore God's gift and go their own way.

CHAPTER 2

SIN CAUSES DEATH, FIRST SPIRITUAL AND THEN PHYSICAL

"The wages of sin is death." (Romans 6:23) God's warning to Adam in the garden was "you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die." (Genesis 2:17)

Life was meant to be eternal connection with God. The life God offers is not just breathing, walking around doing things in our own strength and according to our whims and ways. This is what "eating" knowledge does. The standards we end up living by have no reference to God's standards at all and "every man doing whatever looks right in his own eyes." (Deuteronomy 12:8 - Amplified Bible) Sin is defined as "going our own way", and God regards this as going astray (Isaiah 53:6). This is our iniquity, or original and persistent sin. "Without holiness no one will see the Lord". (Hebrews 12:14) Therefore if we are not connected to God we are spiritually dead. (Ephesians 2:1-3)

We need to understand that we are dead to God until He makes us alive by His grace and our faith. All our decisions are by human wisdom and James says this is earthly, unspiritual, of the devil. (James 3:15) These decisions usually gratify the cravings of our sinful nature

and follow its desires and thoughts. This makes us objects of God's wrath. (Ephesians 2:3) God's wrath is not anger as we understand it but revulsion of sin so that He wants to destroy it. This is why Jesus took our sin on Himself, so that God would not destroy us. Some of the Old Testament or Covenant reads rather scary because of the death penalty for many offences. People were wiped out after a time because even when they were warned they did not repent (turn from their wicked ways). The story of Jonah tells how God really tries to help people turn to Him, but God's people do not always care about those who are lost in their sins. Sin and death reigned from the time of Adam until the time of Moses, even over those who did not sin by breaking a command, as Adam did. (Romans 5:14)

Moses received the Tables of stone with the Law written on them, which we call the Ten Commandments, so that the Israelites would understand how to obey God. When there are written laws there is no excuse for not obeying, but unfortunately laws cannot make people obey, because there is still within the heart of man the preference for going our own way, an inherited and inherent rebellion that we know what is right for us. Between the **S**outh & **N**orth **I** rule! Not everything we do is bad but everything we do is to suit ourselves first. This is spiritual death! This is why we have said that in nearly every case the "trap" has been caused by disobedience to God's original commands. His will is perfect and when we are determined to obey His commands He wants to remove our problem.

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CHAPTER 3

OUR MERCIFUL GOD GIVES THE COMMANDMENTS

God gave the Commandments to help His people know how to obey because He really loves them. "I have loved you with an everlasting love; I have drawn you with loving kindness." (Jeremiah 31:3) God really does want what is best for us. Though they are nearly all "do not..." this leaves a lot of room for "do...". This is because God always intended us to have a personal relationship with Him, to learn what He likes, and love to please Him as any lover does. All the "do nots" are warnings to keep us out of trouble. We have a book "To Obey is Better than Sacrifice" which discusses this subject in detail.

The 2 Commandments that are instructions we do concern keeping the Sabbath and honouring our father and mother. These have our spiritual welfare in mind; one day in seven for rest and recreation, and a long and healthy life. For a reason known only to God Himself honouring parents is the secret to this. He is the Heavenly Father so we learn to show honour first to our earthly parents. "Listen, my son (and daughter) to your father's instruction and do not forsake your mother's teaching. They will be a garland to grace your head and a chain to adorn your neck." (Proverbs 1:8&9) "Listen, my son (and daughter), accept what I say, and the years of your life will be many." (Proverbs 4:10) "My son (and daughter), pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body. Above all else, guard your heart, for it is the wellspring of life." (Proverbs 4:20-23)

God is offering us a moral choice here. He says, "Choose life, so that you and your children may live and that you may love the Lord your God, listen to His voice, and hold fast to Him. For the Lord is your life and He will give you many years." (Deuteronomy 30:19&20) The commandments were given to give the people a way to keep close to God. Even under the Old Covenant, if the people broke them they could still say sorry. David's story proves this point. He committed adultery, deceit, lies and murder (2 Samuel 11&12) but when Nathan came to tell him that God was displeased and even had to tell a story to help David see his wrongdoing, David was quick to repent, and to restore his relationship with God.

CHAPTER 4

WHY THE LAW EXTENDS TO MORE THAN 600 RULES AND GUIDELINES

The Ten Commandments are very basic but God knows the hearts of men who have been made creative and in God's image. They chose that God would NOT speak to them. (Exodus20:19) Eight of the Commandments are what not to do, which left them too much scope to do what they DID want to do. With our own children the instruction "Don't stay out too late" becomes what they consider "too late", even though they might know what is "too late" in their parents eyes. Because the people did not want to relate to God in the loving relationship He had planned, they needed an expansion of the Law. Most of the Books of the Law; the rest of Exodus, Leviticus, Numbers and Deuteronomy explain in detail the intention of the Commandments. To all this, the priests and teachers of the law,

throughout history, have added more details and these are in the Talmud (and other writings) which is the book most Jewish people today study. Paul writes that "all who sin under the law will be judged by the law. For it is not those who hear the law who are righteous in God's sight, but it is those who obey the law who will be declared righteous" (in right standing before God). (Romans 2:12&13)

The New Covenant is of the Spirit. Paul says that the letter of the law kills but the Spirit gives Life. (2 Corinthians 3:6) So no matter how well we know the Law of God, or think we can keep it, it will not change our hearts, and it convicts us of sin because no one can actually keep all the rules, even if they know them. Paul also says that, though the Israelites were zealous for God, their zeal is not based on knowledge. Since they did not know the righteousness that comes from God and sought to establish their own, they did not submit to God's righteousness. (Romans 10:2&3) The actual decree of God is that right standing with Him comes by faith and trust. The righteous will live by his (or His) faith. (Habakkuk 2:4 & Romans 1:17) Righteousness from God comes through faith in Jesus Christ to all who believe. (Romans 3:22)

If keeping the rules does not give us right standing before a Holy God and we have not embraced the New Covenant then we are in trouble. Most people who have not entered the family of God know that rule-keeping is impossible and so they have joined a religion to suit themselves or have rejected "religion" outright. What they do not realise is that there are only two spiritual kingdoms – God's and the devil's. If they are not in God's Kingdom then they are in the other by default and these are vulnerable to anything that the one who kills, steals and destroys might do. (John 10:10a)

God has made a solution but He cannot override our freewill, which He respects because He gave it to us so that we could make our choice as a demonstration that we love Him.

CHAPTER 5

DISOBEDIENCE IS A RISK

"If I had cherished sin in my heart, the Lord would not have listened." (Psalm 66:17)

God means what He says when He assures us that He will be with us to the end of the age. (Matthew 28:20) Our problem is that He is holy, and without holiness no one will see the Lord. (Hebrews 12:14) **People who are not in right standing with a holy God cannot know His presence, even though He is right there.** Worse, people who are supposed to be in right standing with Him and ignore Him are just as vulnerable to the voice of the devil, speaking to our minds. All those instructions in the Old Testament are given for our good so it is better to obey than to decide that they are no longer relevant in this day and age. The Bible says that Satan masquerades as an angel of light and his servants also. (2 Corinthians 11:14) These are people who wittingly or unwittingly serve him. This could be a drunk driver (because the Bible warns not to be drunk with wine), a person who abuses, especially to the point of violence, or basically anyone who breaks the law, even the law of the land. These people become our enemies as well as God's.

Many people get very indignant about those who offend them and their "friends" but do not worry so much about their own

shortcomings. Yet our primary responsibility is to see to it that we are holy and without reproach. Jesus said that we need to get the plank out of our own eye then we can see clearly to get the speck out of the eye of another. (Matthew 7:3-5) Peter writes that the devil prowls around like a roaring lion looking for someone to devour. (1 Peter 5:8) We can only resist him in the power of the Holy Spirit, an awareness of God's presence with us.

The Holy Spirit speaks to our hearts. This is why we have a conscience. A guilty conscience is a warning sign. It is not good to quench the Spirit who is warning us that we are on a wrong road. A soft heart to God's Spirit prevents us from disobedience but a wilful heart, hardened by a dulled or seared conscience, ignores God and places us in the devil's realm, and he is one who kills, steals and destroys.

Having enlarged on the risks and follies we have entered into we will begin to address some solutions.

CHAPTER 6

ATTACKS ON THE MIND – wrong thinking

– from other people doing the devil's work

GREED AND COVETOUSNESS

CRIME

DISCONTENT AND GRUMBLING

DOGMATIC OPINIONS

These nominated problems are by no means all the attacks on the mind but they are traps we can easily fall into or fall prey to. The Bible tells us to renew our minds. This begins by offering our bodies as living sacrifices. (Romans 12:1) This is an act of worship, honouring

God and trusting Him to take control of our lives. When we do this willingly He takes us seriously and begins a work in us which He promises to finish. (Philippians 1:6)

It is actually a very simple thing to say sorry to God if we have a humble heart. Contrary to worldly thinking God is not waiting to punish us. The reason for this is that Jesus has already taken the punishment by dying on the Cross for us. This fact is important, whether the attack is from our own foolishness or from one of the devil's servants. When we repent and confess sin, no matter whether our own or done to us, God is faithful and will forgive and cleanse us from all unrighteousness. (1 John 1:9) **Confession and turning away from sin is the most powerful conscience-cleansing agent and enables us to forgive ourselves or any who have offended us.**

We might not think that discontent and grumbling is too bad, or having an inflexible opinion is a sin but these traits are not reflecting the image of Jesus, who, though He was in very nature God, made Himself nothing and humbled Himself and became obedient. (Philippians 2:6-8)

Our suggestion to be healed is to agree with an old song.

**All to Jesus I surrender...this, my song shall ever be.
I surrender all, I surrender all.**

When these thoughts come to our minds we say again...

All to Jesus I surrender.

Committing ourselves to the Lord as often as we feel tempted is a good thing to do. The Bible tells us, "Submit yourselves, then, to God. Resist the devil, and he will flee from you." (James 4:7)

One of our favourite hymns always helps us in our reality checks.

O the bitter shame and sorrow,
 That a time could ever be
 When I let the Saviour's pity
 Plead in vain, and proudly answered:
 "All of self and none of Thee".

Yet He found me: I beheld Him
 Bleeding on the accursed tree,
 Heard Him pray: "forgive them Father"
 And my wistful heart said faintly:
 "Some of self and some of Thee."

Day by day His tender mercy
 Healing, helping, full and free,
 Sweet and strong, and ah! so patient
 Brought me lower, while I whispered:
 "Less of self and more of Thee."

Higher than the highest heaven,
 Deeper than the deepest sea,
 Lord, Thy love at last has conquered;
Grant me now my supplication:

"None of self and all of Thee."

Rev Theodore Monod, 1874

**If the Son sets you free,
 you will be free indeed!**

CHAPTER 7

ATTACKS ON THE BODY – sins of the flesh

- demonic attacks
- lack of knowledge of our authority

SICKNESSES

GLUTTONY AND OVEREATING

EATING DISORDERS AND ANOREXIA

ADDICTIONS TO DRUGS AND ALCOHOL

These listed are not the only attacks on the body but are the most common which will entrap us. Even being a Christian does not give us exemption, although we can be sure that Jesus dealt with the root problem on the Cross.

Paul wrote to Timothy "God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline". (2 Timothy 1:7) One of the fruits of the Holy Spirit is self-control. (Galatians 5:23) The answer to these problems then lies in us desiring to be filled with the Spirit every day – new every morning.

"A wise man's heart guides his mouth...pleasant words are...sweet to the soul and healing to the bones. (Proverbs 16:23&24) Good news gives health to the bones. (Proverbs 15:30) A cheerful heart is good medicine. (Proverbs 17:22) A heart at peace gives life to the body. (Proverbs 14:30)

These scriptures remind us that wrong actions have come from wrong attitudes, especially to ourselves. When we know and believe what God's attitude is to us, love and commitment, so that we can have a fulfilling life, we would seek Him with our whole heart instead of finding "coping mechanisms" to fulfil us. Through Jesus, God has offered us authority over everything that the devil might throw at us. He wants us to reign and rule on this earth, including germs and any

evil thing that threatens us. Our difficulty is that if we do not take this authority, the presenting problem can begin to rule us instead, and the devil takes advantage and increases the problem, hoping we will blame God instead of praying to Him. Each of the problems mentioned can become demonic oppression when not addressed properly, even though they might have started out under our control or manageable with medical help.

The good news is that Jesus has triumphed over the devil and will remove the "curse" when we come to Him in simple faith and trust.

What can we say to God? **I am sorry I have gone my own way. I repent (turn back to You). I believe Jesus died for sickness, sin and to free us from the power of the evil one. I need You now to heal me. Help me to live my life in Your way. I surrender to You anything that has become a wrong focus in my life.** We could pray this prayer or something like it every time we think the old way as we might take a prescribed medicine. When we offer our bodies as living sacrifice God renews our minds and is pleased with our offering. (Romans 12:1&2)

**If the Son sets you free,
you will be free indeed!**

CHAPTER 8

ATTACKS ON THE HEART (the centre of who we are)

- self hatred
- traumas from the past

FEARS AND PHOBIAS

UNFORGIVENESS

ANGER, VENGEANCE AND SPITE

Again these listed are not by any means the only attacks on the heart and come from a lack of confidence in who we are designed to be by God, who made us perfectly. The Bible tells us that there is no fear in love. Perfect love drives out fear, because fear has to do with punishment. (1 John 4:18) It is true that traumas in our lives cause us to want to protect ourselves from a similar attack because of the pain. Unforgiveness actually keeps the pain within our hearts. Jesus said something very interesting to His disciples. "If you forgive anyone's sins they are forgiven (remitted – returned to sender so he/she answers to the Heavenly Father and the stain is no longer on you); if you do not forgive them their sins they remain with you (the stain, the pain, the guilt). (John 20:22) This is why Jesus said on the Cross, "Father, forgive them for they do not know what they are doing." (Luke 24:34)

Adam and Eve, instead of saying sorry to God for their sin, blamed each other. (Genesis 3:12) Once we begin a blame game the devil will capitalise on our anger and self-pity and try to put the thoughts into our hearts to "pay-back". This is why God assures us that He will defend us if we trust Him. (Romans 12:17-19) (Psalm 55:22) We want to remain holy and keep our heart pure when we are under attack, either with our own weaknesses or the unholiness of others.

Overcoming these attacks on our hearts is only done by prayer. The beautiful presence of God is the only comfort that is effective for these problems so we confess our sin or the sin of another because God is faithful and will forgive us and cleanse us from all unrighteousness. (1 John 1:9) **The more we seek His presence the more His peace and healing washes us.** He really loves us to come to Him in times of pain. Many psalms encourage us because these came out of the psalmist's personal experience and God has inspired them as precedents for us. We have already stated that all Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in right-living. (2 Timothy 3:16)

- ◆ **"The Lord sustains me. I will not fear."** (Psalm 3:5&6)
- ◆ **"Be merciful to me and hear my prayer."** (Psalm 4:1)
- ◆ **"In the morning I lay my requests before You and wait in expectation."** (Psalm 5:3)
- ◆ "Bear with each other and forgive...as the Lord has forgiven you." (Colossians 3:13)
- ◆ "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things...and the God of peace will be with you." (Philippians 4:8&9)
- ◆ "Each of you should look not only to your own interests, but also the interests of others. Your attitude should be the same as that of Christ Jesus." (Philippians 2:4&5)

God always answers prayer based on His Word and helps us to get our hearts in line when we are determined on healing. When we take

the "WORD" medicine, believing that God is faithful, He speaks into our hearts His reassurance of His constant love.

If the Son sets you free,
you will be free indeed!

CHAPTER 9

ATTACKS ON THE SPIRIT – depression from within
– oppression from the outside

LONELINESS
BEING DIFFERENT
TOO OLD
A SENSE OF FAILURE

Depression is one of the great scourges of the modern times and is almost inevitable if we have not invited Jesus into our lives and are people who are not brazenly over-confident about themselves. Many seek medical help, which is usually clinical drugs and maybe counselling.

But God has made each one of us unique by His own choice. Although some have similarities which draw us to others with like ways, nevertheless none are exactly the same. Most depression begins with discontent about who we are and lack of vision about where our fulfilment lies. As the years roll by and we do not feel satisfied we compensate with other activities, especially competitive ones through which we hope to prove our worth. This is a recipe for disaster because every time we are beaten it speaks into our vulnerable and unregenerate spirit that we have failed again.

Being bullied (oppression) has the same root cause – who we think we are. This vulnerability also stems from lack of love and the desperate need of all humans to be loved and accepted. There is only One who loves unconditionally but He is not always preached by those who have taken on the responsibility to do so. Worse, in recent times it has come to the light that there have been abusers hiding under the Name of God.

It has been said many times (even by Jesus Himself; Matthew 23:3&4) that we should not judge Christianity by its leaders and teachers. There are some who are shining examples of all that Jesus taught and exemplified. These have submitted themselves to His ways and sought holiness. There are others who are religious bigots, like the Pharisees that Jesus is talking about. Jesus gives us clear insight into who are to be trusted. "A tree is recognised by its fruit." (Matthew 12:33-35)

When we have committed our lives to Jesus and invite His Holy Spirit to come every day we develop a relationship with Him which is real friendship. He becomes as real as a close friend, even though we do not see Him with our outside eyes. We, the writers, give Him hugs and kisses every day and feel His warmth enfold us. It is truly amazing! As His love begins to saturate our spirits we are conscious of His love filling us so that we see the world differently.

This does not change other people but it changes us as we renew our minds too. When we know who we are in Christ we can retreat into His love or stand confidently against those things which come against us.

There is a beautiful song by Geoff Bullock.

"Lord, I come to You. Let my heart be changed, renewed, flowing from the grace that I found in You.

And Lord, I've come to know the weaknesses I see in me will be stripped away by the power of Your love.

Hold me close, let Your love surround me.

Bring me near; draw me to Your side.

And as I wait I'll rise up like the eagle and I will soar with You.

Your Spirit leads me on in the power of Your love."

If the Son sets you free,
you will be free indeed!

CHAPTER 10

DEFYING GOD'S COMMANDS – entering into the devil's region
deliberately

OCCULT

SEXUAL SIN AND LUST -- PORNOGRAPHY

SLANDER AND DIRTY JOKES

Many people do not understand the devil's ways or even believe that he exists. Because they have never heard the gospel, never read the Bible and rely totally on their own knowledge which they do not think is deficient, they are very vulnerable to the devil's wiles.

John warns us that the whole world is under the control of the evil one. (1 John 5:19) This is by default because people have to make a choice to enter the Kingdom of God, by being born again by the Holy Spirit. "This is the testimony God has given about His Son...God has given us eternal life and this life is in His Son. He who has the Son has life; he who does not have the Son of God does not have life." (1

John 5:11&12)

There is very plain teaching about God's wrath against all godlessness and wickedness of all who suppress the truth. God gave them over in the sinful desires of their hearts. (Romans 1:18-24) Jesus said, "Out of the overflow of the heart the mouth speaks." (Matthew 12:34)

What people who are into these things do not realise is that once captive to the devil he does not readily let go, but increases the perversions that are not God's way. Peter writes that a man is a slave to whatever has mastered him. (2 Peter 2:19)

Paul warns us to put to death all such things. This is assuming that we have become believers or want to be rid of these things in our lives. (Colossians 3:2-8) We have already said that the Son is the One who sets us free. If we do not want the Son we do not want God's life in us either.

When Jesus first began His public ministry He had a simple message. "The time has come. The Kingdom of God is near. Repent and believe the Good News!" (Mark 1:15)

In the Old Testament "repent" always means "to change the mind AND act on that." The word is used to express regret and sorrow for having done some deed but is not always used for godly repentance. (Cruden's Concordance p540) Godly repentance always causes a change of heart and mind and transfers into action. Repentance is purpose-driven towards doing things God's way. When we are led to confess our sins we should not be thinking that now we have said them aloud God is obliged to forgive us and "purify us from all unrighteousness." (1 John 1:9) It is true that because of the death of Jesus for all sin, for all time, that our sins are forgiven, but if we intend to continue with a particular sin that the Holy Spirit has convicted us of, then by our own

choice, we have effectively told God, who sees our hearts, that we do not want to change. We could also define this word as "turn away from our own opinions, practices and mind-sets and turn towards God's ways and agree with His Word." The Latin is "*mores suos mutare*" – to change your manners, your disposition, your morals and even your character. This is of course not possible without God's help, but He promises to complete the work He begins in us. (Philippians 1:6)

We need to admit to God that we hate what we are presently doing BECAUSE He hates it. We need to see that our practices were on Jesus, on the Cross. He had to bear what we are doing.

Why did Jesus say "the time has come"? We need to tell the devil "enough"!! We do not know how short is the time before our sin will kill us – our reputation, our friendships, and our health, both mental and physical. When the Holy Spirit speaks into our hearts to change our ways we should begin to act while there is time because He knows the end from the beginning.

We could pray like this. **"Jesus, I am sorry that I have so grossly offended You. I want to change my ways and I need Your help. Thank you for convicting me of my sins so that I can begin a new life in Your power. Thank you for bearing my sins on the Cross so that I can be free. I renounce all the other gods, idols and demons that I have dallied with, and the foolish practices I have committed because I want to be free as Jesus has promised."**

We then determine to believe the Good News – Jesus came to free the captives, release the oppressed and to proclaim the year of the Lord's favour. (Luke 4:18&19) It is a good idea to come under the

protection of a good pastor and teaching and washing of the Word of God to keep on the "Highway of holiness" that we have now entered.

If the Son sets you free,
you will be free indeed!

CHAPTER 11 RELIGION

This can be defined as man seeking after something or someone to worship. Every religion, even "Christianism" (any "ism" is a belief system, so this is a set of beliefs based on Christianity) does this. Judaism, although based on God's revelation to His chosen people, now has no connection with God in the way God always intended. (Romans 11:7-10) God met with Adam and Eve in the cool of the day, (Genesis 3:8) to fellowship with them and to teach them His ways. When they decided to go their own way they were sent out of God's presence. Because God has given man freewill He cannot force us to do things His way. Because the devil holds sway in the world he influences everyone that their own way is good. This is what the original sin introduced into the world, and we are all trapped by this way of thinking. John explains this clearly. "Men loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light, and will not come into the light for fear that his deeds will be exposed." (John 3:19&20)

Jesus said, "No one can come to Me unless the Father who sent Me draws him." (John 8:44) The ministry of the Holy Spirit is to convict the world of guilt in regard to sin and righteousness and judgment: in

regard to sin, because men do not believe in Me; in regard to righteousness, because I am going to the Father, where you can see Me no longer; and in regard to judgment, because the prince of this world now stands condemned. (John 16:8-11) The Holy Spirit, on assignment from and in unity with the Father, speaks into the heart of a person, usually through the voice of one of God's own family.

Paul explains more when he is preaching in the Areopagus. (Acts 17:23-28) "As I walked around and looked carefully at your objects of worship, I even found an altar...To an unknown god. Now what you worship as something unknown I am going to proclaim to you. The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by hands. And He is not served by human hands as if He needed anything, because He Himself gives all men life and breath and everything else. From one man He made every nation of men, that they should inhabit the whole earth; and He determined the times set for them and the exact places where they should live. God did this so that men would seek Him and perhaps reach out for Him and find Him, though He is not far from each one of us. For in Him we live and move and have our being."

The paradox is that there is a response required to the wooing of the Holy Spirit. Isaiah describes this. "I revealed Myself to those who did not ask for Me; I was found by those who did not seek Me. To a nation that did not call on My Name, I said, here am I, here am I. All day long I have held out My hands to an obstinate people, who walk in ways not good, pursuing their own imaginations...offering sacrifices. (Isaiah 65:1-3) God is not surprised or shocked that people

have made up their own religions, but He always hopes that people will seek after the Truth and recognise it, and then accept it.

The Truth is Jesus Himself, whose Spirit comes into our hearts to make God real to us and not just an imagination.

This is the prayer we offer to people so that they can receive the Son who sets us free.

I repent of my sin (turn away from my own way and turn to God's way).

Jesus died for me.

He was crucified,

He arose from the dead.

Jesus, come into my heart.

I receive You, Holy Spirit, in the Name of Jesus.

When we sincerely pray this prayer, God begins a work in us to deliver us from all the religious things we have learnt and practised, so that we can have a living and active relationship with Him.

CHAPTER 12

JOBS

Some people feel trapped in their job, while others feel as if their job is so good it is not a problem at all. This seems to be because of our attitude to the work we do.

It is true that there are people, especially in management, that play favourites and treat some employees unfairly. Einstein quoted an interesting statement. "Great spirits always encounter violent opposition from mediocre minds." This is probably true as history demonstrates that many geniuses and adventurous thinkers

encountered opposition and severe persecution, even unto death. Certainly this happened to Jesus. (Hebrews 4:15) But somehow we feel that whereas Jesus was God and therefore it doesn't matter as much, compared to our problem. When things are going OK we are OK, but when things are difficult it is very easy to slip into self-pity.

When sin came into the world the result for Adam was "painful toil" that would cause "sweat to the brow". (Genesis 3:17-19) We can never underestimate the fall of man from God's grace and favour. Even in pagan traditions like the story of Pandora's Box in Greek mythology people have been trying to explain why sin came into the world.

But God has done something about the sin problem if we choose to believe and receive from Him. Therefore even the curse of hard work has been dealt with because Jesus took the curse on Himself on the Cross. We should never underestimate this fact either. God promised that anyone who is hung on a tree is under God's curse. (Deuteronomy 21:23) Paul explains that Christ redeemed us from the curse of the law by becoming the curse for us. (Galatians 3:13) Our work therefore should be a pleasure.

If we feel trapped and our work is not a joy then it comes back to our attitude. Jesus came, not to be served, but to serve and give His life. (Matthew 20:28) Paul tells us, "Obey your earthly masters with respect and with sincerity of heart, just as you would obey Christ. Obey them not only to win their favour when their eye is on you, but like slaves of Christ, doing the will of God from your heart." (Ephesians 6:5&6) There is a great challenge to our faith in this because if they are unfair or treat us badly we can call on Heavenly Father for Him to bring justice. When we are in His family He always defends us. We

can read many of the Psalms to see how David and other psalmists cried out to God. (eg, Psalm 142:1&2 and Psalm 143:1-4)

Sometimes we might feel trapped because we are not doing the work that God has designed and equipped us for. When we have chosen to follow Christ we should pray for a job in the area we feel He has called us to. This takes faith and trust in His love and faithfulness. When we know that we are in the place God would have us then the verse quoted above is easier, even if we are having relationship troubles with those who would persecute us. If we are in a job which we have accepted because "it was the only job offered" we should stay until God sorts it out for us, because "we rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out His love into our hearts by the Holy Spirit, Whom He has given us." (Romans 5:3-5)

A prayer we could use to restore our joy in serving God in our job –

O Lord God, I have not loved YOU with my whole heart and sought YOU concerning my job so it has become a chore instead of a delight. Please change my attitude so that I am conscious that I am answerable to YOU at my workplace and YOU consider me faithful and reward me accordingly in YOUR time. I ask for wisdom also according to YOUR Word, because YOU promise that YOU give this generously without finding fault. (James 1:5) I ask this in the Name of Jesus.

CHAPTER 13

RELATIONSHIPS

God is very interested in our relationships, with Himself and "with our neighbour", whether it is family or anywhere outside this. Everyone has been given different gifts and abilities for our mutual benefit and the challenges of life and this makes each of us unique, so we need to constantly be filled with His love as our resource to love ourselves and others. Jesus' only command was to love one another (even our enemies).

We believe this love is a mutual respect of each other, so we need to quell the desire to correct others to prove we are right (and therefore they are wrong). The fact that others are different should make life interesting, but we are usually brought up by our parents with definite values, according to their beliefs, which entrenches us from an impressionable age to hold those beliefs and values sacrosanct. This is what can bring us into conflict with others and this is all the harder with people who have strong, forceful personalities.

This is why we are confident that having Jesus as our best friend, Who loves us unconditionally, is a valuable safeguard. When we read His Word and take into our hearts how He accepted people as they are, treating them with gentleness and respect but healing and helping them if they wanted to "improve", and when we believe He truly is alive, although in Heaven, that He is the same, yesterday today and forever, (Hebrews 13:8) we can grow in confidence that we are people He loves just for who we are. We have been chosen before the foundation of the world to be holy and blameless in His sight. (Ephesians 1:4) This is not just me but anyone who is a Christian or is

chosen and will become a Christian. Though we are perfected in His sight, we are a work in progress till our life's end – a journey of faith, being transformed into His likeness with ever-increasing glory, by the Holy Spirit. (2 Corinthians 3:18) "This is love: not that we loved God, but that He loved us and sent His Son as an atoning sacrifice for our sins. Dear friends, since God loved so us, we should also love one another." (1 John 4:10&11)

When relationships turn sour we have a choice whether to let bitterness break the relationship or to bring sweetness into it again. God is truly into mending relationships because this is what He did between Himself and mankind. Jesus is the "sweetener" for a relationship and He is easy to access to refill us with His love. "Make every effort to live in peace with all men and to be holy; without holiness no one will see the Lord. See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many." (Hebrews 12:14&15)

When relationships turn violent this is too dangerous to try to fix ourselves if we are the one who is being attacked. If the violent one will not seek help because of the demonic spirit within, we should not stay around. Demons never change but only get worse and attract more and stronger ones. There is an increase of this in our society now. The legalism in the church has made it difficult for people who find themselves in this situation if they have been married. It is interesting to see that the Gadarene man was living in a cave. (Mark 5:1-20) It was only after he was delivered Jesus sent him home to his family. God Himself says that He hates a man covering himself with violence which breaks faith with his wife. (Malachi 2:16) God regards

violence in the same light as divorce; the believing man or woman is not bound in such circumstances; God has called us to live in peace. (1 Corinthians 7:15) It is not the unforgivable sin to have married the wrong person, even though the Bible advises us, "do not be yoked together with unbelievers. What fellowship can light have with darkness? What harmony is there between Christ and Belial (worthlessness or wickedness)? (2 Corinthians 6:14&15)

Jesus tells us to love our enemies so how do we pray? We believe the best way is to take some space and focus on Jesus, to be filled with His love. He is into the reconciliation business but if the situation is not able to be reconciled we need Him even more, not to justify our position but to saturate us with His love until we are able to think of the other person quite objectively, as Jesus does. Again the Psalms have beautiful prayers to help us focus on Jesus.

- ◆ **"Have mercy on me, O God, have mercy on me, for in You my soul takes refuge."** (Psalm 57:1)
- ◆ **"My soul finds rest in God alone; my salvation comes from Him."** (Psalm 62:1)
- ◆ **"O God, You are my God, earnestly I seek You; my soul thirsts for You."** (Psalm 63:1)

SUMMARY

In this book we have tried to address some of the problems which we have witnessed regularly in the streets. We believe that **only in Jesus Christ** is there freedom and holiness of life, so in each case we suggest seeking God's answers, and most, if not all, are covered

within the pages of the Scriptures. Counsellors often give advice from their own experiences, and, if their wisdom is from God, this is most helpful. However we have found that prayer, especially with agreement has a power that is greater. James' advice is timeless. "Is any of you in trouble? He should pray...is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the Name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other so that you may be healed. The prayer of a righteous man is powerful and effective." (James 5:13-16)

We have many books and articles on our website, www.munumin.com and we also invite email comments and questions on john-elaine@munumin.com

We, the writers, trust God and pray that this book has been helpful and that God will heal and bless you, our reader.

If the Son sets you free,
you will be free indeed!

