



Demonology

Lesson 5: Seven steps to demon possession

1. Introduction

Some people invite demons into their lives by getting involved in witchcraft, Satanism, or the occult.

Others open the door to demons in a less blatant way by sinning. Especially things like drinking, drugs, and sexual activity. Because of the lifestyle they choose, it invites demonic spirits.

Still, there are other people, though they may be well-meaning, are entrapped by demons by the seven steps exposed in this lesson.

2. Steps to demon possession

Step 1 – _____

Definition of REGRESS:

- Withdraw
- Decrease
- Backslide
- Revert to a former level
- Reverse a trend
- Shift to a lower state

If you are regressing, you are _____

Here is an example of someone like this:

- He was making spiritual progress – reading the Bible, praying and spending time with the Lord.
- But one day he was too tired to pray.
- Day after day goes by. and before you know it, he is not spending any time with God.
- His spiritual strength begins to weaken. Then he is easy prey for the devil.

In the Christian life, if you are not progressing, you are regressing.

2 Corinthians 3:17, 18

1 Timothy 4:15

A quality of a progressive person is that they are interested in others. A regressive person is “into” himself too much to think about others.

How can you know if you are falling into a regressive pattern?

- _____

Going to church, praying, getting involved in outreach, etc.

- You have become careless about your commitment to Christ and your goals to help build God’s kingdom.

Pastors and preachers must watch out for this.

Many begin with excitement, but it fades away as other things that keep them “busy” must be done.

- You begin to see your own _____ as more powerful than your _____

If you have faith in God, you can come through any challenge that is set before you.

However, when you are regressing you say things like:

- “I will never be able to do that.”
- “Who do I think I am to be able to get that done?”

You have excuses like:

- “I’m too old.”
- “I’m too young.”
- “I don’t have enough money.”
- You are ruled more by your _____ than you are by making decisions and sticking to them.

If you live life never doing the things you do not “feel like doing”, you are regressing.

If you do not feel like doing something, but you push forward and do it anyway, you are progressing.

What are the qualities of a progressive person?

- A progressive person has a _____

A willingness to change may include how a person looks at the Word of God.

They don’t say, “I see what the Bible says there, but I was taught differently. That’s not what I believe.”

- A progressive person has a love for the truth and a _____

He has a hunger for the truth. He does not become defensive if an older, wiser brother or sister tries to instruct him in some way.

- “Strong” is a good word to define a progressive person.

He has strong vision, a strong commitment, a strong spirit, and strong relationships with his brothers and sisters in Christ.

Step 2 – _____

God has created us to be expressive.

If you want to shout, but you whisper instead, that is repression.

If, during worship, you wanted to dance, but stood like a statue, that is repression.

God wants us to _____ our feeling toward Him, not _____ them.

Repression may be the outward sign that regression is taking place on the inside.

If you do not laugh anymore, it may be because you lost your joy.

Some people have been hurt at their job, in their marriage, or by a church leader. It is okay to mourn for a time, but then there must come a time to get your life back on track and move forward.

Some people allow themselves to get so low and defeated that they leave themselves vulnerable to demonic influence.

Negativity stems from this. This can begin in the flesh for a person, but in the end, they are under the influence of a critical spirit.

The devil can do a lot of harm with a negative, critical Christian. They sow dissension in the church. They have caused churches to split.

When you are negative towards your pastor, leaders, and other brothers and sisters in the church, you are influenced by a demon spirit. You are being used by the devil!

Revelation 12:10

The devil is called _____

This is a fault-finding spirit. It has been masked as the “gift of discernment”.

Does the church need correction? Do pastors and leaders need correction? – Yes, but God has not given you a gift to see the faults of your pastor and people in the church.

Jude 16-19 – God’s Word Translation

Jude 1:16 *These people complain, find fault, follow their own desires, say arrogant things, and flatter people in order to take advantage of them.*

Jude 1:17 *Dear friends, remember what the apostles of our Lord Jesus Christ told you to expect:*

Jude 1:18 *"In the last times people who ridicule God will appear. They will follow their own ungodly desires."*

Jude 1:19 *These are the people who cause divisions. They are concerned about physical things, not spiritual things.*

Step 3 – _____

Definition of SUPPRESSION:

- To squeeze down abnormally

- To conceal, as to suppress information, feelings, and desires

Suppression is closely related to repression, but the two things are different.

- Repression is something we primarily do to ourselves.
- Suppression is something that comes from the outside against us.

Here are some examples:

- You have a word from God to give during a worship service, but you just cannot do it. Your insides feel like they are going to explode. But something is hindering you from stepping out.
- You have a strong desire to go on a mission trip or to begin a new outreach, but something is always hindering you.
- You do okay in life, but never do the “one thing” that you know God wanted you to do.

Step 4 – _____

Definition of DEPRESSION: Having a broken spirit. Describes a person who has been pressed down to the point where their spirit is crushed.

We all become “depressed” from time to time just because of circumstances. Depression can be triggered by loss or trouble. But it should fade away when we remind ourselves that God is on the throne.

For some people, depression grabs ahold of them and will not let them go.

King David knew about depression. But look what he did about it.

Psalm 42:5

He chased depression away by focusing on the goodness and greatness of God.

He praised God, even when he didn’t “feel” like it.

We do not praise because we “feel” it. We praise because we “believe” it.

Some people live their lives in constant depression. They always need words of encouragement. They live almost as if that is how they want to live.

In order to be free, you must want it.

How do you get free from depression?

- You can pray. You can take authority over the spirit of depression.
- You can choose not to isolate yourself. Get around other people.
- Do not cut yourself off from the local church.
- One of the keys to getting free is to ask for help. You cannot do this if you are all alone and away from the Body of Christ.

Step 5 – _____

Definition of OPPRESSION: To be weighed down with a load that is impossible to carry.

The Children of Israel were oppressed under Pharaoh.

In the same way, people are weighed down with:

- False guilt – “You are no good. God could not possibly love you.”
- Past sins and failures

One way someone can fall into oppression is through sickness.

Acts 10:38

Someone is told they have cancer and immediately they start thinking, “I am going to die.”

Serious, long-term illnesses can bring oppression.

Questions flood you mind like: “Will I get well? What about my family? Can I pay my medical bills?”

The solution is found in the words of Jesus.

Matthew 11:28-30

Give your burdens and cares to Jesus!

D.L. Moody spent at least one hour in prayer every morning. Except, that is, when he knew he was facing an extremely busy day. Then he spent two hours in prayer.

This is leaning on the Lord.

Oppression can become so bad that a Christian does not believe the Scripture.

Sometimes a sick person will say, “I know what the Bible says, but are you sure that is what it means?”

Some are oppressed because they come to Jesus and find forgiveness, but Satan keeps whispering to them, “You’re not truly free. You are still going to suffer the consequences of those things you did.”

Oppression is deadly, but it is no match for the power of Jesus!

Step 6 – _____

Definition of OBSESSION: To be preoccupied with an idea or emotion that cannot be broken by natural means. It is a persistent, inescapable preoccupation.

People become obsessed with:

- Pornography
- Sexual perversion
- Occult
- Certain kinds of music
- Money

As you go deeper and deeper into an area of sin, you attract a demon spirit with an obsession with that sin. The demon’s desires become your desires.

For example, a person who is troubled by a lying spirit will not be able to tell the truth. He is not lying to avoid telling the truth. He is lying because that is all he can do.

People can be obsessed in many ways. But what will eventually happen? – The person will not see anything wrong with his behavior. He loses the understanding of right and wrong.

Ways obsession can begin:

- Obsession can begin with _____

“One X-Rated movie won’t hurt you.”

“I don’t see anything wrong with a few drinks.”

“I’m not doing anything wrong. It’s just flirting a little bit with my coworker.”

One lie leads to another.

One improper step leads to another.

- Obsession can begin when you _____

A husband decides he cannot trust his wife. “Where did you go today? What did you do today?”
– Eventually their marriage is destroyed by the husband’s obsessive jealousy.

This happens with people in the ministry who become jealous of different gifts in people.

- _____ can open the door to obsession.

As a Christian you are not allowed to hate anybody. You must even love your enemies!

Luke 6:27

- Any sin _____ can lead to obsession.

Indulging in something you know to be wrong until your willpower is gone is obsession.

Step 7 – _____

Most people who have problems with demons fall into the other six categories. However, there are demon possessed people all over the world.

Definition of POSSESSION: To be under complete and absolute control; ownership
Until now, we have talked about demons influencing the mind and the body. But possession includes the spirit of a person.

There are things a person who is possessed might do:

- They may speak with a voice that is not human or not their own.
- They might make animal noises or act like an animal.
- They might be violent or have terrible rage.
- They might have supernatural strength (i.e., Legion)

There are thousands of people in mental institutions who don’t need psychiatric help – they need deliverance.

3. How can I tell if I need deliverance?

Emotional problems

Here are some common emotional problems:

- Resentment
- Hatred
- _____
- Fear
- Rejection
- _____
- Jealousy
- Depression
- _____
- Inferiority
- Insecurity (lying spirit)

Mental problems

Here are some common mental problems:

- Mental torment
- Indecision
- _____
- Doubt
- Loss of memory
- _____

Speech problems

Some common speech problems are:

- Lying

- Cursing
- Blasphemy
- _____
- Mockery
- Gossip

Sex problems

Addictions

Physical infirmities

Religious error

This includes:

- False religions
- Cults
- Occult
- False doctrines

4. Biblical examples in the life of Jesus of demonic influence

The man from Gadarene

Mark 5:1-20

In the Roman army a legion was 2,000 to 6,000 soldiers.

This man holds the record in the Bible with the most demons.

His life was totally transformed. He became an evangelist and preached in ten cities.

Mary Magdalene

Mark 16:9

Mary Magdalene had seven demons.

Luke 8:1, 2

Mary's life was completely transformed.

- Mary left her old life and supported Jesus' ministry.

Luke 8:2, 3

- When others left Jesus, Mary followed Him all the way to the cross.

John 19:25

- Mary was the first one to the tomb.

John 20:1

- She talked to an angel.

Mark 16:5-7

- She was the first one to see Jesus risen from the dead.

John 20:16

- Mary was the first preacher of the Gospel.

John 20:18