**Use this Self-Deliverance Guide to aide you in the deliverance process.**

Last Updated: 03/12/2024

**While this is a guide, be led by the Holy Spirit.**

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| **Pre-Self-Interview** |
| [ ]  | Have you accepted Jesus as your Lord and Savior? Do you confess that Jesus Christ is Lord?If not, seek help from someone who knows how to minister deliverance. |
| [ ]  | Start the session with prayer. Command all demons to be silent. Declare Luke 10:19 out loud. |
| [ ]  | Use the Problem List to document which demons you may be dealing with. Ask Holy Spirit to show you. |
| [ ]  | Pray the Door Closing Prayer out loud. Do not skip this step and take as much time as you need. |
| [ ]  | Ask yourself the question: Was I able to forgive everyone that Holy Spirit showed me?If not, make sure you forgive everyone. If you don’t do this, stop ministry. |
| [ ]  | Ask yourself the question: Was I able to forgive myself?If not, make sure you forgive yourself. If you don’t do this, stop ministry. |
| [ ]  | Ask yourself the question: Do I have unforgiveness towards God?If so, make sure you repent. If you don’t do this, stop ministry. |

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| **Self-Interview** |
| [ ]  |  | Using the spaces to the right, document your top three most tormenting areas.Use your problem list if needed. |  |
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| [ ]  |  | How was your relationship with your father? |  |
| [ ]  |  | How was your relationship with your mother? |  |
| [ ]  |  | How was your relationship with your siblings? |  |
| [ ]  |  | How was your childhood? |  |
| [ ]  |  | Have you experienced any major trauma(s)? |  |
| [ ]  |  | Are you a veteran or descendant of a veteran? |  |
| [ ]  |  | Are you a victim of sexual abuse? |  |
| [ ]  |  | Have you had non-marital sexual partners?For example: fornication, adultery, emotional affairs, pornography, homosexuality, heavy petting, etc. |  |
| [ ]  |  | Do you have any ex-spouses? |  |
| [ ]  |  | Have you suffered from miscarriages? |  |
| [ ]  |  | Have you had an abortion or took part in the decision to abort? |  |
| [ ]  |  | Have you had any unresolved deaths? |  |
| [ ]  |  | Have you ever participated in witchcraft? |  |
| [ ]  |  | Have you or your ancestors participated in freemasonry or any secret societies? |  |
| [ ]  |  | List any physical/mental/emotional needs. |  |
| [ ]  |  | Are you on any medications/treatments? |  |
| [ ]  |  | Have you been diagnosed with any conditions/diseases? |  |

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| **Self-Ministry** |
| **Ungodly Soul Ties** |
| [ ]  | Break ungodly soul ties.Use “[Breaking Ungodly Soul Ties](https://libertyfromcaptivity.com/documents/Breaking%20Ungodly%20Soul%20Ties.pdf)” prayer.[ ]  Mother and Father | [ ]  Spouse and Ex-Spouses | [ ]  Sexual Group | [ ]  OthersFor soul ties with sexual partners: Call on fragmented parts of soul to come out from sexual partners to rejoin their soul AND send back all soul parts of those sexual partners back to them so they can be whole.Applies to items 2, 3, 4, 8, 9, 10 from self-interview. |
| **Inner Healing** |
| [ ]  | After breaking each ungodly soul tie (or groups), do inner healing.Use item 5 from “[Breaking Ungodly Soul Ties](https://libertyfromcaptivity.com/documents/Breaking%20Ungodly%20Soul%20Ties.pdf)” prayer.[ ]  Mother and Father | [ ]  Spouse and Ex-Spouses | [ ]  Sexual Group | [ ]  OthersApplies to items 2, 3, 4, 8, 9, 10 from self-interview. |
| [ ]  | For the 3 most tormenting areas and for other numbered items below, go back to the earliest memory. Put negative emotions in hands and surrender to Jesus.Applies to items 1, 5, 8, 11, 12, 13 from self-interview. |
| [ ]  | For each trauma, go back to the memory. Put negative emotions in hands and surrender to Jesus.Applies to item 6 and 7 from self-interview. |
| **Deliverance** |
| [ ]  | Use the [Repentance and Deliverance](https://libertyfromcaptivity.com/documents/Repentance%20and%20Deliverance.pdf) document with the [Problem List](https://libertyfromcaptivity.com/documents/Problem%20List.docx). Command each demon group to leave. |
| **Physical, Mental, and Emotional Healing** |
| [ ]  | Declare your healing for all physical, mental, and emotional needs.Speak to any needs you have and command all pain or illness to go in Jesus Name. Command healing to those areas.Applies to item 16 from self-interview. |
| **Miscellaneous** |
| [ ]  | Pray and ask God to activate your God-given gifts and for God to bless you. |
| [ ]  | Baptism of the Holy Spirit (if you haven’t had already). |
| [ ]  | Pray the following to renew your mind: “I now take my mind in my head, my mind in my heart, and my body memory in my muscles, organs and skin casting all evil imprints down in the name of Jesus replacing it with the mind of Christ. I ask for and receive the mind of Christ, pure and clean by faith. Thank you, Jesus, for cleansing my mind and body. Fill me and renew me by the Holy Spirit. Baptize me and lead me in the Way of Life, God and Messiah, by your Spirit in my spirit. Thank you, Lord, for your pure life in me.” |
| [ ]  | Begin using documents titled:* [Keys for Staying Free](https://libertyfromcaptivity.com/documents/Keys%20for%20Staying%20Free.pdf)
* [I Am Confessions](https://libertyfromcaptivity.com/documents/I%20Am%20Confessions.pdf)
* [Blessing Confessions](https://libertyfromcaptivity.com/documents/Blessing%20Confessions.pdf)
* [9 R’s of Freedom](https://libertyfromcaptivity.com/documents/9%20R%27s%20of%20Freedom.pdf)
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| [ ]  | If you’re not attending church, ask God to show you where He wants you to go. It’s important to be fed spiritually and to be surrounded by other believers. |