

# Living in Freedom

By Ryan Hawley



*"If the Son sets you free, you shall be free indeed" - John 8:36*



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Unless otherwise identified, Scripture quotations are excerpted from the New International 2011 Version of the Bible that are denoted in the text as (NIV) and from the English Standard Version of the Bible that are denoted in the text as (ESV).



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# Introduction

The mountaintop. We've all experienced it. The sun seems to shine a bit brighter; you have a bounce in your step, and clearness to your thoughts. You may be experiencing feelings similar to this since your ministry time at The Jonathan House, and if you are, we want to rejoice with you. While we would love to stay on the mountaintop, life is not only mountaintops, but also valleys and everywhere in between. No matter how "on top of the world" you may feel at this very moment, it only takes a phone call, a memory of the past, or simply a half-truth whispered by the devil to bring it all crashing down.

Freedom is the goal of deliverance ministry. Don't be misled into thinking that deliverance ministry is a cure-all. The fact is, while everyone benefits from deliverance in some form or another, the real work happens after deliverance. You must learn how to be constantly vigilant in preserving your freedom. The devil is a skilled enemy, lurking in the shadows waiting for an opportunity to move in and take back the ground he lost during the deliverance ministry. The rubber meets the road when you start down from the mountaintop and have to deal with unhealthy habits, dysfunctional coping skills, and people who are out to use you and crush your dreams. I don't want to paint a depressing, hopeless picture of your future, but you need to know that your future has never been brighter, and it's essential to proceed with wisdom and caution. If you want to live a victorious life, then you must be willing to go to battle. Victories only come as a result of battles. As you grow and mature in the Lord, you will be faced with countless battles. ***Living in Freedom*** is designed to give you tips, advice, and encouragement to continue to walk in your newfound freedom.

Many people have lived for decades with their pain and brokenness, resulting in unhealthy coping mechanisms. Evil spirits can be cast out, but bad habits have to be unlearned. While deliverance ministry can deal with the spiritual influences in your life, it is YOUR responsibility to create new, healthy habits. *Living in Freedom* is designed to get you started in creating healthy habits. Change happens in stages. It's a slow process and takes place over time. At first, the temptation is overwhelming to revert back to your old ways of dealing with issues and coping with life, but as you implement the suggested changes in *Living in Freedom*, you will find freedom as a lifestyle can be a reality for you. In Christ you are a NEW creation, not just a polished up, refurbished model. You are brand new! Along with being brand new comes the need to learn to think differently, act differently, and respond differently. All of this takes time, but it is possible!

***Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.*** Philippians 2:12-13 (NIV)

If you profess to be a true believer in Jesus Christ, you are on a journey of working out your salvation. Working out your salvation is the Bible's way of saying we are all on a journey of spiritual rehabilitation. We are all learning among other things how to think differently, believe with greater faith, and move under the anointing of the Holy Spirit. Everyone is at their own place on their journey of spiritual rehabilitation. Just as your decision to place your faith in Jesus Christ led you to salvation and now into discipleship, your decision to experience deliverance will lead you into freedom, which must be maintained by a commitment to spiritual growth. The following pages contain tools for you to utilize to facilitate spiritual growth.



The Jonathan House Ministries isn't just a healing and deliverance ministry interested in dealing with the "skeletons in your closet." We want to partner with you to be successful as you follow the Lord for the rest of your life. At The Jonathan House Ministries we understand how difficult the transition can be in regard to behaviors, thinking patterns, and belief systems. We understand the importance of taking every thought captive, as well as the awkward feelings that may come along with this. While you may not be familiar with how to do something, that doesn't mean you can't do it. It simply means you need practice.

Make ***Living in Freedom*** a regular part of your day for a season. The following pages contain tools to help you to keep your freedom and grow in the Lord. Over the next 30 days, make it your priority to incorporate these tools into your daily life. If you can stick with it for the duration, you will have started to form a habit that will aid you in gaining victories in the battles that are sure to come. Read it on your lunch break or right before you go to bed or right when you get up. Read it through weekly. You don't have to read the whole thing through every day, but every day read over a portion of it and begin to incorporate it into your life. As you begin to allow God to move in your life, you will see the positive changes you desire, and the temptation to revert back to your former way of life will lessen over time. While ***Living in Freedom*** does not address every issue you may face, it does give you tools to fight the enemy and win. Utilize ***Living in Freedom*** and your life will be a testament of the power of Jesus Christ to the world.

If you are struggling with a certain tool, need additional prayer support, or just an encouraging word, please contact us. We are here to help you succeed in what God has for you, and truly care about your spiritual well-being!

## **CHAPTER 1**

### **AVOID SPIRITUAL BURN OUT**

Think big, but start small. It's no secret that humans are creatures of habit. Whether it's our bedtime routine or how we unload the dishwasher, we all have formed habits. Anyone who has made a New Year's resolution to work out and lose weight knows the struggles and challenges the resolution can present. There are a lot of unhealthy habits that have to be undone and a lot of healthy habits that have to be created. Life after deliverance can be much like life after making a New Year's resolution. Just because spiritual issues have been dealt with in your life, doesn't mean you won't have to unlearn some unhealthy habits, and replace them with healthy ones.

Keep in mind that the devil will use condemnation and guilt in an attempt to get you to go back to your former way of life. The devil will use any opportunity he can find to accuse you of not doing enough. He will point out where you have fallen short and will try to heap criticism and blame on you for not succeeding. The following are just a few examples of thoughts the devil might bring to try to talk you into giving up:

- I knew I couldn't do this.
- This is the story of my life; I start out strong, but fade quickly.
- I guess this deliverance thing doesn't really work.
- What's the use of trying? I have so many issues.
- Why keep trying? I am just going to fail anyway.
- I have made too many mistakes for God to really do anything great with my life.

If you start having thoughts that resemble those above, that is your cue to start taking every thought captive! ***We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*** 2 Corinthians 10:5 (NIV) You might be asking, “How do I take every thought captive?” The best weapon against a lie is the truth! Remember, a half-truth is a whole lie. The devil may whisper a half-truth in your mind, but it’s still a lie. Find some Bible verses that combat the lies that the devil is whispering in your mind. Below are some that are helpful:

- ***If God is for us, who can be against us?***  
Romans 8:31 (NIV)
- ***I can do all this through him who gives me strength.***  
***Philippians 4:13 (NIV)***
- ***. . . being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*** Philippians 1:6 (NIV)
- ***For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.*** Jeremiah 29:11 (NIV)
- ***Therefore, there is now no condemnation for those who are in Christ Jesus, . . .*** Romans 8:1 (NIV)
- ***Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, . . .***  
Philippians 3:13 (emphasis added) (NIV)

Everyone has rough days from time to time, but if your rough day is marked by an unhealthy dose of guilt and condemnation, recognize that as a warning sign that the devil is at work in your life. Everyone at one time or another has fallen prey to this and the unhealthy habitual response is self-pity. Self-pity is not a part of who you are any longer. Refuse to participate in self-pity!

***Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! 2 Corinthians 5:17 (NIV)***

Remember, slow and steady wins the race. Keep in mind that God is the author and finisher of your faith. He is the one giving you the ability to make the needed changes in your life. Do not fall into the trap of attempting to fix everything in your life all at once or you will become discouraged and experience spiritual burn-out. Commit to following the Lord's guidance and allow Him to point out the areas you need to work on first.

1. What are some known areas of weakness in my life?

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2. What are some of the lies the devil has used to bring guilt and condemnation into my life?

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3. What are some scripture verses I can use to combat the lies the devil will whisper in my mind?

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4. What are the areas the Lord wants me to focus on first?

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## CHAPTER 2

### DECLARE WAR ON WORRY

We have all heard the saying, “Idol time is the devil’s workshop.” If that is true, one of the devil’s favorite tools in his workshop is worry. NOTHING good comes from worrying. The root of worry is unbelief. Many of us would not openly admit that we struggle with unbelief, but the reality is that God loves us, provides for us, heals us and protects us. And yet, how many of us have worried about how we were going to pay for an unexpected expense, worried that a past sin will come to light, or worried that our wayward children will not return to the God they were raised to love and serve?

Worry has a way of wasting large portions of our time. When we spend our time worrying, the world becomes a dark, hopeless place where the sky seems to be falling. Worry makes our perspective cloudy and our problems, our “what ifs,” and our fears seem bigger than the solution. Worry gets our eyes off of Jesus and fixes our eyes on the storms surrounding our life.

Our old nature is really good at focusing on the negative and assuming the worst. When you succumb to worry, you are empowering your old nature. What you are doing is reinforcing the devil’s lies. The devil wants you to think that you are helpless and that bad things are destined to happen to you. The devil doesn’t want you to live expecting to see the goodness and favor of the Lord in your life. Worry robs you of looking for the glory of God to shine forth in your life.

Many of us hear the term “stronghold” and think of it as a negative thing. If strongholds are built upon the truth of the Word of God, they are a great thing to have. Think of it this way; your thoughts are the bricks used to build strongholds in your mind. If you have a history of negative thoughts, and many do, you will have built strongholds that will keep you bound, but if you have a history of thinking correct thoughts, then you will have built up strongholds in your mind that are empowering and protective. 1 Peter 5:8 (NIV) says, ***Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.*** When the devil comes into your life looking to devour you, you will not need to be afraid if you know that you have built a stronghold in your mind that has its foundation on the Word of God.

God gives us grace for today. He does not give us grace for tomorrow. Tomorrow is the future that hasn't come yet. The issue with worrying is that most times worrying deals with tomorrow or what's next. So when we worry, we end up wasting our time focusing on something we hope won't happen. We don't even have the grace to deal with it yet because God gives us grace for today only, not today and tomorrow. His mercies are made new every day, not every week.

It may take some time getting used to, but you need to realize that God is not surprised by your needs. He isn't taken off guard by an unexpected bill, a parking ticket, a medical diagnosis or anything else.



***Do not be like them, for your Father knows what you need before you ask him. Matthew 6:8 (NIV)***

***“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:25-34 (NIV)***

One of the best ways to beat worry is to remind yourself of your identity in Christ. Fill your mind with scripture verses that remind you of God’s favor, provision, and plans for your life. Worry is not part of who you are any longer. Say, “I am a child of the King of kings and the Lord of lords. My Father lacks nothing and loves me. I don’t have to work to earn the favor of my Father. I already have the favor of my Father. I am seated with Christ in heavenly realms.”

- ***“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? Matthew 6:25-27 (ESV)***
- ***“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. Matthew 6:34 (ESV)***
- ***Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. Matthew 11:28-30 (ESV)***
- ***And which of you by being anxious can add a single hour to his span of life? Luke 12:25 (ESV)***
- ***Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. John 14:27 (ESV)***
- ***And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Colossians 3:15 (ESV)***
- ***Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all. 2 Thessalonians 3:16 (ESV)***

- ***Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.*** Psalm 55:22 (ESV)
- ***Anxiety in a man's heart weighs him down, but a good word makes him glad.*** Proverbs 12:25 (ESV)
- ***Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*** Philippians 4:6-7 (ESV)
- ***Cast all your anxiety on him because he cares for you.*** 1 Peter 5:7 (NIV)
- ***Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*** Psalm 23:4 (ESV)
- ***But now thus says the LORD, he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the LORD your God, the Holy One of Israel, your Savior. I give Egypt as your ransom, Cush and Seba in exchange for you.*** Isaiah 43:1-3 (ESV)

- ***So we can confidently say, “The Lord is my helper; I will not fear; what can man do to me?”***  
Hebrews 13:6 (ESV)
- ***“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”***  
Psalm 46:10 (ESV)
- ***When I am afraid, I put my trust in you.***  
Psalm 56:3 (ESV)
- ***I lift up my eyes to the hills. From where does my help come? My help comes from the LORD, who made heaven and earth.*** Psalm 121:1-2 (ESV)
- ***Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.*** Proverbs 3:5-6 (ESV)
- ***No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.*** 1 Corinthians 10:13 (ESV)
- ***What then shall we say to these things? If God is for us, who can be against us?*** Romans 8:31 (ESV)

## CHAPTER 3

### LIFESTYLE CHANGE

*But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.* Romans 13:14 (ESV)

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, . . .* Hebrews 12:1 (NIV)

Being a true disciple of Jesus Christ is not something to be taken lightly. True disciples are asked to make sacrifices that often have life-altering consequences. Sin is easy to fall into and hard to get out of. Once we have experienced freedom from the sins that have previously entangled us, it may be tempting for us to again skate on the edge of sin.

Romans 13:14 speaks of making no provision for the flesh. What are some areas in your life that you used to make provision to gratify your fleshly desires? Staying free from sin requires a change on your part. Declare war against the issues to which you were once enslaved. For example, if you struggle with pornography, install monitoring software on your computers, tablets, and cell phone. Find an accountability partner and give them access to your internet web history. If you have certain friends who aren't following the Lord, find new friends. If your family doesn't share your same faith or ridicules you, limit the time you are around them. You must be proactive to maintain the freedom you have gained.

Keep in mind that you have entered a war for your destiny and calling in the Lord. Your new found freedom comes at a high price. The devil is very subtle in his advancements into your life. He will attempt to use your old friends to pull you back into bondage. If the devil can't get you to fall back into old familiar relationships and habits by using your old friends, he will use your emotions. He may use loneliness, rejection, misunderstandings, or fear to tempt you to seek out comfort and acceptance from old friends or habits.

You do not need to cut ties with everyone in your life. It is necessary, though, for you to evaluate your friendships and determine which ones promote health and spiritual vitality, and choose those.

It's important to have a plan when it comes to dealing with people and potential pitfalls in your life. There's an old saying by Winston Churchill that still holds true today: "He who fails to plan is planning to fail." Have a plan in place as to how you are going to handle the lifestyle changes that need to be addressed. Don't think to yourself, "Let's just see how things go after my deliverance. I will limit the time around my friends, but I think I can witness to them." You need to have a clear cut plan in place so you know beforehand how you will handle each issue. Remember, you are in a war! Don't be lackadaisical.

As mentioned earlier, you need to find an accountability partner. Before you skip over this paragraph because you have heard everyone else's sermon on the importance of accountability partners, just hear me out. So many people hear about the importance of an accountability partner and they immediately think of having to share their deep, dark secrets with someone they don't really know. I once heard a pastor say that an accountability partner shouldn't be a person that checks up on you and makes sure you aren't smoking; an accountability partner should be a person who makes sure you are burning. The point is that it's less about sin monitoring and more about engaging the call God has on your life. For example, you might ask your accountability partner how you could have handled an issue in your life, how you could have related to a certain type of person, or how you could have handled a specific problem. They could help make sense with what God is doing in your life. You should come away from your time together feeling empowered and encouraged, never down and depressed. You may feel convicted, but should not feel condemned. It's about being responsible to your new commitment with God.

When seeking out an accountability partner, find someone who has been walking with the Lord for a longer period of time than you and who is the same sex as you. (If you were to choose an opposite sex accountability partner, you would just be giving the devil something to work with!) Then you need to take the initiative to meet with that person. Rarely will someone walk up to you and say, “I feel like God wants me to be your accountability partner.” You must be proactive. Once you have found an accountability partner, call them weekly or monthly or whatever works for your schedule. You are meeting with them for YOUR benefit, not theirs. It needs to be YOUR priority to meet with your accountability partner.

The Jonathan House is committed to your spiritual health and well-being, however due to the large number of people we minister to it’s impossible for us to stay in daily or weekly contact with everyone. While our desire is for you to have a success story in regard to your deliverance, much of your success story depends on you. Feel free to contact us if you are in need of more ministry, prayer, or simply need a word of encouragement. The Jonathan House is available to assist you in identifying potential problem areas in your life and design a plan that will help you make the necessary lifestyle changes. We will do all that we can to make sure you have the tools to succeed, but know that the outcome of your success story lies with you taking consistent responsibility for yourself, developing your relationship with the Lord, and submitting to the leading of the Holy Spirit.



1. Do I have anyone who I feel would be a great accountability partner?

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2. What type of person would I be comfortable meeting with on a regular basis?

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3. What are some areas that I used to make provision for to gratify my fleshly desires?

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4. Where do I need to make some changes in my life?

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5. What kind of changes do I need to make?

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6. What does my plan look like regarding my lifestyle changes?

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## CHAPTER 4

### LIVE IN A CONSTANT STATE OF ADVANCEMENT

*Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.* Philippians 3:13-14 (NIV)

*Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.* James 4:7-8 (NIV)

In our past, all of us have done things we are not proud of. Everyone has a list of memories they wish they could erase as if they never happened. I am sure that even the Apostle Paul had a list of regrets. In Philippians 3:13-14 (NIV) he says, ***“But one thing I do: Forgetting what is behind and straining toward what is ahead.”*** Great of a hero as Paul is to the Christian faith, he still had a murky and stained past. He had hunted down Christians in the early church and was responsible for the murder of innocent men, women, and children. I bet the devil had a hay day whispering lies into the mind of Paul. I am sure that more than once Paul had to deal with, “How could God ever use someone who has murdered as many innocent people as I have?” I wonder how many times the devil tried to use Paul’s past to get him down and depressed.

In Philippians 3:13-14 (NIV), Paul teaches us a valuable lesson when he puts his focus on his future not his past, saying, ***“Forgetting what is behind me and straining toward what is ahead.”*** Look at the word “straining.” Straining is much more than just looking or gazing toward something. The word “straining” carries the imagery of intentional focus, determination, and blocking out everything else.

Maybe you haven’t murdered an untold number of people because of their faith, but you’ve had an abortion, an extramarital affair, been involved in an occult, or something else. Whatever your past looks like, know that the devil will try to use it to get you depressed and off track on your spiritual journey. The key to overcoming your past is to rest in the fact that you are FORGIVEN. Because of the blood of Jesus, you no longer are guilty of your past. The best way to combat the devil, when he brings up your past, is to simply say, “The blood of Lord Jesus has washed me clean. Devil you are only bringing up a memory of someone who has died.” Speak aloud Galatians 2:20 (NIV), ***“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.”*** You will still have the memory of a past situation, but it has been dealt with by the Blood of Jesus. Be like Paul and forget what is behind and strain toward what is ahead.

***Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.*** James 4:7-8 (NIV)

What does resisting look like? Resisting is an action word that invokes the idea of fighting. James 4:7 says to resist the devil. What does resisting the devil look like? One simple, effective tool to deal with the memories of the past is to “Rebuke and Replace.” When the devil plants a memory of your past in your mind, rebuke the thought. Say something like this: “Devil, I know you are trying to make me feel bad about my past and make me question my future. Jesus says you are a liar and no truth is found in you. I have been forgiven of ... (list the memory).” After you have rebuked the lie that was placed in your mind, then immediately replace it with a thought that is good, pure, and holy. It could be a Bible verse, a prophetic word that you have been given, a promise from the Bible, or any truth that will replace the lie that was occupying your mind. God made your mind to think about only one thing at a time. You can’t think about two things at once. It is true that certain things seem to more easily take over control of the mind, but you can only think one thought at a time. By rebuking the lie and immediately replacing it with a truth, you are choosing to think only on what is good, pure, and holy. This is a very easy, yet effective tool. When you first start doing this in your thought life, you will most likely have to do it multiple times a day. There will be times when you will get to the end of the day and think all you did was “Rebuke and Replace.” But be encouraged that even on those days, you are winning by holding your ground. You are learning how to engage spiritual warfare on your own. During those times, you are building your “spiritual muscles” and as time goes on you will need to speak it less and less. As you get more comfortable with “Rebuke and Replace” you will notice that you have started taking ground in your spiritual life.

While positive change and growth is great, I would encourage you to keep a watchful eye for the next attack. The devil is a crafty and seasoned enemy. While he may leave you alone for a while, know that unless Jesus comes or you are called home, you will see him again. Do not be afraid and look for the devil behind every door or under every rock. It is important for you to strike a balance in your life when it comes to warfare. You should never let your guard down, but it's unnecessary to expect bad things to happen at every turn in your life. Remember that you serve a God that reigns over ALL and you are one of His children. Your Father God says that you are more than an overcomer and you can do all things through Christ who strengthens you; even living a victorious life!

1. What events in my past does the devil often bring to my attention?

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2. What are some scripture verses, promises from the Bible, or prophetic words that I can use to replace the lies of the devil?

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3. What are some areas where I will need to resist the devil?

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4. In regard to question 3, what does my resistance to the devil look like?

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## **CHAPTER 5**

### **HEALING IS A PROCESS**

It's normal to feel on top of the world right after deliverance ministry, but not too long from now you will be faced with some challenges. Before you get frustrated and depressed that you did not get the results you were hoping and praying for, keep the following in mind.

Deliverance is just a piece of the puzzle, not the whole puzzle. Think of it this way; if you were to fall off of your bicycle and skin your knee, you would need several things in order to heal properly. First, you would need to remove all of the dirt, sand, and debris from the wound. You could leave all of the debris in the wound, but you would not heal properly and the healing time would be longer. During deliverance ministry the "dirt, sand, and debris" are removed from your life. Just because you have all of the dirt out of your wound or out of your life doesn't mean the wound is completely healed. The second thing you need in order to properly heal, is time. In our example, a skinned knee is not automatically healed after the debris is removed. If you have a clean wound and start poking your finger around the wound, you will find out it is still very sensitive, maybe even painful. While sensitivity and pain isn't necessarily an indication that there is dirt or debris left in the wound, you will still need time for the wound to heal and its sensitivity to be lessened.

During the healing process of your life, there will be areas that are more sensitive than others. It doesn't mean you are unbalanced or crazy; it means you are healing. You may need to take special precautions to keep the wound from being hit by "day-to-day abuse" that comes from living in the world. It's recommended to set limits or boundaries when it comes to people who have hurt you in the past. Remember, you won't heal if something keeps poking at the wound. Setting healthy boundaries can be difficult for some people, but the truth is that besides Jesus Christ, time can be one of the best healing agents for wounds that reside on the inside of us. After deliverance ministry, your "skinned up knee" is cleaned of all of the "debris" and now needs time to heal and be pain free.

After deliverance, many people still have to make a choice to forgive someone for something that has happened in the past. Some find that resentment or bitterness tries to sneak back in. If you experience this, don't get discouraged. Acknowledge that you need some time to get all of the wounds of your past completely healed. Do not dwell on the unforgiveness or other feelings that try to creep into your life. If you find yourself battling with this, simply say, "As an act of my will, I choose to forgive (insert name) for (insert offense) and ask the Lord to bless them and bring healing to my life in this area." At first you may have to say that fifty times a day, but keep it up. Ephesians 4:26-27 (NIV) says, . . . ***Do not let the sun go down while you are still angry, and do not give the devil a foothold.***

Every time you choose to forgive someone, you are promoting healing in your life. Holding on to unforgiveness, bitterness, resentment, or anger is like drinking poison and expecting the person who has offended you to die. You have the key to unlock the prison you have found yourself in, and the key is forgiveness. In the days to come, if you feel unforgiveness creeping back in, be quick to forgive. It may even help to say it out loud. When you choose to forgive, you are removing any foothold the devil has had, or is trying to form, in your life.

Many people mistakenly think that if they forgive someone, they are saying that what has been done to them is okay. That is not at all what you are saying. When you forgive, you are saying, “God I give up my right to be upset, seek revenge or vindication.” You are not denying the pain you may feel from someone else’s words or actions. You are not denying that the emotional pain is there. Do not attempt to cover it up or stuff it down inside you. Be honest with yourself. When you choose to forgive, you are choosing to be obedient to the Word of God. Matthew 6:14 (NIV) says, ***For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.*** Your act of forgiveness is not for the other person’s benefit. It is for your benefit! You are extending forgiveness toward the person who has harmed you so that Jesus Christ will forgive you of your shortcomings.

Lastly, some people find it helpful to sit down and write out a letter to the person who has hurt or offended them. Many times, simply sorting out your emotions and extending forgiveness toward a person promotes healing. If you chose to write a letter, seek the Lord's guidance regarding what to say. Take your time and prayerfully consider what you would like to say. Remember the point of the letter is to bring healing to you, not to get an apology from the other person. If you choose to write a letter, you need to have two goals in mind: one is for healing for yourself; the other is to express the love of the Lord to the other person. Just because you write the letter doesn't mean you need to send the letter to its recipient. Some people find it helpful if they write a letter and then burn it later. You could simply write it out and then throw it away. There have been people who have felt the need to write a letter to an individual that has since deceased. Closure can come in many forms. Just keep in mind that closure doesn't mean getting even or settling the score. When you choose to forgive, you are giving up your right to settle the score, releasing them, and turning that job over to Jesus Christ. He is a much better scorekeeper and His rules for the game are much more favorable toward you if you are obedient.

1. Do I still have some emotional pain or feelings toward someone that need to be properly addressed?

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2. Do I need to write someone a letter?

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3. Do I see areas in my life that need to have boundaries established?

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4. Do I feel like I have a hard time establishing and enforcing healthy boundaries? If so, what will my plan be to aid myself in these areas?

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## CHAPTER 6

### BECOME A STUDENT

***Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.***

Joshua 1:8 (NIV)

***Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.*** Colossians 3:16 (NIV)

This may seem obvious, but you need to make Bible reading a daily part of your routine. There is really no excuse why you can't spend time with the Lord each day. The day and age in which we live gives us unprecedented access to the Word of God in a variety of media forms. You can read the Bible online, on your cell phone, and on your tablets. Many well-known preachers offer a daily e-mail devotional. Many large ministries offer audio or video podcasts of their sermons and events. Simply download them and watch or listen to them when you have a few moments in your day.

You would be surprised how many small group Bible studies are available in your local area that meet at a coffee shop or even at a place of business, if you simply ask around. You will be surprised at the new friends you will make when you join one of these groups. Joining a Bible study group will give you a place to grow and learn, and it will join you to people who care about you. You may even find someone in the Bible study group who would be willing to be your accountability partner.

The key point is that YOU have to take the first step. Isolation is one of the devil's biggest traps. If you let yourself become isolated, you will be inclined to fall into deception, depression, or worse. Stay active for your spiritual health.

If for some reason you live in some remote jungle of Central America or isolated frozen tundra of the Arctic and there are no Bible studies for you to join, then you start one. You don't have to be a Bible scholar to facilitate a conversation. I attend a Bible study where we simply take a book of the Bible and read one chapter a week, then talk about that chapter. It is a discussion between friends about what stands out to us in that chapter, questions we may have about the chapter, or whatever else comes up. It is some of the best time I have had with fellow believers, just talking about the Word of God. Remember, anyone can facilitate a conversation and read one chapter from the Bible.

Philippians 1:6 (NIV) has become one of my favorite verses. It reads, . . . ***being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*** There are several things in this verse that are encouraging. First, the exhortation to be confident. Even when the days are long and hard and seem overwhelming, be confident. Know that God is for you, not against you. Second, be encouraged in the fact that the work the Lord started in your life is a good work. Sometimes we can get so focused on all of the bad things in our life: all of the needs, all of the fires that need to get put out, that we forget that the trials in our life purge the impurities out of us. God has a plan for you and it's a good plan! Lastly, Philippians 1:6 says that Christ will carry on the work to completion until the day of Christ Jesus. Let that be an encouragement for you to know that Jesus isn't going to leave you hanging. He isn't going to walk away or get fed up with you and just quit.



**Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.**

Deuteronomy 31:6 (NIV)

So when the trials of life come, know that God is working a good work in your life, and He is faithful to finish the work He started. He is the author and the finisher of your faith. You will have many low points and mountaintop experiences along your journey of life. As long as you are breathing air on this earth, you will have a target on your back that the enemy will try to zero in on. Learning to walk in victory as a warrior is possible, but it takes commitment on your part. We at The Jonathan House understand what you are feeling, the struggles you are facing, and we want to offer you as much help as we can.

***‘Not by might nor by power, but by my Spirit,’ says the LORD Almighty*** Zechariah 4:6 (NIV)

If you remember nothing else that is contained in this booklet, remember that it’s not by your might, nor by your power, but by the Spirit of the Lord. But you have a choice. You will succeed if you choose to NOT allow yourself to fall back into your former lifestyle. You will succeed if you fill your heart and mind with scripture verses. You will succeed if you choose to seek out an accountability partner. You will succeed if you choose to get involved in a Bible study. And you will succeed if you choose to forgive. You will reap what you sow, so choose to sow seeds of mercy, love, forgiveness, and grace.

Our entire ministry team at The Jonathan House is here for you. We want to see you succeed. We want to laugh and rejoice with you, and we will cry and mourn with you as well. We are here to help guide you on your way to becoming a World Changer. One who is battle hardened and has overcome the test of time. One who has stared down their enemies of fear and has overcome. One who has slayed their giants, walked on water, raised the dead and brought heaven to earth. You are born again to change the world. Now tap into the anointing on your life, step into your destiny, and shine!



