



10 Facts About

DELIVERANCE MINISTRY

Every Christian Should Know

Welcome

You have a problem, and you need help. Maybe you have a loved one in a desperate situation.

You've pursued different options looking for answers: counseling, pastoral visits, conferences, maybe secular help, support groups or medications.

You're almost at the end of your rope someone has suggested you consider deliverance ministry.

Maybe you have heard the term but are unclear about how it all works.

Does the word "deliverance ministry" conjure up specific images or thoughts in your mind?

Do you think about that strange, unnerving video you saw on TV or YouTube? Maybe people in a church setting were being yelled at, prayed over and were soon rolling around on the floor?

Have you read articles or testimonies from people who claimed to have been helped through deliverance ministry? The possibility of help for you or a loved one is intriguing, but you need more information to decide.

In this article, we want to cover eight important aspects of deliverance ministry that you absolutely need to know to make an informed decision.

Let's get started...

1. “Deliverance Ministry” Defined

People use the term “deliverance” in a variety of contexts. They will say, “God delivered me from anger and alcoholism ” and so on. Most who use this terminology mean that they once had an issue in a particular area, and they no longer consider that a problem in their life. God set them free!

In the Old Testament, the most common story of deliverance is God, through Moses, bringing the nation of Israel out of captivity in Egypt. God “delivered” his people: He set them free from the bondage of their earthly masters and led them to a new life.

In that context, we see people today who apply that same idea of God setting them free to a particular area of victory in their life. It is right; it is true, and the concept is understood by all. People will also use the term to denote how God brought them out of a difficult situation or relationship.

In the time of Jesus, we see him ministering to people in different ways. He preached and taught. He laid hands on them to bring healing, and he also ministered to people who had demons.

Look at the specific words in some of these passages:

- Mark 1:26 - And when the unclean spirit had torn him, and cried with a loud voice, he came **out** of him. *NIV* (emphasis added)
- Mark 5:13 - He gave them permission, and the impure spirits came **out** and went into the pigs. *NIV* (emphasis added)

Jesus drove demons out of people, and that is the modern day definition of deliverance. That is the most common connotation of the word deliverance today in the church today: demons coming out of people.

2. Deliverance Ministry Is For Today

When Jesus walked bodily on the earth, he drove out demons as we noted in point one. He also gave his disciples power and authority to do the same (Luke 9:1).

Many denominations are content to look at Christ's works and teachings and contend that a lot of the works of ministry ended with the apostles. They incorrectly believe that deliverance was for then, but not for now because Jesus defeated the enemy on the cross. The war is over for them, and now all that is necessary is to apply the Word of God to life situations.

Jesus is the same yesterday, today and forever (Hebrews 13:8) and it is clear from the bible that Jesus commanded his followers to drive out demons just as he did (Mark 16:17). He said that it was one of the signs to follow believers.

Parts of the church believe that the scripture does not apply today. They do not actively pursue that type of ministry, and some sadly see it as their duty to attack those who believe differently.

We are part of that camp that has a different view.

Jesus is still driving out demons but now he is using his church, the Body of Christ, to perform that work.

3. Deliverance Ministry Does Not Have To Be A Circus

If you have the inclination, a lot of time and a strong stomach, consider going to YouTube and searching for videos under “deliverance ministry”.

It is an enlightening exercise and what you will see runs the gamut from reasoned and reasonable to beyond belief.

Maybe you’ve already been exposed to deliverance in your church or altar setting and the experience was unsettling. I had a pastor once confide in me that even though he believed in deliverance, the term scared him, and he was not at all sure it was something he wanted to see in his church!

Deliverance ministry, as it is practiced in the church today, is characterized by the absence of standardization and a plethora of styles and techniques. At Above & Beyond, we are fond of using an analogy of McDonalds and the Big Mac. That hamburger will be the same whether you purchase it in Topeka, Tulsa or Toronto! The same cannot be said of deliverance ministry.

Some ministers and churches deliberately set it up to be a spectacle, ostensibly so people can see the power of God at work and be drawn to that. Hopefully their motivations are not more sinister. In these sessions, the minister is usually the center of attention, and there can be a lot of yelling, gyrations and even body fluids (in extreme cases) coming forth!

For that reason, many who may otherwise believe in the ministry are fearful at the prospect of getting ministered to or bringing it into the church. The sessions often look chaotic and are frequently upsetting, particularly for those not well-versed in spiritual and demonic matters.

If you persevere in researching, you would find that there are other methodologies and processes!

It does not have to be chaotic and loud! Some ministers use this approach to good effect, but it is not a mandatory prerequisite for effective deliverance ministry.

It can also be done very efficiently in a quiet and gentle environment.

At Above & Beyond Counseling Center, we use a five step process to take people through deliverance. The deliverance ministry session (the fourth meeting) is generally quiet and gentle, and we get concerned if the process becomes loud and messy!

Such an escalation usually indicates that there is an open door or legal right for torment which is why the demon spirit is fighting so hard! Rather than yelling louder or trying to wrestle the person to the ground, resistance like this causes us to regroup and assess the situation. Why is the demon spirit not leaving?

The fifth session is conducted a few days to a week or so later involves a teaching session on how to discern and stay free when the spirits try to return to the house.

4. Christians Cannot Be Demon Possessed

During the initial interview session with clients, one of the questions we are asked most frequently is: “Are you saying that I am demon-possessed?”

The answer, for a believer, is “No!”. Once again, let us clarify the definition we are using. A believer is a person who has received Jesus Christ as their Lord and Savior. They have, according to Romans 10:9, believed in their heart and confessed that Jesus is the Son of God, that He died on the cross for their sins and that He rose again.

At the point, a person crosses over to spiritual life from death. Something else happens that is very important: They **become** a child of God! (John 1:12, emphasis added). We are adopted into the family because Jesus bought or redeemed us! That is the Good News of the gospel!

So, we are now God-possessed. We belong to him. However, in a manner similar to termites in a house, we can have demonic spirits seeking to destroy us and keep us from our destiny (John 10:10). This leads to a discussion about demonic *oppression*.

5. Christians Can Be Demonically Oppressed

Demon spirits are created beings. They have minds, wills, emotions and some spirits are more wicked than others! These characteristics are laid out succinctly in Matthew 12:43-45 and also in Luke 11:24-26. Notice the first part of the phrase. “When a spirit comes *out* of a man...”

That tidbit is vitally important to understand one aspect of oppression. Webster's defines the term “oppression” as:

1. unjust or cruel exercise of authority or power
2. a sense of being weighed down in body or mind

These two together explain the scope of demonic oppression. Cruel use of power and a sense of being weighed down.

Demonic spirits have the ability to put thoughts in our mind but cannot read our mind. When the spirits are inside of a person, that is the nature of torment, and the thoughts have great power because of the proximity of the source.

When a demon comes out of a person, that is how we define the term “deliverance” as outlined in point 1.

Christians, with the Holy Spirit in them, can likewise be tormented and indwelt by demonic spirits and be oppressed. But, as we explained in point 4, they cannot be demon-possessed.

Spirits can oppress people even when they are outside of us because of their ability to put thoughts in our mind. However, this is a different type of spiritual battle—resisting (James 4:7) rather than driving out.

6. You Can (Usually) Tell If Someone Needs Deliverance

There are not demonic spirits everywhere, and they are not the source of every problem in a person's life. What are the indicators that a person has demons in them and will benefit from going through deliverance?

Sometimes the need is obvious even to casual or untrained observers!

Most people with severe mental illness are candidates for deliverance. A cursory review of crime logs or articles involving particularly violent or evil acts frequently point to demonic activity.

Interviews with or accounts from these individuals will frequently reference hearing voices or sensing an evil in themselves that they cannot control. Many would discount this as lies or excuses but for us it seems like a likely cause.

The devils have a mission to kill, steal and destroy and are able to put thoughts in people's minds. If the spirits are strong and powerful inside of a person, and the Holy Spirit is not present there to counter, then anything is possible and evil acts are very possible!

For many people, however, the indicators can be much more subtle, and we touched on them in the introduction to this article.

- Are there issues or behaviors over which a person cannot get the victory? This list might include depression, anger, addictions, lust, pornography, fear or depression to start?
- Has the person had repeated counsel, tried prayer, fasting, reading the Word and declaring victory with limited success or only temporary relief?

- Has the person been diagnosed with a particular syndrome or disorder or seen psychotropic medications as providing limited help?

7. You Cannot Counsel Demons Out Of People

Deliverance ministry is usually one of the last courses of action people pursue when seeking help.

They will try medications. They will meet with the pastor. They will read books and attend conferences. Some will visit a counselor and a portion will even want a *Christian* counselor.

At Above & Beyond, we contend that the word of God, coupled with the transforming power of the Holy Spirit, represents the best hope to bring lasting change. You probably feel the same way or you would not be reading this article!

It is important to address two extreme positions that exist in the Body of Christ today.

One camp sees a demon behind every problem and spends much time binding and rebuking. Those people are generally pretty miserable and are worn out from all the spiritual warfare that they believe is part of their lot in life.

Another group, much larger, does not believe that the demonic realm has power at all and that all you have to do is ignore them. After all, Jesus defeated the kingdom of darkness on the Cross, and they are all under our feet. Unlike the first category, people here do not recognize the influence of the demonic realm when it is literally upon them and fall easy prey to destruction. The thief comes to kill, steal and destroy and God laments in Hosea 4:6 “my people perish for lack of knowledge”.

This group will invest time, energy and resources in all sorts of hopeful solutions but ignore the reality of the present-day activity of the demonic realm.

You cannot counsel demons out of people. They must be driven out, either sovereignly by the Holy Spirit or by the active ministry of a bible-believing, Spirit



filled believer who will do the work of ministry! If you have seen minimal sustained benefit from counseling efforts in the past, what do you have to lose by getting help from a competent deliverance minister.

When the demons are gone, the torment in the soul is gone, and people are in a much better position to receive and act upon biblical counsel.

8. A Successful Deliverance Bears Good Fruit

In point 3, we squelched the notion that deliverance ministry has to be violent and sensational. There are admittedly many different approaches to deliverance but each road should lead to the same destination for the person receiving ministry.

The person should be freed from one or more demonic spirits! There may be very little physical evidence of that if the session proceeds quietly and gently, but that should not be the decisive indicator.

The proof is in the results that follow! The fruit of the Spirit, as outlined by Paul in Galatians 5:22-23, are love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control. Some people see a fresh harvest right away, but others need to learn how to walk out deliverance, change habits and allow the fruit to come forth in season.

It is our experience that it can take up to six weeks to see the full fruit from a successful deliverance. It also happens that people may see some victory but need more deliverance and ministry. This should not be seen as a failure but as part of God's sovereign "knowing" what each person can handle.

Each person's level of faith is also important when it comes to receive maximum benefit from deliverance. The New Testament has many references to Jesus telling a person who came to him that their faith has healed them. Faith matters and it needs to be stirred up.

This walking-out aspect makes it vitally important that the person who has been through deliverance ministry embarks on a path to stay free and also be prepared for when the spirits try to return to the house (Matthew 12:44). Sadly, many deliverance sessions do not include follow up, and the person is on their own to move forward.



We think it is vital that each believer be part of a vibrant, bible-believing, Word-preaching, Spirit-filled church so they can stay on the narrow road that leads to life (Matt. 7:13-14).

9. What It Takes For Deliverance Ministry To Be Successful

Deliverance ministry involves a power encounter between the power of God and the powers of the demonic kingdom. There is so little teaching and understanding about this in the Body of Christ that people can have unrealistic expectations when they begin.

Deliverance ministry is not a quick fix, “magic bullet” solution to problems. Just as there is not a demon behind every problem in a person’s life, going through deliverance does not guarantee a life-changing, explosive “aha!” moment. That does happen, but it is not to be taken as the norm, and there is an aspect of walking out deliverance, as outlined in point 8 above.

Requirements for deliverance ministry to be successful are basically the same as for counseling;

- Does the person want help for themselves? If they are not receiving help of their own volition, then the prospects for success are slight.
- Have they stirred up their faith and have expectancy and hope for Christ to do the work. Faith matters!
- Are they committed to walking with Christ and staying on the narrow road that leads to life after deliverance (Matt 7:13-14)?
- If it is a requirement of the ministry process, will they do the necessary homework and preparation? For some deliverance ministers, no preparation is required. Others, including ours, require the prayee to do some homework to get ready for deliverance.

- Are they born again? Every person receiving deliverance ministry should be a born-again believer. Matthew 12:43-45 prepares us for the fact that, after coming out of a man, the spirits will seek to return to the house (body) from where they came. That house needs to be filled with the Holy Spirit, and salvation is the only way to have that happen.

10. How To Find A Competent Deliverance Minister

Finding a deliverance minister involves a process that is similar, in many ways, to finding a Christian counselor. The list of options, though, is going to be much smaller because there aren't as many deliverance ministers as there should be! There are many factors worthy of your consideration and we list them below for your convenience.

Your first preference should usually be to find someone local because one-on-one, personal ministry is the most effective. If that is not viable, then do not be concerned about turning to the internet. Do a search on "Christian deliverance ministers" or "Christian deliverance ministries" and go from there. You could also add your city or state to the search to see what comes up.

Many ministries and counseling centers offer video conferencing that closely approximates personal contact. Modern technology allows a webcam and high speed connection to provide a virtual "face to face" connection that works quite well.

Check out their website and look for their statement of belief, credentials, experience and testimonials among other factors.

Some minimal qualifying questions to be answered include:

- Do they have a website or literature that outlines their backgrounds, resumes and beliefs?
- Are there testimonials available?

- Are they under a church covering or are they “lone rangers”? Deliverance ministers, as with any Christian Counselor, should be under the spiritual covering of a church or ministry. Without that, you really do not know what you are getting or getting into.
- How long have they been in deliverance ministry?
- What is the approach and process that they use? Is there any follow-up after the deliverance session or will you need to find that elsewhere?
- What is their educational background in deliverance? While one does not need to be a counselor to be a deliverance minister, it is helpful to know about their training.
- What are the fees? If you can get competent deliverance ministry for free from your church or pastor, you should do it. However, some licensed Christian counselors have deliverance ministry as part of the services they offer to clients, and you should be prepared for that.

About Me

I want to be some of my experience and perspective with you so you can determine whether the points I have proposed are worthwhile to consider as you ponder your next steps.

I have a PhD degree in Clinical Christian Psychology, am an NCCA-Licensed Clinical Pastoral Counselor and over the course of many years in ministry have met with thousands of individuals, couples and families. I have seen the word and power of God move to help bring wholeness and restoration into their lives and relationships.

I love being a Christian counselor, deliverance minister and educator, and there is nothing more rewarding than seeing people set free and walking in the love, grace and power of God. After years in another ministry center, I started Above & Beyond Counseling Center so we could use the skills and experience we had learned to people as God showed us. We minister to people in our local offices and also worldwide over the internet.

The Above & Beyond Counseling Academy was inaugurated to equip the saints for the works of ministry in Christian Counseling education and deliverance ministry training. As with the Counseling Center, technology and the internet allows us to work with students all over the world.

One of the aspects of biblical living that is vitally important for us to impress upon our clients the reality and importance of spiritual warfare. The bible tells us that we battle spiritual forces of evil and not flesh and blood (Ephesians 6:12) and too few people understand that fact. It is an important aspect of our services because we also utilize a proven and effective five step deliverance ministry process to help set the captives free!

Deliverance ministry is an important part of helping people, and the Lord has shown us a five-step process to lead people through. While we have discussed different approaches to deliverance, we believe that a process approach is most effective. Preparatory teaching and homework, followed by a post-deliverance session are important steps to maximizing the benefit of deliverance ministry.

Our Counseling Center has been able to help many people of different religious backgrounds because we do not make their religious beliefs a prerequisite for working with them. If you come across a Christian counselor who will not help you or who insists you “get saved” first, then you need to head out the door and find another one!

I believe you will find that most competent and compassionate Christian counselors will commit to help you regardless of your spiritual condition. I personally assess everyone’s spiritual state during the first session, and this helps me to determine how best to proceed with them. What I am looking for is desperation to be helped and a willingness to listen!

Just as looking for a mechanic, attorney or hair dresser, Christian counselors and deliverance ministers come in a variety of figurative shapes and sizes. The experience, belief system, skill set and competence is going to vary widely, and that needs to be factored into your ultimate search for someone who can help you.

Next Step

We've just scratched the surface on some aspects of deliverance ministry. We hope you have enough information to continue your own research and come to the best decision.

If you want to learn more about our approach to this important ministry, please visit our Counseling Center website. We have a series of videos, teachings and blog posts Deliverance Ministry and also on Christian Counseling issues. We also minister to people in office and worldwide over the internet.

Has the Lord told you that you are to be involved in doing deliverance ministry? Maybe it has been a secret desire but you are unsure if you are qualified are able to move in this area?

If God has called you, He will equip you to do it. We feel so passionately about deliverance that we also train and teach people how to do it using our proven and effective five-step process. We will also show you how to minister deliverance to children as young as four years old!

Information on our online [Deliverance Training Boot Camp](#) is available on the Counseling Academy website. Jesus said that the driving out of demons was one of the signs to follow believers and the Body of Christ is in desperate need of trained, anointed and compassionate followers to carry out this call!

If you are ready to move ahead, give us a call toll-free at (800) 264-6236 or [click here](#) to schedule an appointment and we will be happy to get you started down the path to wholeness!