

# THE DELIVERANCE MANUAL

Breaking Strongholds through Strategic Prayer &  
Fasting

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## INTRODUCTION: THE SIEGE OF THE SOUL

Deliverance is not just an event; it is a restoration of sovereignty.

In the physical world, a siege happens when an enemy surrounds a city, cuts off its supplies, and waits for the people inside to starve or surrender. In the spiritual world, the enemy uses a similar tactic with **strongholds**. These are mental, emotional, or spiritual “fortresses” where the enemy has established a legal right to influence your thoughts, behaviors, and health.

You may have tried to quit that addiction. You may have prayed for that depression to lift. You may have gone to counseling for that anger. But if the root is a spiritual stronghold, natural solutions will only provide temporary relief.

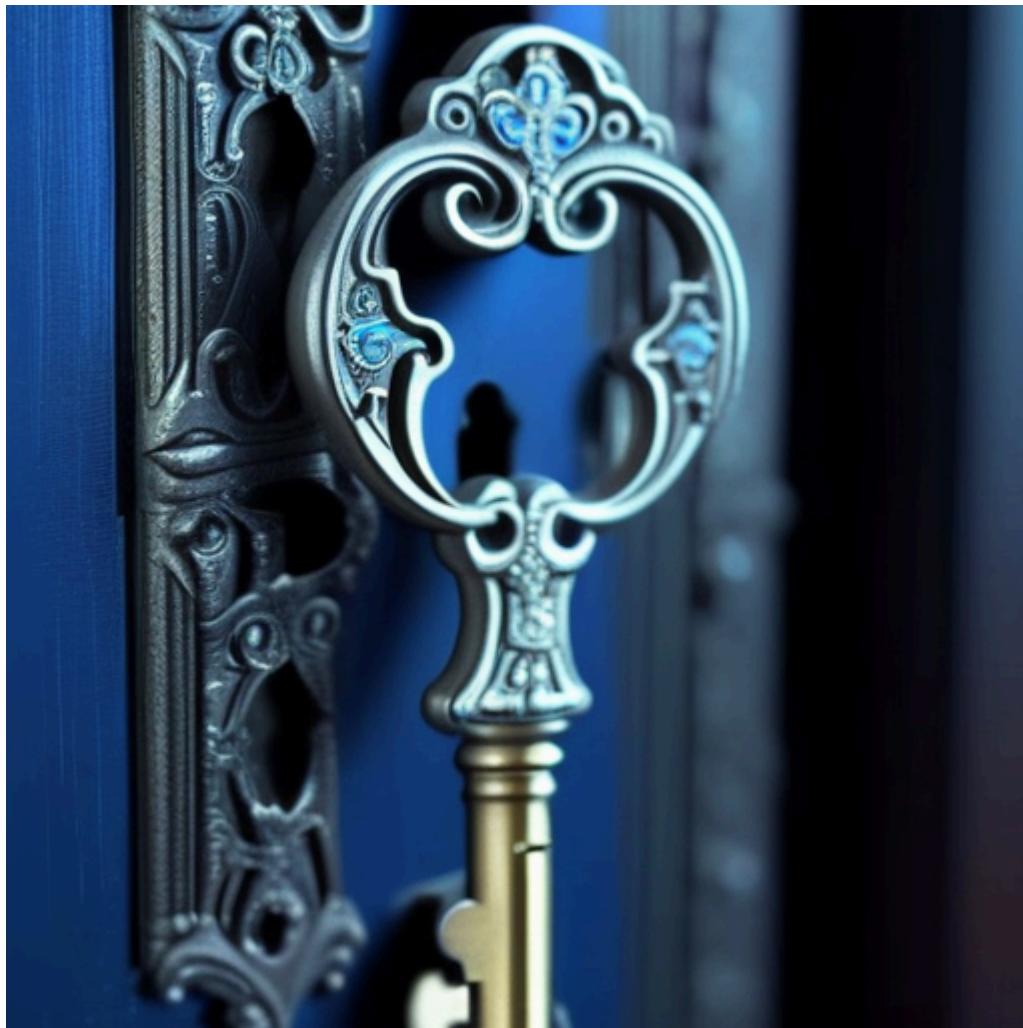
Jesus gave His disciples a Master Key in Matthew 17:21 when they failed to cast out a stubborn spirit: *“Howbeit this kind goeth not out but by prayer and fasting.”*

This is the **Disciple’s Fast**. It is not a religious ritual; it is a military maneuver. It is the act of starving the fleshly “landing strips” that the enemy uses for footholds, while simultaneously activating the higher legal authority of the Kingdom of God.

This manual is for the warrior. It is for those who are tired of being “managed” by their problems and are ready to be **delivered** from them.

# CHAPTER I: THE LEGAL GROUNDS AUDIT

Demons are “spiritual lawyers.” They do not wander into your life by accident; they look for **legal grounds** (footholds) to stay. In the court of Heaven, your consent—even if given in ignorance—is a binding contract.



## IDENTIFYING THE FOOTHOLDS

Before you begin your fast, you must conduct an **Operational Audit of the Soul**. Take a journal and ask the Holy Spirit to highlight any of the following:

### 1. UNFORGIVENESS (THE JAILER'S KEY)

In Matthew 18, Jesus tells the parable of the unmerciful servant who was handed over to the “tormentors” until he paid his debt. Unforgiveness is a legal contract that authorizes tormentors to enter your life.

- *Action:* Is there anyone you haven’t released? Forgiveness is not a feeling; it is a legal decision.

### 2. GENERATIONAL INIQUITY

Exodus 20:5 speaks of the “iniquity of the fathers” visiting the third and fourth generations. Do you see patterns in your family? Addiction, divorce, premature death, or financial ruin?

- *Action:* You are a new creation, but you must formally renounce and sever the legal ties to your bloodline's past.

### 3. OCCULT ENGAGEMENT

Have you ever played with a Ouija board, consulted a medium, followed horoscopes, or engaged in New Age "manifestation" rituals? These are formal invitations to spiritual entities.

- *Action:* Repent and physically destroy any objects associated with these practices.

### 4. UNGODLY SOUL TIES

Sexual immorality creates a spiritual "joining" (1 Corinthians 6:16). If you have been sexually active outside of marriage, you may have "fragmented" your soul, leaving parts of yourself with others and carrying parts of them with you.

- *Action:* You must formally sever these ties by name.

**Soul Audit Exercise: The Bloodline Survey** \*Identify the 'Giant' in your family tree. Is there a spirit of poverty, premature heart failure, or marital discord? Write a formal notice of eviction: "In the name of Jesus, I renounce the iniquity of my fathers regarding [Specific Pattern]. The curse stops with me. I declare a new bloodline of [Blessing]."

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## CHAPTER 2: THE DISCIPLE'S FAST (METABOLIC & SPIRITUAL WARFARE)

A deliverance fast is typically a 3-day Water Fast. Why 3 days? Because it takes 72 hours for the “biological ego” to truly surrender and for the spirit to take full dominance over the body’s chemistry.

### THE NEUROBIOLOGY OF FREEDOM

God designed fasting to assist in the spiritual process.

- **The Amygdala Reset:** Your Amygdala is the “fear center” of your brain. Strongholds often live in the loops of fear and anxiety. Fasting has been shown to calm the Amygdala, making you less susceptible to the enemy’s primary weapon: **intimidation**.
- **BDNF (Miracle-Gro for the Mind):** Fasting spikes Brain-Derived Neurotrophic Factor. This allows your brain to “prune” old neural pathways (the ruts of addiction or trauma) and build new ones based on Truth.

### STARVING THE LANDING STRIP

Every demon needs a “hook” in your flesh. If you have a stronghold of lust, it “hooks” into your physical desire for dopamine. If you have a stronghold of anger, it hooks into your cortisol levels. When you fast, you are systematically depleting these chemicals. You are “tearing up the landing strip.” When the enemy comes to land, he finds no fuel, no dopamine spikes, and no “fleshly agreement” to hold onto.

**Soul Audit Exercise: Tearing up the Landing Strip** *What ‘chemical hook’ does the enemy use to keep you in orbit around your stronghold? Identify the specific food, habit, or media that triggers the ‘Agreement of the Flesh.’ Commit to a 30-day ‘No-Fly Zone’ for that specific trigger after this fast.*

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# CHAPTER 3: WARFARE SCRIPTS & DECLARATIONS

Words are the currency of the spirit realm. You must speak your freedom.



## THE RENUNCIATION TEMPLATE

*"In the name of Jesus Christ, I formally renounce my agreement with the spirit of [Name the Stronghold]. I repent for [Name the Action]. I revoke the legal right for this entity to remain in my life. I sever all soul-ties associated with this sin. I declare that I am the property of the Lord Jesus Christ, and I order you to leave my atmosphere now."*

## THE HEDGE OF THORNS (FOR PERSISTENT ATTACKS)

Based on Hosea 2:6, you can pray this for yourself or a loved one: *"Lord, hedge up my way with thorns. If I try to return to [The Addiction/Sin], let the path be painful and blocked. Let there be no satisfaction in the darkness, but only a deep thirst for the Light."*

## THE ARMOR OF GOD ACTIVATION

Do not just "have" the armor; put it on.

- **The Belt of Truth:** I reject the lies of the enemy about my worth.
- **The Breastplate of Righteousness:** I stand in Christ's perfection, not my own.
- **The Shoes of Peace:** I refuse to be anxious.
- **The Shield of Faith:** I quench every fiery dart of "What if?"
- **The Helmet of Salvation:** I protect my thoughts from accusation.
- **The Sword of the Spirit:** I speak the Word.

**Soul Audit Exercise: The Armor Check** *Which piece of the Armor feels the most 'unfamiliar' or 'awkward' to you? Is it the Helmet of Salvation (protecting your thoughts) or the Shield of Faith? Note one practical way you will 'polish' that piece of armor today.*

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## CHAPTER 4: HANDLING THE “BACKLASH”

When you start a deliverance fast, things often get **worse** before they get better. In the Bible, when Jesus approached the demon-possessed boy, the spirit “threw him down and convulsed him.” The enemy doesn’t want to leave his “rent-free” housing. He will use:

- **Physical Symptoms:** Sudden intense headaches, nausea, or extreme fatigue.
- **Emotional Waves:** Unexplained anger, deep sadness, or a feeling of hopelessness.
- **Circumstantial Chaos:** Sudden arguments with your spouse or problems at work.

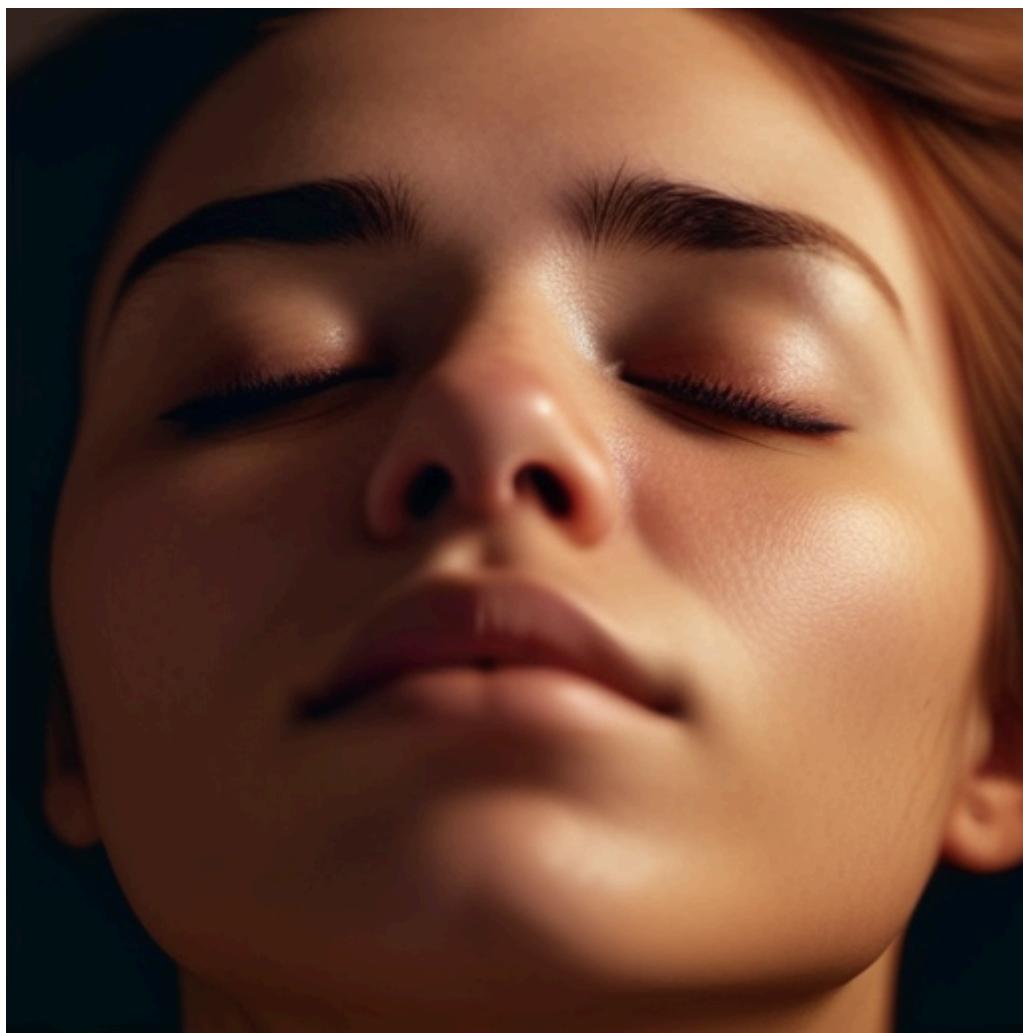
**The Warrior’s Response:** Do not be moved by what you feel or see. This is the “Convulsion before the Cast-out.” Stay in the Word. Keep fasting. The intensity of the resistance is proof that the fortress is shaking.

**Soul Audit Exercise: The Backlash Log** *If you experience a sudden argument or a physical symptom during this fast, do not react in the flesh. Record the incident here. Recognize it as a ‘complaint’ from the enemy. Respond with a scripture of victory.*

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# CHAPTER 5: MAINTENANCE & OPERATIONAL SECURITY

Deliverance is the “sweeping of the house.” Maintenance is “filling the house.” (Matthew 12:43-45).



## FILLING THE VOID

If you fast for 3 days and get delivered from a spirit of Fear, you must fill that space with the Spirit of Power.

- Spend an hour a day in the Word.
- Listen only to worship music for the next 30 days.
- Change your environment. If your friends trigger your old strongholds, you need new friends.

## OPERATIONAL SECURITY (OPSEC)

The enemy will wait for an “opportune time” to return. He will send a “feeler” thought: *“Maybe it wasn’t a demon. Maybe you just needed a break. One little look won’t hurt.”* **This is the probe.** Recognize it immediately. Shut the door. Shout the Truth.

# APPENDIX 1: THE POST-DELIVERANCE PROTOCOL

Deliverance is the extraction; the protocol is the **Healing**. Once the “squatters” are gone, the “house” must be occupied correctly to prevent their return.

## 1. THE 7-DAY “FILL THE VOID” PLAN

Jesus warned: *“When an impure spirit comes out of a person... it returns and finds the house unoccupied...”* (Matthew 12:43-45).

- **Day 1-3:** Saturate with Worship. Keep instrumental worship playing in your room 24/7.
- **Day 4-7:** Immersion in Identity. Read Ephesians 1-3 out loud daily. You must replace the “Fear Identity” with your “Royal Identity.”

## 2. PHYSICAL MAINTENANCE

Strongholds often have biological hooks.

- **Sleep Management:** The enemy often attacks at night. Establish a “Night Watch” routine: No screens 1 hour before bed, and pray Psalm 91 over your sleep.
- **Nutrition:** High-sugar diets can cause dopamine spikes that the enemy can manipulate. Stick to a clean, “Pulse-based” diet for 30 days post-deliverance.

## APPENDIX 2: ADVANCED RENUNCIATION SCRIPTS

Use these targeted scripts if you encounter specific, stubborn resistance during your fast.

### I. BREAKING THE “LEVITICUS” SPIRIT (GENERATIONAL LEGALISM)

*“I renounce the spirit of religious legalism and the performance-based identity of my ancestors. I break the vow that says I must be perfect to be loved. I accept the Finished Work of Christ as my only qualification.”*

### 2. BREAKING THE “SPIRIT OF INFIRMITY”

*“In the name of Jesus, I speak to the biological roots of this sickness. I revoke the legal right of the ‘Spirit of Infirmitiy’ to dwell in my cells. I declare that by His stripes I was healed. I order every parasite, every inflammation, and every disease to wither and die at the root.”*

### 3. RECLAIMING THE “SLEEP GATES”

*“I seal my sleep gates with the Blood of the Lamb. I forbid any intrusive thoughts, nightmares, or spiritual visitations tonight. I command my mind to rest in the peace that passes understanding. My dreams shall be visions of the Lord.”*

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# FINAL WORD: THE AUTHORITY IS YOURS

You have the manual. You have the Sword. You have the victory.

Do not walk away from this fast thinking you have to “fight” for your freedom every day. You are already free. Your job is to **enforce** that freedom. Like a sheriff in a town that has already been won, you are simply maintaining the Peace of the King.

Stand your ground. The chains are already on the floor.

*ChristFast - Humbling the Flesh to Elevate the Spirit*

Visit [christfast.com](http://christfast.com) for more resources.