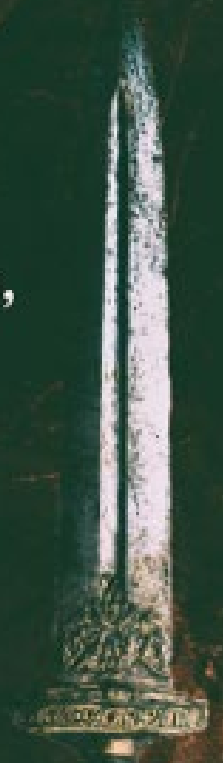


WANDA'S NOTEBOOK  
*on*  
Deliverance  
& freedom

**SAMPLE**

A compilation of teaching  
outlines, Bible stories, prayer guides,  
study notes, and more...

WANDA ALGER



- SOUL is where demons INFLUENCE and ATTACH.

Sickness and disease can affect our BODY DUE TO POOR SOUL HEALTH.

- Depression (headaches, fatigue, achy joints, lack of energy, etc)
- Grief, trauma, sudden changes, etc – all can affect us physically. Our bodies CARRY the effects of soul sickness.
- God's PRIORITY IS OUR SOUL HEALTH. Don't get frustrated.
  - o *Matthew 10:28 - And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell.*

### HEALING MUST ENCOMPASS ALL 3 AREAS

- Our past practice (at Crossroads) was to consider the soul area FIRST in seeking healing.

NOW – we want to do more of Jesus' style and start by commanding – then examine the fruit.

(Jesus never asked for healing – He simply spoke to the body and told it to "Be well!")

**What are the most common traps of the enemy to keep us BOUND UP and SOUL SICK?**

### **WHAT IS A SOUL TIE?**

#### Biblical Terms/Definitions:

"knit" - to tie, bind up, join together

"cleave" - to adhere to, fasten together, be together

"An emotional attachment to someone else."

*1 Samuel 18:1 - As soon as he had finished speaking to Saul, the soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul.*

A soul tie is an attachment – like an umbilical cord – to someone. It is the result of "knitting yourself" with that person. It is lodged in the emotions.

Good Soul Ties: HEALTHY ORDER With God, family, the Body of Christ, friends, etc.

GOD FIRST: *Matthew 22:37 - You must love the Lord your God with all your heart, all your soul, and all your mind. This is the first and greatest commandment.*

SPOUSE SECOND: *Genesis 2:24 - Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.*

From there – Children/Family, Church, Friends, Work, etc.

- Healthy soul ties are established through HONOR TO GOD FIRST and DESIRING HEALTHY RELATIONS

together in kinship or affection. A soul-tie will bind one person to another, whether for good or for bad. Thus, there are healthy (godly) soul-ties and unhealthy (ungodly) soul ties.

Though this term is never used in the Bible, there are examples of binding relationships. In 1 Samuel 18:2, we read that *"Jonathan made a covenant with David because he loved him as himself."* This friendship between two best friends was very deep. David & Jonathan made a pact together out of their mutual love for God. Though they should have been rivals, they rose above the family pressures to affirm their desire to uphold God's laws for the sake of their families. The significance of this bond affected generations to come, assuring that Messiah would come through David's line. This was a godly soul-tie that didn't conflict with their covenant with the Lord, but actually served to uphold it.

Another reference to a soul being "bound" is in Genesis 44:30-31. We read of Jacob's relationship with his son, Benjamin - *"So now, if the boy is not with us when I go back to your servant my father, and if my father, whose life is closely bound up with the boy's life, sees that the boy isn't there, he will die."* This example demonstrates the danger of an unhealthy soul-tie. This is not selfless love, but a bound-up love that depends on the happiness of another for one's own personal well-being. Though this relationship had its origins in a godly soul-tie, it went beyond healthy boundaries in that Jacob's soul became so preoccupied and worried about his youngest son that he wouldn't want to live if something happened to him. Instead of resting and trusting in God's protection for his favored son, he walked in fear and anxiety regarding the boys' well-being. It bound him up.

### **Co-Dependence**

"Co-dependence" is a term that can also apply in some cases. This kind of relationship denotes an unhealthy dependence upon another person for security, validation, and emotional stability. In this case, *both* persons are *dependent* on each other and focus the majority of their emotional energy on what will make the other person happy or content, even at risk or harm to themselves. It actually becomes a form of addiction. A co-dependent person is addicted, not to a destructive substance, but a destructive pattern of relating to other people's behaviors, moods, or opinions. A co-dependent person bases his or her worth and actions on someone else's opinion. It is compulsive, habitual, and brings one into emotional, spiritual, and even physical bondage.

Soul ties don't necessarily affect both parties the same way. But in a co-dependent relationship, both parties are equally bound up in one another's life and unable to break free from the stronghold.

### **The Symptoms**

If you are caught in a soul-tie or co-dependent relationship, you may experience any or all of the following:

- A strong emotional pull towards a person with a constant desire to be with them or talk with them.

If we carry any of these are thoughts or attitudes on a consistent basis, we need to dig deeper to consider the source. God's Word is very clear about who we are and WHOSE we are. Regardless of our lineage or parental examples, we are first and foremost, children of God who have been adopted into His kingdom through His Son, Jesus Christ. Our ultimate security and identity rests in that truth, regardless of our experiences.

The orphan mentality feeds us lies. It tells us *"You're not worth it," "I'm not good enough," "I'm bad/dirty," "No one will ever understand," "I can't trust anyone in authority," "All men are abusers"...*and the list goes on. It's important to identify the lies we believe so that we can convert them! Yes, that's right! We must take captive those ungodly beliefs and shed God's truth on them. When those lies sound in our ears, we must be ready to declare the truth of how God sees us and not continue to let the lie rule our thoughts and actions.

Most often, the parent we are dependent upon has already disappointed us, or worse, hurt or abused us. This is the unfortunate cycle of abuse. A child who is abused grows up to be an abuser and the pattern continues until someone gets off the roller-coaster. This is one of the reasons that freedom must always begin with forgiveness. Once we get in touch with our true feelings of sadness and anger, we are confronted with our own sin of unforgiveness and we must repent of it to go any further.

This is not just a glib statement of resolution. It must be a decision of the heart whereby the offended is truly ready to release the offender and let them off their hook. They are not off God's hook. Any sin that was committed by an abusive parent will be dealt with by a just God. But, He cannot do His part until we do ours.

*"And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins." (Mark 11:25)*

### **Prayer of Repentance and Forgiveness**

The first position we must take in this process is one of humility. Though we may feel justified in our anger, our hurt and our frustration, we must let go of our control. God cannot intervene until we give Him full control, and that means releasing our anger, bitterness, and urge to fight back. This may not be easy in some cases and may even take some time to let the reality sink in. But, we must begin here.

The first prayer is that of repentance.

We must take responsibility for our own choices.

We have given in. We have taken control on our own.

We have not allowed God to be Lord of all. It's time to set things right.

## **THE ANATOMY OF FEAR AND HOW IT PARALIZES US**

**Some Common Symptoms of Fear/Anxiety:** (Taken from [www.wholeperson-counseling.org](http://www.wholeperson-counseling.org))

(1) Nightmares, (2) Insomnia (sleeplessness), (3) Nervousness, (4) Physical twitches, (5) Overeating, (6) Loss of appetite, (7) Irritability, (8) Anger, (9) Bitterness, (10) Indecisiveness, (11) A feeling a need to stay busy (can't be still), (12) Inability to concentrate, (13) Exhaustion (feeling tired all the time), (14) Talkativeness, (15) Extremely quiet, (16) Suspiciousness, (17) Lack of trust in self or others, (18) Rapid pulse, (19) High blood pressure, (20) Intensity of pain, (21) Paranoia, (22) Worry, (23) Hypertension, (24) Chronic upset stomach, (25) Liberal taking of over the counter drugs, (26) Having a critical attitude, (27) Depression.

### **Some Results of Fear:**

#### **1. Fear immobilizes.**

*Deut 20:8-9 – “Then the officers shall add, ‘Is any man afraid or fainthearted? Let him go home so that his brothers will not become disheartened too.’”*

*Matt 28:4 – “The guards were so afraid of Him that they shook and became like dead men.”*

#### **2. Fear leads us to sin.**

*1 Sam 28:4-7 – “When Saul saw the Philistine army, he was afraid; terror filled his heart. He inquired of the LORD, but the LORD did not answer him by dreams or Urim or prophets. Saul then said to his attendants, ‘Find me a woman who is a medium, so I may go and inquire of her.’”*

*Romans 14:23b – “...and everything that does not come from faith is sin.”*

#### **3. Fear causes various physical problems.**

*Prov 13:12 – “Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.”*

*Prov 18:14 – “A man's spirit sustains him in sickness, but a crushed spirit who can bear?”*

#### **4. Fear opens the door for the work of the devil.**

*Job 3:25,26 – “What I feared has come upon me; what I dreaded has happened to me. I have no peace, no quietness; I have no rest, but only turmoil.”*

5. Invite the Holy Spirit to enlarge your capacity to believe in new things.
6. Step out! Do SOMETHING to demonstrate your willingness to be stretched and get out of your current rut!

Jesus wept over an entire city because of the corporate Unbelief that was present (Luke 13:34-35). Because of their hardness of heart, He couldn't demonstrate the fullness of His kingdom there. I don't want God to pass MY city by because the Church is held hostage to Unbelief!

Familiar patterns, whether good or bad, can create an umbilical cord to our past that keeps us tied up and unable to move forward. It's time to cut the ties from Unbelief and cross over to your inheritance.

*"All things are possible for one who believes!" (Mark 9:23)*

### Testimony and Two Dreams about Familiar Spirits

The Lord spoke this to me several years ago as my husband and I were about to put an offer on a beautiful property we felt led to buy. We went on-site to pray for wisdom and as we waited the Lord indicated that there was a "Familiar Spirit" on the land. As I prayed further, I sensed He was addressing a stronghold at work that was limiting any offers being received for the property.

The previous owner and his family had been there for thirty years. Though I didn't sense anything "evil" at work, the accumulated memories and perspectives, both good and bad, from the past life with this family had opened a door to a Familiar Spirit to take possession of the property. Until that was dealt with, it would be much more difficult for a new owner to acquire the property.

I have personally dealt with this type of ungodly spirit in my own life. The enemy takes advantage of our fondness for memories and perspectives from the past and can create a stronghold that limits our ability to receive NEW things. Our own experiences can become so "familiar" to us that we aren't able to perceive or embrace new perspectives or priorities. We can, unconsciously, idolize our past as something sacred. The result of this mindset will cause inner unrest and irritation at anything new that tries to come into our lives. That which was once meaningful and life-giving now becomes a stronghold of the past.

*For it is not an enemy who taunts me – then I could bear it; it is not an adversary who deals insolently with me – then I could hide from him. But it is you, a man, my equal, my companion, my **familiar friend**. We used to take sweet counsel together; within God's house we walked in the throng. (Psalm 55:12-14)*

The Lord had been preparing me for this revelation a month earlier. I had a dream where my left arm was being cut off! It wasn't painful; I simply knew it needed to be done. Even as I was lying on the operating table, my friends watched with me as an angel stood by to encourage me. Since that dream, I knew the Lord was preparing me for a pruning work in my life. I had no idea what it might be, but I knew that whatever it was, it was *so familiar to me*, it would feel like my left arm was being cut off.



## HOW THE ENEMY SEEKS TO BUILD CASES AGAINST US

Familiar Spirits that are revisiting many believers to keep them stuck in the past still have access because of open doors. Until these ungodly beliefs and patterns are dealt with, the enemy will continue to mess with your mind, keep you in confusion, and cloud your vision.

I was personally set free from a number of strongholds in my life several years ago by going through a checklist from Robert Henderson ([“Operating in the Courts of Heaven”](#)). Henderson brings out the biblical understanding of how our spiritual adversary, the devil, collects evidence against us, either through known or unknown sins, and uses them against us (Job 1:9). Being a legalist, he will use anything he can get his hands on, either in our own lives, or the lives of those in our bloodline, to steal, kill, and destroy our God-given destiny (1 Peter 5:8). (To view Henderson’s teaching online, [CLICK HERE.](#))

Now, this can be a controversial topic, so please read carefully. Though the blood of Jesus is AVAILABLE to all who surrender to Him, it is not AUTOMATIC. We must *appropriate* the blood of Jesus to these specific areas in order for the evidence to be deemed inadmissible and the case closed (Revelation 12:10-12, Zechariah 3:1-5)! There are some who will claim everything is already covered by the blood. Again, it is available, but we are the ones who must appropriate it as we “...work out our salvation with fear and trembling” (Philippians 2:12).

We don’t sin “in general”, but in specific ways. It is as we journey with the Lord and pursue holiness that Holy Spirit will reveal areas of our lives that need His cleansing touch. It is not something we try to find – it is something that shows up on our walk with the Lord as an obstacle in our path. We then have the opportunity to remove it so we can move forward.

*Build up, build up, prepare the road! Remove the obstacles out of the way of my people.” For this is what the high and exalted One says—he who lives forever, whose name is holy: “I live in a high and holy place, but also with the one who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite” (Isaiah 57:14-15 ESV).*

I’d like to share Henderson’s key points along with some insights of my own to empower you to break free from any demonic oppression you are experiencing and close any doors of access.

### **12 THINGS THE ENEMY USES TO BUILD CASES AGAINST US:**

**SIN** – This deals with the inclination of the heart (our sin nature). More than a specific one-time “sin,” it goes deeper to any predisposition towards sin. Any area of weakness where the enemy keeps tripping you up. Pray for God to sanctify your spirit, soul, mind, and body and repent for unhealthy attitudes or mindsets that are hindering you (Psalm 22).

**TRANSGRESSIONS** – Specific ways we have “missed the mark” either intentionally or unintentionally (Hebrews 2:10). Ask the Holy Spirit to reveal any current transgression/sin and confess these and apply the blood of Jesus.

**INIQUITIES** – Ungodly generational patterns and habits that have gone without repentance. Ask the Holy Spirit to reveal any specific ROOT (event, time, or place) where the sin started in your bloodline. These would appear as family patterns or habits (anger, addiction, depression,

*Masonry, like all the Religions, all the Mysteries, Hermeticism and Alchemy, conceals its secrets from all except the Adepts and Sages, or the Elect, and uses false explanations and misinterpretations of its symbols to mislead those who deserve only to be misled; to conceal the Truth, which it calls Light, from them, and to draw them away from it. (Albert Pike, "Morals and Dogma," page 104)*

## Overview of Freemasonry

To become a Mason, the initiate goes through the "Blue Lodge" which is 3 separate "degrees" of involvement.

**The First Degree** is the Entered Apprentice – "Shock of Entrance" (If you attend one meeting, you've automatically joined.)

**Second Degree** is Fellow Craft

**Third Degree** is Master Mason - In this degree, you act out the life and death of Hiram Abbif, thereby "identifying" with his life and subsequent consequences. Most Masons don't go past the Blue Lodge and are, many times, unaware of the underlying agenda they have bound themselves to.

After the Blue Lodge, you can progress further into either the York or Scottish Rites including many groups based on your degree. The closer you get to the 33<sup>rd</sup> degree, the more information is given to the god behind Freemasonry which is Lucifer (many other names are given, as well).

Though these initiations are claimed to be similar to fraternity rituals, they go much deeper. The symbolism involved in these initiations have significance in the spiritual realm. By speaking the words and acting them out, the initiate is opening doors to demonic influence and mind binding spirits.

### **Spiritual doors that are opened in the 3rd degree initiations:**

- The candidate is dressed in "pauper's clothing" with both legs and arms bared, a bare chest and heelless left and right slippers. *(Takes on a spirit of poverty)*
- The second-degree apron is worn over the pauper's clothing. *(Original aprons were lambskins)*
- The blue blindfold, called a hoodwink, is placed over the candidate's eyes. *(Opens door to spiritual blindness)*
- The blue 'cable tow rope' is wound 3 times around his body at the waist and throat. *(Grants permission to inflict the stomach and throat – specifically to rob one's voice)*
- Compass points are pressed against left and right breast. *(Signifies heart problems if oath is violated)*
- Two swords are pressed in a 'V' against the kidneys. *(Places a curse on the body)*
- The candidate is shown the secret handshake - the 'lion's paw' grip, the 'Due Guard,' and four further signs of Horror, Sympathy, Grief and Distress, and Joy and Exaltation. The passwords are 'Machoben' and 'Tubal Cain' *(Handshakes are what identifies a fellow mason in order to show favor – even if guilty of illegal actions)*
- During the oath taking the candidate will have held the 'Volume of Sacred Law' (VSL) which for most UK/USA Blue Lodges would be the Bible. *(Note that other texts are also used including the Koran, Hindu Bible, etc.)*