

WANDA'S NOTEBOOK
on
Deliverance
& Freedom

EXPANDED EDITION

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

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SAMPLE

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Examples of Bad Soul Ties:

1. A parent to whom we are still emotionally bound/tied.

- Most common is someone still needing approval of a parent – going against their spouse in order to please a parent. (There is an unhealed child still looking for validation.)
- Friendships that supersede the marriage relationship. The counsel of close friends can DIVIDE MARRIAGES (if that counsel FEEDS AN EMOTIONAL NEED) Dishonoring the covenant.

QUESTIONS TO CONSIDER:

- WHO DO YOU THINK OF FIRST WHEN MAKING A MAJOR DECISION?
- WHERE DOES YOUR HEART LEAN?

2. Sex outside of marriage forms automatic soul ties.

Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, "The two will become one flesh." But he who is joined to the Lord becomes one spirit with him. (1 Corinthians 6:16-17)

- SEX OPENS THE DOOR TO EVERYTHING THE OTHER PERSON CARRIES. This happens automatically when two people are "joined as one." It means the good, the bad, and the ugly are transferred and downloaded in the other person.

3. Authority figures that became "god" to you (usually becomes unhealthy). BITTERNESS OPENS THE DOOR.

4. Any relationship that becomes an IDOL.

"Can't live with them, and can't live without them"

5. A previous church, workplace, city, etc, if we haven't truly "left."

Can have a soul tie with a past church, past home/city

HOW TO GET FREE:

Confess the soul tie – cut the cord!

Repent for the attachment.

Ask the Lord to cleanse your heart, soul, and mind of every poison and toxic thought that has affected you because of the soul tie. Invite the Lord to take HIS place.

(You are "separating soul from spirit!")

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery. (Galatians 5:1)

- Just because we've been hurt doesn't give us the right to rebel.
- We must be careful whose covering we put ourselves under!
- We must break any negative words that have been spoken against us.

7] **Engaging in occult practices** (Deut. 18:10-14)

- There is no "good magic" or "harmless" play. The devil has real power and it's not a game.
- Any type of experimentation needs to be renounced and cut off.

Operating out of the Flesh

1] **Trusting in ourselves apart from God** (Jer. 17:5, Romans 3:20)

- To put our trust in anything or anybody other than God is to elevate that thing or person to a position that should be reserved for God alone. (Humans will fail)

2] **Speaking self-imposed negative statements** (Ps. 34:13, James 1:26)

- "I can't do that", "I'll never be as good as...", and "I'm so stupid..."
- All negative words reflect a lack of faith – impossible to please God (Heb. 11:6)

3] **Believing lies from our parents** (Gen. 9:24-25)

- Anything spoken over us that is not God's truth. (Intentional or un-intentional)

4] **Receiving a curse from a professional authority**

- Receiving a diagnosis that is negative or without hope or cure.
- "You're just going to have to live with this...", "You've failed at your job..."

5] **Taking on others' faults and burdens that are not ours to carry.**

- We are not a Savior. Our "compassion" cannot save anyone.
- Difference between intercessory call and simply worrying. GRACE!

All of these mindsets open the door to a curse operating in our life until we repent and renounce them...

How to break free:

- 1] Write down areas where you discern a curse is in operation
- 2] Ask God for **forgiveness** for any involvement/tendency in any of these sins.
- 3] **Renounce** the enemy's hold over you and the deception the sin creates. (renounce words or actions that have been spoken against your life in each area listed)
- 4] **Speak blessing and truth** over those areas, asking God to renew your mind and attitudes.

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.
- A preoccupation with their thoughts and attitudes.
- A compulsion to try and please them.

Ungodly/Godly Beliefs-Definition

Definition:

What is a belief system? It includes our beliefs, decisions, attitudes, agreements, judgments, expectations, vows and oaths.

What are Ungodly beliefs? All beliefs, decisions, attitudes, agreements, judgments, expectations, vows and oaths that disagree with God; His Word, His nature, or His character.

What are Godly beliefs? All beliefs, decisions, attitudes, agreements, judgments, expectations, vows and oaths that agree with God; His Word, His nature, or His character.

The perfect UGB: one that appears to be absolutely true based on the facts of our experience and yet absolutely false based on God's word.

- No one loves me
- I am defective
- God doesn't love me

How are Ungodly Beliefs (UGB's) formed?

1. Experiences of Hurt

- a. Most of our UGB's result from hurts, trauma and negative experiences. Very powerful statements.
- b. These UGB's will become incorporated into the very core of the hurt from which this child begins to live his life. Unless dealt with early on things will begin to compound and build. These UGB's need to be totally rooted out by a heart level; Jesus level healing.
- c. Repetition of hurt reinforces the UGB's - we are particularly influenced by our families' often repeated statements, especially ones about ourselves. "You will never amount to anything. You are no good. Don't be a weenie. Don't act like a girl. Don't be a coward.
- d. Our peers and authority figures also play an important role. Oh he is a jerk. Or she is just a little baby or an idiot or...
- e. Some people hear this stuff so much it is deeply ingrained.
- f. Not all UGB's are formed in childhood - some even now as adults. Any negative experience can cause the formation of a UGB - divorce, unfaithful spouse, wrong dismissal, tragedies, etc...

2. From the Natural Mind of Mankind

- a. Many UGB's come from the natural unredeemed mind of mankind. Although these beliefs often seem logical and appealing they often reflect the worldly standards of man.

Examples of self-protective vows, “empty wells” or “hiding places” are:

- “I will never let anyone have my heart again.”*
- “I will not allow myself to need.”*
- “I’d rather die than be like my father (or mother)”*
- “I must always stay in control.”*
- “I will never be taken advantage of again.”*
- “I will never give without getting back.”*
- “I cannot let my deepest sins be known or I’ll be rejected.”*
- “I must be strong.”*
- “I must never completely trust.”*
- “I must always avoid conflict at all cost, because conflict is terrible.”*
- “I must always be nice.”*
- “I will never let a man (or woman) control me.”*
- “I must not show weakness.”*
- “I will never allow myself to be dependent on anyone.”*
- “I will not feel pain.” (I will not let others see my pain.)*
- “I will never amount to anything.”*
- “I will always be an outsider.”*
- “I will never be poor again.”*
- “I will never be completely transparent.”*

When we make these self-protective inner vows there is an evil one who “honors” that prayer and assigns his fallen companions alongside you in allegiance to support the vow made outside the will of God. Every time you begin to jeopardize the self-protective vow through developing healthy, holy intimacy, there is one speaking in the ear saying, “Remember, you promised to never let this happen the day you made your vow!”

Binding, unholy vows must be renounced and broken in Jesus’ name. Ask the Holy Spirit to reveal inner vows you had knowingly or unknowingly made.

Take a moment to write down any vows you have made (no guilt or condemnation! – simply write down what comes to mind as the Holy Spirit directs your thoughts):

In Psalm 55:12-14, David talks about his “familiar friend” who was taunting him and abusing their friendship. This is the nature of a Familiar Spirit. It becomes so familiar to us, we don’t realize it has become a tool of the enemy to keep us trapped.

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)

Familiar Spirits CAN BE ATTACHED TO A FAMILIAR FRIEND.

“Do not be hasty in the laying on of hands, nor take part in the sins of others; keep yourself pure” (1 Timothy 5:22).

This scripture reveals that things can be *imparted* to us that we *shouldn’t receive*. We need to rightly discern those who “release” things over our lives. God’s intention is that we receive only blessing and increase through this practice of laying on of hands. We cannot be quick to do this, but know the spirit of whom is praying for us.

If you feel stuck because of familiar feelings of defeat, depression, or hopelessness in any area, consider that it might be a Familiar Spirit. If this is true, here are some simple steps to get free:

1. Recognize it for what it is and renounce the work of this Familiar Spirit/ungodly belief.
2. Repent for agreeing with this spirit and for any self-pity that may have triggered its appearance. It is usually when we become emotionally vulnerable or weak that these spirits will surface. Confess your weakness to the Lord and invite Holy Spirit to come and fill in this gap.
3. Begin to speak the exact opposite of what that “voice” is telling you. Prophecy over yourself and declare who you really are in Christ.
4. Demonstrate the opposite of what that spirit has told you. Do something that is unfamiliar - even uncomfortable, in order to break the status quo.

EXAMPLES OF FAMILIAR SPIRITS: Unbelief and Offense

The spirit of UNBELIEF is growing in our nation. It is causing even many God-fearing people to MISS what God is doing and seeing where He is moving. If we focus too much

16 EVIL SPIRITS LISTED IN THE BIBLE

Dr. Jerry Robison in his book, "Strongman's his name... What's his game?" cites 16 biblically named demonic spirits. He lists the principality and the common activities/characteristics of that spirit.

SPIRIT OF DIVINATION - Acts 16:16-18

Manifestations - Fortuneteller-Soothsayer, Warlock-Satanist-Witch-Wiccan-Druid-Pagan, Stargazer-Zodiac, Horoscopes, Rebellion, Hypnotist-Enchanter, Drugs (Greek. - Pharmakos), Waterwitching/Divination, Magic

Scriptures: (Acts 16:16-18; Micah 5:12; Isaiah 2:6; Exodus 22:18; Isaiah 47:13; Leviticus 19:26; Jeremiah 10:2; 1 Samuel 15:23; Deuteronomy 18:11; Isaiah 19:3; Galatians 5:20; Revelation 9:21; 18:23; 21:8; 22:15; Hosea 4:12; Exodus 7:11; 8:7; 9:11)

FAMILIAR SPIRIT

Manifestations - Necromancer, Medium, Peeping and Muttering, Yoga, Clairvoyant, Spiritist, Drugs (Greek. - Pharmakos), Passive Mind- Dreamers, False Prophecy

Scriptures: (Deuteronomy 18:11; 1 Chronicles 10:13; 1 Samuel 28; Isaiah 8:19; 29:4; 59:3; Jeremiah 29:8; 1 Samuel 28:7,8; Galatians 5:20; Revelations 9:21; 18:23; 21:8; 22:15)

SPIRIT OF JEALOUSY

Manifestations - Murder, Revenge-Spite, Anger-Rage, Jealousy, Hatred, Cruelty, Strife, Contention, Competition, Envy, Cause Divisions

Scriptures: (Genesis 4:4-6; 37:3,4,8; Proverbs 6:34; 10:12; 13:10; 14:16-17,29-30; 22:24-25; 27:4; 29:22-23; Numbers 5:14,30; 1 Thessalonians 4:8; Song of Solomon 8:6; Galatians 5:19)

LYING SPIRIT

Manifestations - Strong Deceptions, Flattery, Superstitions, Religious Bondages, False Prophecy, Accusations, Slander, Gossip, Lies, False Teachers

Scriptures: (2 Chronicles 18:22; Psalms 31:18; 78:36; Proverbs 6:16-19; 10:18; 20:19; 26:28; 29:5; Jeremiah 23:16-17; 27:9,10; Matthew 7:15; 2 Thessalonians 2:9-13; 1 Timothy 4:7; 6:20; 2 Timothy 2:16; 2 Peter; 1 John 3-5; Revelation 12:10)

Two Faces of Freemasonry: Public (above ground) and Private (underground).

PUBLIC Face: Believes in a “Supreme Being.”

PRIVATE Face: Believes in Universalism (all gods are invited). They do not mention Jesus Christ!

PUBLIC Face: Claims to improve oneself and help fellow man.

PRIVATE Face: Aim is to “enlighten” its initiates to learn the “secret mysteries” of the Universe.

PUBLIC Face: “Not a religion...reaches across all religious traditions.”

PRIVATE Face: IS a religion due to its oaths, doctrines/tenets, rituals, worship practices, etc.

PUBLIC Face: Not a cult or secret sect because of all the literature available.

PRIVATE Face: - They are bound, upon oath, to keep secrets, therefore they can’t admit it.

- Also, upon passing the 3rd degree of the Blue Lodge. they learn that the higher they go, the more secrets they learn which are unattainable to the first initiates.

*Consider the ultimate goal of counterfeiting God’s plan –
taking all that is good and twisting it to their own means –
ultimately to lead people away from Christ and to view Lucifer as good and God.*

PUBLIC Face: Told that the organization was started mid 1700’s through a guild of stone masons as a way to hone their “craft.”

PRIVATE Face: The term “Freemasonry” originated around then, but the belief system can be traced all the way back to the Crusades and even further to the pagan religions of Egypt, India and mainly ISLAM.

PUBLIC Face: The symbolism and dress is purely “fun” and illustrates their loyalty to one another and their craft.

PRIVATE Face: The symbolism draws from ancient pagan rituals which represent core beliefs in humanism, deism, Gnosticism, and other occultic teachings. *The cross is astronomical, pointing 4 directions to the universe.*

PUBLIC Face: Laying cornerstones in buildings “blesses” businesses, schools, churches, etc.

PRIVATE Face: Laying cornerstones, with their rituals and oaths, places a spiritual claim on the land and places that building/land under the Masonic obligations/vows.

“There are in fact covenants that provide protection for demons. If you are trying to evict a demonic intruder who is resistant, it may be that there is a covenant providing protection for that evil spirit. If there is an unholy alliance between jealousy and death, the victim spirit, or Freemasonry, a lot of time could be spent commanding, rejecting, and renouncing, without result because their *unholy alliances* do indeed afford the demons some level of protection. A covenant that was voluntarily entered into by two parties is allowed to stand; regardless of the pain it causes one party or the other, unless there is a law that supersedes it. Similarly, there are ancient generational covenants that were made voluntarily at some point, and they provide a measure of protection for the demons in an individual’s life. However, those covenants are subject to the higher law of the universe.”

(From online PDF document, “Freemasonry: All You Need to Know”)

ARE YOU BEING AFFECTED BY FREEMASONRY?

Here is a *brief list* of the various symptoms that result from masonic curses:

Physical Symptoms:

All kinds of Lung problems such as asthma, emphysema, bronchitis, allergies and hay fever

All kinds of Heart problems including angina and fear of heart attacks

Eye problems

Mouth problems including tumors or cancer and speech impediments of various kinds

Bulimia or anorexia

Unusual head injuries (falling, hitting, accidents, etc.)

Cancer (of the stomach, throat, liver, bone cancer, skin, breast cancer, etc.)

Restlessness, insomnia

Nervous disorders, Parkinson’s, MS, chronic fatigue, autism

Gall bladder problems, liver problems

Womb problems, miscarriages, barrenness

Emotional or Spiritual Symptoms:

Schizophrenia, Bipolar and other mental diseases

Sexual perversions of all kinds, Homosexuality

Suicidal tendencies

Fear (of dark, of the unexpected, noises, people, irrational fear)

Emotional problems (mood swings, depression, hardness of emotions)

Extreme anger (especially towards God), rebellion

Doubting God and His Word, inability to understand

Doubting other people’s sincerity, judgmental

Unbelief towards the Word of God, skepticism