Staying Free After Deliverance

A Follow-Up Guide for Freedom and Spiritual Growth

Deliverance is often the beginning of a journey, not the end. Jesus taught that when an unclean spirit leaves, the "house" must be filled so it is not left empty (Matthew 12:43-45). Freedom is maintained through surrender to Christ, renewing the mind, walking in obedience, and developing a lifestyle of intimacy with God.

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1. Surrender Your Life Fully to Jesus

If you have not already done so, make Jesus the Lord of every area of your life. True freedom comes through relationship with Him.

Scriptures:

- Romans 10:9-10
- John 8:36
- Galatians 5:1
- James 4:7

Action Steps:

- Spend time daily with Jesus.
- Surrender every area of your life to Him.
- Ask the Holy Spirit to reveal areas that still need healing or repentance.
- Pray and fast regularly.

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2. Stay Connected to God's Word

Deliverance removes bondage, but God's Word renews the mind.

Scriptures:

- Romans 12:2
- Joshua 1:8
- Psalm 119:11
- John 8:31-32

Action Steps:

- Read the Bible daily.
- Meditate on scriptures related to your freedom.
- Speak God's promises aloud.

Declaration:
"I renew my mind with the Word of God and walk in the truth of who He says I am."

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3. Develop a Consistent Prayer Life

Prayer strengthens your relationship with God and keeps you sensitive to the Holy Spirit.

Scriptures:

- 1 Thessalonians 5:17
- Philippians 4:6-7
- Ephesians 6:18
- Jude 1:20

Action Steps:

- Set aside daily prayer time.
- Pray in the Spirit regularly if you have that gift.
- Worship and spend time listening to God.
- Pray and Fast regularly

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4. Close Every Open Door

Anything that gave the enemy legal access should be removed from your life.

Scriptures:

- Ephesians 4:27
- 2 Corinthians 6:14-17
- Acts 19:18-20

Examples of Open Doors:

- Unforgiveness
- Occult involvement
- Sexual sin
- Addiction

- Ungodly relationships
- Generational patterns
- Habitual disobedience

Action Steps:

- Repent quickly when you sin.
- Remove objects connected to occult practices or sinful lifestyles.
- Establish healthy boundaries.

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5. Walk in Forgiveness

Unforgiveness is one of the most common ways believers lose ground.

Scriptures:

- Matthew 6:14-15
- Ephesians 4:31-32
- Colossians 3:13

Action Steps:

- Choose forgiveness even when emotions lag behind.
- Bless those who hurt you.
- Continue surrendering painful memories to Jesus.

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6. Fill Yourself with the Holy Spirit

Freedom is sustained by being filled with God's presence.

Scriptures:

- Ephesians 5:18
- Acts 1:8
- Galatians 5:16
- Romans 8:14

Action Steps:

- Ask to be continually filled with the Holy Spirit.
- Engage in worship regularly.

- Follow His leading in daily life.

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7. Get Connected to a Healthy Church

God designed believers to grow in community.

Scriptures:

- Hebrews 10:24-25
- Ecclesiastes 4:9-12
- Acts 2:42

Action Steps:

- Attend church faithfully.
- Submit to biblical leadership.
- Build relationships with mature believers.

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8. Be Accountable

Freedom thrives in the light.

Scriptures:

- James 5:16
- Proverbs 27:17
- Galatians 6:1-2

Action Steps:

- Find trusted believers who can encourage and pray for you.
- Be honest about struggles.
- Reach out early if you begin to feel spiritually weak.

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9. Guard What You Allow Into Your Life

What you consistently consume affects your spiritual health.

Scriptures:

- Philippians 4:8
- Proverbs 4:23
- Psalm 101:3

Action Steps:

- Evaluate entertainment, music, social media, and relationships.
- Remove influences that pull you away from Christ.
- Fill your mind with things that honor God.

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10. Know Your Authority in Christ

The enemy may attempt to intimidate or accuse you. Stand on the truth of God's Word.

Scriptures:

- Luke 10:19
- Colossians 2:15
- James 4:7
- Revelation 12:11

Action Steps:

- Resist fear and condemnation.
- Speak God's truth over your life.
- Remember that Jesus has already won the victory.

Declaration:
"I belong to Jesus Christ. I have been redeemed by His blood, filled with His Spirit, and given authority through His name. I refuse every lie of the enemy and choose to walk in the freedom Christ purchased for me."

If You Experience Spiritual Opposition

It is not uncommon to experience temptation, discouragement, strange dreams, or spiritual warfare after a deliverance session. This does not automatically mean you need another deliverance session.

First:

1. Pray.

2. Worship.
3. Read Scripture.
4. Renounce any new sin or agreement with lies.
5. Contact your pastor, mentor, or deliverance minister for prayer and guidance.

Scriptures:

- Ephesians 6:10-18
- 1 Peter 5:8-9
- 2 Corinthians 10:3-5

Your Freedom Maintenance Plan

Daily

- Pray
- Read Scripture
- Worship
- Submit to the Holy Spirit

Weekly

- Attend church
- Meet with accountability partners
- Spend extended time with God

Ongoing

- Walk in forgiveness
- Quickly repent when convicted
- Guard your heart and mind
- Continue growing in your identity in Christ

Remember:

Deliverance removes what does not belong. Discipleship builds what God intends to remain.

"So if the Son sets you free, you will be free indeed." — John 8:36

Vineyard Freedom Ministry
Freedom is not just about getting free—it is about learning how to walk free every day.

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