

JOHN ECKHARDT

LOOSE
Thyself!



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A Prophetic Word

Verily I say unto you,
Whatsoever ye shall bind on earth
shall be bound in heaven: and
whatsoever ye shall LOOSE in earth
shall be LOOSED in heaven.

Matthew 18:18

Shake thyself from the dust;
arise, and sit down, O Jerusalem:
LOOSE THYSELF from the bands of
thy neck, O captive daughter of
Zion.

Isaiah 52:2

This is a prophetic word to the church that says, "LOOSE THYSELF!" It is a powerful verse that relates to *self-deliverance*. We have been given the power and authority to lose ourselves from all types of bondage.

Synonyms for the word *loose* include: to disjoin, to divorce, to separate, asunder, sever, unhitch, disconnect, detach, unseat, unbind, unchain, unfetter, unloose, free, release, liberate, break up, break in pieces, smash, shatter, splinter, demolish, cleave, force apart. It also means to forgive or pardon.

"Zion" is a prophetic word and symbol for the church. Isaiah prophesied that Zion would be a "captive daughter." This is so true of the condition of the Church today. Even though many are saved and have received the promise of the Spirit, there are still many bondages that remain in the lives of believers.

Self-Deliverance

The question is often asked of me, "Can a person deliver himself of demons?"

My answer is "Yes." It is also my conviction that a person cannot really keep himself free of demons until he is walking in

this dimension of deliverance.

How is it that a person can deliver himself? As a believer (and that is our assumption), a person has the same authority as the believer who is ministering deliverance to another. He has the authority in the name of Jesus, and Jesus plainly promised them that believe: "*In my name shall they cast out devils.*" (Mark 16:17).

Usually a person needs only to learn how to go about self-deliverance. After a person has experienced an initial deliverance at the hands of an experienced minister, he can begin to practice self-deliverance. (See Frank Hammond's *Pigs In The Parlor*, page 57).

The good news is that we have been given a prophetic promise and a command to *loose ourselves*. Jesus told his disciples that "whatsoever" we *loosed* on earth is *loosed* in heaven.

In the ensuing pages, we will examine the "whatsoever". In other words, *whatsoever* is binding, harassing or operating in your life, contrary to the will of God, can be loosed from your life because you have been given the authority to do so.

The range of things that can bind a believer is almost limitless. There are many bondages we can categorize that need to be exposed and broken in the lives of all believers. Once you identify the enemy, you can then proceed to free yourself from his clutches.

Loose Thyself From the Past

I have ministered to many believers who are still bound and tied to their past. The *past* can be a chain that keeps you from enjoying the present and being successful in the future.

While ministering deliverance to a young man, a strong spirit manifested who boasted

that he would not depart. I commanded the spirit to identify himself, and he replied that his name was "Past."

The spirit proceeded to explain that it was his job to keep the young man bound to his past so that he could not be successful in his Christian walk. The young man had been through a divorce, and his past continued to haunt him.

This encounter helped to give me a revelation of the fact that there are numerous spirits assigned to people to keep them bound to the past that have left scars and wounds that have not completely healed. Many of these wounds have been infected and have become the dwelling places of unclean spirits.

People not only need to be loosed from demons but also from other people. Ungodly soul ties are avenues through which spirits of control and manipulation utilize when working upon their unwary victims.

Let's look at some of the things that could cause spirits to attach themselves to people who have had traumatic experiences in their past. For the purposes of clarity, we find the word *trauma* defined by Webster as "a disordered psychic or behavioral state resulting from mental or emotional stress or physical injury."

Traumatic experiences can open the door for demons. These can and often include accidents. Mentioned below are two such traumatic experiences which greatly affect the lives of individuals.

Rape

**They have raped the woman in
Zion, the virgins in the town of
Judah.**

**Lamentations 5:11 (Jerusalem
translation)**

Rape is one of the most traumatic

experiences a person can have. It is a violation that leaves deep scars in the psyche of the person who was victimized by this ungodly act. The door is opened for a host of evil spirits to enter and operate throughout the life of the victim.

Spirits of hurt, distrust, lust, perversion, anger, hatred, rage, bitterness, shame, guilt and fear can enter and torment the person for the rest of their life if not discerned and cast out. Rape can also be a curse, and there is often a history of this sin in the bloodline.

Rape has always been in the history of oppressed people. It was (and is) common for victors to rape the women of the vanquished. It is one of the most shameful and humiliating acts that can be perpetrated upon an oppressed people.

Often victims of rape carry sexual blockages into marriage including spirits of frigidity, bound and blocked emotions, hatred

of men, and fear of sexual intercourse. Individuals can grow up with deep roots of bitterness that poison the system, opening the door for spirits of sickness and infirmity, including cancer.

Incest

Another common sexual violation is the sin of *incest*. Incest can also result from a curse and there can be a history of this sin in the bloodline. It is an act that causes much shame and guilt. It opens the door for all kinds of curses including insanity death, destruction, confusion, perversion, and sickness. Often the victim blames himself for this act even though it may have been the result of a seducing spirit.

Loose Thyself from Ungodly Soul Ties

Cursed be their anger, for it was fierce; and their wrath, for it was cruel: I will divide them in Jacob,

and scatter them in Israel.

Genesis 49:7

The Lord separated Simeon and Levi because they exerted a bad influence upon one another. A *soul tie* is a bond between two individuals; the souls (minds, wills, emotions) of individuals knit or joined together. Ungodly soul ties can be formed through fornication (Genesis 34:1-3), and witchcraft (Galatians 3:1,4:17).

As mentioned earlier, people not only need to be loosed from demons but also from other people.

Father, in Jesus' name, I loose myself from all relationships that are not ordained of God. All relationships that are not of the Spirit but of the flesh. All relationships based on control, domination or manipulation. All relationships based on lust and deception. Amen.

Ungodly soul ties are avenues through

which spirits of control, domination, witchcraft and manipulation operate. If you are linked with the wrong people you will be in bondage, often unknowingly.

It is never the will of God for one individual to control another. True freedom is being delivered from any controlling power that hinders you from fulfilling the will of God. Often those under control are unaware that they are being controlled. This is why many times the control is so difficult to break.

An ungodly soul tie will result in the presence of an evil influence in your life. While good soul ties *help* you in your walk with God, ungodly soul ties *hinder* you in your walk with the Lord.

Ungodly soul ties in the Bible include: 1) Ahab and Jezebel (1 Kings 18); 2) Solomon and his wives. They turned his heart away from the Lord. (1 Kings 11:1-4); and 3) Levi and Simeon (Genesis 49:5-7).

Loose Your Memory

Forgetting those things which
are behind...

Philippians 3:13

There is an evil spirit named *memory recall* which can cause a person to have flashbacks of past experiences. This keeps a person in bondage to traumatic experiences of the past.

This spirit causes a person to remember experiences of hurt, pain and rejection. Although there may be experiences in your life you will never completely forget, you should not be in bondage to the past through your memory.

The enemy should not be able to trigger things in your memory that hinder you in your present or future life. This is why your memory needs to be *loosed* from bad experiences of hurt and trauma.

Father, in Jesus' name, I loose myself from the effects of all bad memories, painful memories and memories of the past that would hinder me in the present or future. Amen.

Loose Thyself from Unforgiveness and Bitterness

Unforgiveness opens the door for tormenting spirits (Matthew 18). Bitterness opens the door for spirits of infirmity including arthritis and cancer. It is symbolized by *gall* and *wormwood*.

Unforgiveness is the result of being hurt, rejected, abandoned, disappointed, abused, raped, molested, taken advantage of, lied on, cheated, talked about, etc.

Father, in Jesus' name, I loose myself from all occult involvement, all sorcery, divination, witchcraft, psychic inheritance, rebellion, all confusion, sickness, death and destruction as a result of occult involvement. Amen.

Loose Your Emotions

Are you loosed in your emotions? The *emotions* are a part of the soul along with the will and the mind. There are many people bound and blocked in their emotions. Spirits of hurt, rejection, anger, broken heart, grief, sadness, hatred, bitterness and rage can occupy the emotions causing emotional pain.

Your emotions were created by God to express joy and sorrow. Both should be natural responses to different situations. The enemy, however, comes in to cause extremes in the emotional realm and even blockage whereby a person is unable to express the proper emotions.

Emotional pain and bondage can come as a result of traumatic experiences of the past including rape, incest, abuse, death of a loved one, war, tragedies, rejection, abandonment, accidents, etc.

In the name of the Lord Jesus Christ, by the authority given to me to bind and loose, I loose my emotions from every evil spirit that has come in as a result of experiences of the past. I loose myself from all hurt, deep hurt, pain, sadness, grief, anger, hatred, rage, bitterness, fear, and bound and blocked emotions. I command these spirits to come out, and I decree freedom to my emotions in the name of the Lord Jesus Christ. Amen.

Loose Thyself From Occult Bondage

The word *occult* means "hidden." Involvement in the occult opens the door for many demons including spirits of depression, suicide, death, destruction, sickness, mental illness, addiction, lust, etc. Occultic practices include:

- Ouija Board
- Drugs (fr. Greek word *pharmakeia*—sorcery)
- Horoscopes

- Black magic
- E.S.P.
- Palm reading
- Tea leaf reading
- White Magic
- Psychic
- Readers & Advisers

Father, in Jesus' name, I loose myself from all occult involvement, all sorcery, divination, witchcraft, psychic inheritance, rebellion, all confusion, sickness, death and destruction as a result of occult involvement. Amen.

Loose Your Mind

**For as he thinketh in his heart so
is he.**

Proverbs 23:7

You are the way you think. The mind has always been a favorite target of the enemy. If

the devil can control your mind, he can control your life. Spirits that attack the mind include, mind control, confusion, mental breakdown, mind binding and mind blinding spirits, insanity, madness, mania, fantasy, evil thinking, migraine, mental pain and negative thinking. They are all what I call "stinking thinking."

The good news is that you can *loose yourself* (including your mind) from all evil influences that operate through your mind.

Mind control is a common spirit that has been identified by the name "Octopus". Mind control spirits can resemble an octopus or squid with tentacles that grasp and control the mind. Deliverance from mind control releases a person from mental pressure, mental pain, confusion and mental torment.

Mind control spirits can enter through listening to ungodly music, reading occult books, pornography, false teaching, false

religions, drugs and passivity.

In Jesus' name, I loose my mind from all spirits of mind control, confusion, mental bondage, insanity, madness, fantasy, passivity, intellectualism, knowledge block, ignorance, mind binding, lust and evil thinking. Amen.

Loose Your Will

Not my will, but thine, be done.

Luke 22:42

One of the greatest gifts given to man is that of a *free will*. The freedom to choose and to decide is given to everyone.

The Lord does not force us to obey Him. He gives us the choice to humble ourselves and submit our will to His will.

The devil, on the other hand, attempts to dominate and control our will for his evil purposes. When you find yourself unable to submit your will to the will of God, it is

because your will is being controlled by the powers of darkness.

Your will needs to be *loosed* to follow the will of the Lord. Spirits that invade and control the will include stubbornness, self-will, anti-submissiveness, rebellion, pride, disobedience, lust and witchcraft.

Father, in Jesus' name, I loose my will from all control, domination and manipulation from Satan, his demons, and other people. I loose my will from all lust, rebellion, stubbornness, pride, self-will, selfishness and anti-submissiveness spirits that block and hinder my will. I break and loose myself from all chains around my will, and I submit my will to the will of God. Amen.

Loose Your Sexual Character

Flee fornication...

1 Corinthians 6:18

Lust is a spirit that is pervasive in our day

and age. Sexual perversion includes incest, homosexuality, lesbianism, masturbation, pornography, fornication and adultery.

The sex drive is one of the strongest appetites in the human body. Satan desires to control and pervert it outside of the marital relationship in which it is blessed. Many believers struggle in this area with the companion spirits of guilt and condemnation.

Spirits of lust and perversion can operate in any part of the physical body including the genitals, hands, eyes, mouth, stomach, etc. Any part of the body given to sexual sin will be invaded and controlled by spirits of lust. (An example would be the eyes in viewing pornography, the hands in acts of masturbation, or the tongue through filthy conversation.)

In the name of Jesus, I loose all members of my body including my mind, memory, eyes, ears, tongue, hands, feet, and my entire sexual

character, from all lust, perversion, sexual impurity, uncleanness, lasciviousness, promiscuity, pornography, fornication, homosexuality, fantasy, filthiness, burning passion, and uncontrollable sex drive. Amen.

Loose Thyself from Evil Inheritance

Weaknesses and tendencies can be inherited from the sins of the fathers. For example, a person born to alcoholic parents will have a higher chance of becoming an alcoholic.

Sicknesses and diseases can run in the bloodline which is why doctors will often check to see if there is a history of certain sicknesses in the family. Lust, perversion, witchcraft, pride, rebellion, divorce, alcohol, hatred, bitterness, idolatry, poverty, ignorance and sicknesses (including heart disease, cancer, sugar diabetes and high blood pressure).

Familiar spirits are demons familiar with a person and the family because often they have been in the family for generations.

In the name of Jesus, I loose myself from all evil inheritance including inherited weaknesses, attitudes, thought patterns, sickness, disease, bitterness, prejudice, racism, witchcraft, lust, rebellion, poverty, ungodly lifestyles and strife. Amen.

Loose Thyself from Fear

Fear of rejection (works with rejection and self-rejection), fear of hurt, fear of authority (including pastors), fear of witchcraft, fear of career, fear of dying, fear of failure, fear of the future, fear of responsibility, fear of darkness, fear of being alone, fear of what people think of you, fear of what people say about you, fear of hell, fear of losing salvation (religious spirits), fear of demons and deliverance, fear of poverty, terror, fright, sudden fear, apprehension.

In the name of Jesus, I loose myself from all fears including childhood fears, fears from trauma, fears from the past, and all inherited fears. Amen.

Loose Thyself from Rejection

Rejection prevents one from giving or receiving love from God or from other people. There is also a spirit called *rejection from the womb* that enters the womb because the child was unwanted.

Self-rejection and fear of rejection are other related spirits. Rejection is also a doorkeeper. This spirit opens the door for other spirits to enter including fear, hurt, unforgiveness and bitterness. It links with rebellion causing schizophrenia.

Almost everyone has experienced rejection at one time or another in life. People can be rejected because of their gender, skin color, economic status, size, shape, etc. Rejection is a major stronghold in the lives of

many.

Loose Your Conscience

To be *loosed* means to be forgiven and pardoned. You have been forgiven by the Father through the blood of Jesus. You are loosed from guilt, shame and condemnation. You must also be loosed from the law (legalism).

The law brings condemnation and judgment, but Jesus brings forgiveness and reconciliation. We loose our conscience by applying *the blood of Jesus*, by faith.

Satan uses guilt and condemnation to beat down believers. Believers who don't understand grace are struggling in their Christian lives, never measuring up to religious standards imposed upon them through legalism. To be free in your conscience is to have peace in your mind. The peace of God rules in your heart.

In the name of Jesus, I loose myself from all guilt, shame, condemnation, self-condemnation and legalism. Amen

Declare Your Jubilee!

I loose my hands from iniquity.

I loose my feet from mischief.

I loose my neck and shoulders from all yokes and heavy burdens.

I loose my eyes from seeing evil.

I loose my tongue from speaking perverseness.

I loose my ears from hearing evil.

I loose my mind from thinking evil.

I loose my will from stubbornness and rebellion.

I loose my emotions from hurts and wounds.

I loose my sexual character from lust and perversion.

I loose my physical body from sickness and disease.

I loose my memory from traumatic experiences of the past.

I loose my appetite from addiction.

I loose my heart from all hardness, unbelief, doubt and fear.

I loose my wrist and ankles from all chains and shackles.

I loose my finances from all poverty and lack.

I loose my conscience from all guilt and condemnation, legalism and religious bondage.

Hallelujah!!!

Appendix

Tactics to Rout Demons

(From *Annihilating the Hosts of Hell*, by Win Worley)

A Way for the Deliverance Worker to Get Started:

1. Brief conversations about the reason the person is there for ministry.
2. General prayer and worship—focus on God and His goodness, power, etc.
3. Bind powers over the area, break assignments from powers in the air to demons in the person. Ask for angelic protection (Hebrews 1:14).
4. Ask and receive *by faith* the gifts of the Spirit needed to minister.

Leadership During Deliverance Time

1. Too many people commanding spirits (different ones) at the same time causes confusion for everyone, especially to the person being ministered to.
2. Leadership will often shift as the Holy Spirit directs.
3. Husbands are often the most effective in commanding spirits to leave their wives, with the support of others.

Tactics of Speaking to Demons

1. Address the spirit by name and if that is not known, address by function.
 - a. Either the Holy Spirit will give it, or
 - b. The demon will reveal himself.
 - c. Do not rely on either method *exclusively*—be open to the Holy Spirit in this area.

2. Repeatedly remind these spirits that your authority is given to you by Jesus Christ, Who is far above all rule and authority (Ephesians 1:21).
3. Remind them of their fate in Revelation 20:10 and other places in Scripture (Job 30:3-8). Use the statement ("The Lord Jesus Christ rebukes you.") repeatedly, as a battering ram.
4. It is helpful to harass the demons to confess that Jesus Christ is their Lord.
5. Ruler demons often can be badgered for more information.
6. At times you will command the ruler demon to go and then clean out the lesser demons under him, and if that does not work, reverse the tactics.
7. Bind and separate interfering spirits as God leads.
8. There is no need to shout at demons

since the battle is not in the flesh, but in the Spirit.

What to Expect in Receiving Deliverance

While many deliverances involve obvious physical manifestations, not all react in this manner. Some spirits leave quietly and non-violently.

You may not have a strong physical reaction when receiving deliverance, therefore, don't be disappointed if you don't receive in this manner. What you should expect is a release. You know there is a release when....

1. Oppressive force disappears;
2. Heaviness lifts;
3. Uneasiness goes away;
4. Burden or load lightens;
5. There is an inner sense of liberty,

freedom, and divine satisfaction or contentment;

6. The joy of the Lord comes, and you are able to rejoice!

The result of deliverance is *righteousness, peace, and joy in the Holy Ghost* (Romans 14:17). When devils are cast out, *the Kingdom of God has come* (Matthew 12:28).

Demon Manifestations

When evil spirits depart, you can normally expect some sort of manifestation through the mouth or nose. Listed below are some of the common manifestations:

1. Coughing
2. Drooling
3. Vomiting
4. Spitting
5. Foaming

6. Crying
7. Screaming
8. Sighing
9. Roaring
10. Belching
11. Yawning
12. Exhaling

Again, when demons are cast out, they normally leave through the mouth or the nose. Spirits are associated with breathing. Both the Hebrews and the Greeks had only one word for *spirit* and *breath*. In the Greek, that word is *pneuma*. The Holy Spirit is breathed *in* (John 20:22). Evil spirits are breathed *out*.

Sometimes people shake or tremble when they receive deliverance. Their body, in whole or part, may actually shake or tremble.

Hindrances to Receiving Deliverance

1. Curses
2. Sin
3. Pride
4. Passivity
5. Ungodly Soul Ties
6. Occultism
7. Fear
8. Embarrassment
9. Unbelief
10. Lack of Desire
11. Unforgiveness
12. Lack of Knowledge

All demons have legal, biblical grounds. They may not torment at will. If demons have legal grounds, then they have the right to remain. These legal grounds must be destroyed in order to receive and maintain

deliverance.

How to Keep Your Deliverance

1. Read God's Word daily.
2. Find a group of Bible believing people, preferably a church, and regularly meet with them for worship, study and ministry.
3. Pray with the understanding and in tongues.
4. Place the blood of Jesus on yourself and your family.
5. Determine as nearly as you can which spirits have been cast out of you. Make a list for these areas Satan will try to recapture.
6. The way demons gain re-entry is through a lax, undisciplined thought life. The mind is the battlefield. You must cast down imaginations, and bring

every thought into the obedience of Christ (2 Corinthians 10:5).

7. Pray to the Father fervently, asking Him to make you alert, sober and vigilant against wrong thoughts (1 Peter 5:8,9).
8. The demons signal their approach to you by the fact that the old thought patterns you once had are now trying to return unto you. As soon as this happens, immediately rebuke them. State *verbally* that you refuse them as quickly as possible.
9. You have the authority to loose the *angels of the Lord* to battle the demons (Hebrews 1:14; Matthew 18:18). Bind the demons and loose upon them the spirits of destruction (1 Chronicles 21:12) and burning and judgment (Isaiah 4:4) from the Lord Jesus Christ. Also, loose warrior angels upon the demons.

**We have been given the
power and authority to
loose ourselves from all
types of bondage.**

Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall LOOSE on earth shall be LOOSED in heaven.

Mathew 18:18

Shake thyself from the dust; arise, and sit down, O Jerusalem: LOOSE THYSELF from the bands of the neck, O captive daughter of Zion.

Isaiah 52:2

This is a prophetic word to the church that says, "LOOSE THYSELF!" it is a powerful verse that relates to self deliverance. We have been given the power and authority to loose ourselves from all types of bondage, including: loosing ourselves from the past, rape, incest, unforgiveness, bitterness, occult bondage, and many other strongholds Satan uses against us.

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