



## ***Haven of Refuge Ministries***

[www.christianhelpfordepression.org](http://www.christianhelpfordepression.org)

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***Freedom from:***

***Depression, Anxiety,  
PTSD and Fear .  
The bible way***

***James 4:7 How to:***

***Part 1 --- Submit to God***

***Part 2 --- Resist***

***Part 3 --- Spiritual Understanding***

eBook by  
Pastor Pat Buckley  
Haven Of Refuge Ministries

# Training: How to set the captives Free



Complete teaching and videos  
from the Word of God only:

Pastor Pat Buckley  
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## How to Set the Captives Free:

If you would like to be trained in helping people get set free from any oppression, here are the fundamental biblical principles that we have found as the building blocks for any person to be set free.

No human Psychotherapy (talk therapy) or Cognitive Behavioral Therapy (changing underlying beliefs) can ever compare with the truth from the Word of God, to help set a captive free.

For example, and there are many examples, all humans have Guilt, Shame, and Condemnation from past sins. To ask a person to forget past sins, or to ignore, the guilt shame and condemnation, is preposterous, and makes no sense.

The only remedy, and the everlasting remedy, for a Christian, is, the promise of (I will remember your sins no more Heb 8:12). This promise, will bring a clear conscious, and will wash away, all Guilt, Shame and condemnation, that comes from past sins.

This is one reason (and there are many) why there is no comparison to the freedom setting truth from the Word of God, to any man made remedy from depression, anxiety, panic attacks, trauma, eating disorders, cutting, Anger and Rage, and any other oppression's.

We must address the spiritual problem, when the spiritual issues are overcome, then the person can taste the freedom that Jesus has provided.

Once the spiritual battle is won against any of these oppressions like, Depression, Anxiety, Fear, PTSD, Bipolar, panic attacks, Bipolar, trauma anxiety, Stress, (psychological Disorders), Feeding and Eating Disorders, Cutting - Self-Injury, the battle in the flesh can be overcome much easier, but, there is no freedom until the spiritual battle is won, because the essence of these disorders are spiritually based.

## **Submit to God:**

We have heard many answers to this question, how do we submit to God, and most of the time the answer we get rarely goes to the essence of the question and the biblical answer, which is Hebrews 11:6 - But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.

Therefore to submit to God we must believe in what He has spoken, "without faith is impossible to please Him" and to please Him we must believe in what His Son has accomplished for us, which is the finished work of Jesus. It also means submit to His word, and not fight what God has said. Realize that when God says something, He is serious about it, and He is ALWAYS RIGHT. He is trying to help us live our Christian lives in Peace, Joy, Self-Worth, Accepted, Loved Unconditionally, Purpose and Fulfillment, (Abundant Life).

A common problem with most Christians is that we continue to ask God to do something He has already done through the death, burial and resurrection of Jesus Christ. This is a very common practise all over Christianity today, however, it is not biblical, and it appears nowhere in the N.T. The single most important thing to your freedom goes back to you trusting in and believing in the Finished Work.

If a person is crying out to God to take away the oppression, and does not do what the Word tells us to do ("Resist the Devil"), can that person be submitted to God as the scripture requires? I think not, and if we are not submitted to God, how can we resist the devil?

To really submit to God, we must believe the Finished Work of Jesus, and know that we have been delivered out of the kingdom of darkness, and that the Son has set us free and many other NT scriptures that declare that we have been set free.

It is a finished work, and we are required to put away our own understanding and trust in what Jesus has already done for us. This is the most common misunderstanding that I have come across in ministering to Christians, and it allows the enemy to confuse us.

This is the most important decision you will make while reading this document. It is a choice to believe the Word, bow your knee to it, and decide to trust and believe that Jesus has already set you free through His finished work.

### **The only remedy that works, God's remedy (the bible way):**

The bible remedy to defeat any oppression -- (psychological Disorders) like, Depression, Anxiety, Fear, PTSD, Bolima, panic attacks, Bipolar, trauma anxiety, Stress, Feeding and Eating Disorders, Cutting - Self-Injury, Fear, Anger and Rage and every other oppression, is the Finished work of Jesus.

Victory over principalities and Powers -- Col 2:15

We overcome by the blood of the Lamb and the word of your testimony -- Rev 12:11

You have been set free out of the kingdom of darkness -- Col 1:13

I have come that you might have abundant Life ....John 10:10

I have come to set the captives free ....Luke 4:18

The Truth will set you free, Who the Sons set free, is free indeed ....John 8:32-36

I have Overcome the world, in me you will also..John 16:33

You have been delivered out of the kingdom of darkness, finished work...Col 1:13

*The finished work of Jesus is a guarantee that if we persist, they have to flee...*

### **Do not ask God to do something that He has already done:**

The finished work of Jesus is a guarantee that if we persist, they have to flee...

Can we be Submitted to God...

If we do not believe and trust in the finished work on the cross, we can not be submitted to God.

Are we submitted to God if we do not accept that:

- 1/ We have been delivered .. Col 1:13
- 2/ As a captive, we have been set free .. Luke 4:18
- 3/ He has Overcome so therefore, we will Overcome.. John 16:33
- 4/ We have all power over the power of the enemy....Luke 10:19
- 5/ Victory over principalities and Powers.....Col 2:15

To be really submitted, we must believe what has been accomplished in the Finished Work.

Can we be Submitted to God... if we do not believe and trust in the finished work on the cross ....The answer is, we can not...

We do not ask God to do something that He has already done, we must believe what has been accomplished in the Finished Work, and what Jesus spoke to us. This is a very important biblical Principle, and lines us up with the Word, which makes us really submitted....

Through the victory of the finished work of Jesus, and for us to Overcome through what has already been done, we must not ask heaven for things that have been done through the finished work.

This is a *major mindset change*, that lines us up to the scriptures, it is the beginning of our first steps into freedom from these oppressions.....

Most Christian cry out to God to take these oppressions away, for some reason, this is very

common for Christians throughout the world, and yet, it is not biblical.

My new prayer must be ----I now know that you have defeated the enemy for me, and that you have set me free from these things that have kept me captive, you have set me free !!!!!

We need to pray !!! Thank you Jesus, I now trust in your Finished Work, I know that you have delivered me out of the kingdom of darkness !!!!!

This is the guarantee, we have been delivered, this is absolute, we have been (it has been done), a guarantee of freedom to any captive ...



The image is a promotional graphic for a video training. It features a black background with white and yellow text. In the top left corner, there is a small logo for 'Haven of Refuge Ministries' which includes a green cross, a white dove, and a cityscape with yellow and orange rays emanating from behind it. The main text is centered and reads: 'Video Training Christian Depression', 'Key Biblical Principles to Freedom', 'Best Prayer for Depression', and 'Don't ask God to do something He has already done !!!'.

<https://youtu.be/BE0iEBvleRs>

Change our Prayer from Asking to Thanking -

Mar 11:24 I tell you, you can pray for anything, and if you believe that you've received it, it will be yours. NLV. Believe in our hearts and we speak with our mouths Rom 10:8, that Jesus has translated us out of the kingdom of darkness Col 1:13...

Now we must change our prayer from asking / begging to thanking Him for what has been done through the finished work.

We all want God to take these problems away, to come and do it for us.

However, faith demands, and our Father wants us to use what we have been given.

How do you submit to God?

Bow your knees to His Word. Accept it as absolute truth over your intellect and reason. Give it supreme authority over your life. Do this on a regular basis, because the carnal mind (the old man), the mind that is full of natural thoughts, is the ENEMY of God. The carnal, or unrenewed mind, is constantly trying to overcome the new man that you became when you were born again. When you accept the Word and give it supreme authority over your life, acknowledging it as the ultimate truth, then you are submitted to God.

We submit to God by submitting to His Word, how can we submit to God if we do not believe His Word. This seems rather obvious, but it is amazing how many of us do not understand this simple truth. You are putting down your own understanding, as it says you are to do in Proverbs 3:5, and you are lining up with what the Word of God says about The Finished Work of Christ and what it has accomplished for you.

To do this means that you believe that it has been done already, the prison door is open, Jesus is calling you out to freedom, this is being submitted to God, and if you do not believe this I do not believe you are submitted to God. This is usually a major mind-set change to most Christians, and the beginning of freedom and the beginning of the real fight of faith.

A common problem most of us still have is that we continue to ask God to do something He has already done through the death, burial and resurrection of Jesus Christ. The single most important thing to your freedom goes back to you trusting in and believing in the Finished Work.

If a person is crying out to God to take away these oppressions and does not do what the Word tells us to do ("Resist the Devil"), can that person be submitted to God as the scripture requires? I think not, and if we are not submitted to God, how can we resist the devil ? ??

To really submit to God, we must believe the Finished Work of Jesus, and know that we have been delivered out of the kingdom of darkness, and that the Son has set us free and many other NT scriptures that declare that we have been set free. It is a finished work, and we are required to put away our own understanding and trust in what Jesus has already done for us. This is the most common misunderstanding that I have come across in ministering to Christians, and it allows the enemy to confuse us.

This is the most important decision you will make while you are fighting for freedom. It is a choice to believe the Word, bow your knee to it, and decide to trust and believe that Jesus has already set you free through His finished work.

Trusting in what Jesus has already done for you will begin your escape into freedom. Now you are submitted to God, you can resist the devil, and they WILL FLEE.

Real humility is when you bow your knee to the Word, trust in it, and be obedient to it. This is real humility, not the fake religious kind.

Through the victory of the finished work of Jesus, and for us to Overcome through what has already been done, and not ask heaven for things that have been done through the finished work.....

When we are Submitted to God... Now we can Resist the Devil.. Now they will Flee ...James 4:7



# Video Training Christian Depression

## Key Biblical Principles to Freedom

### Best Prayer for Depression

*Change our prayer from  
asking / begging to Thanking*

<https://youtu.be/dWaiq6Klzf4>

We have been translated us out of the kingdom of darkness Col 1:13...This is done, and we need to line up to the Word of God and Thank Him for what has been accomplished, our symptoms will still be around, but now with persistence and courage, we will fight the fight of Faith, and Victory will come....

The finished work of Jesus is a guarantee that if we persist, they have to flee...

We need to pray !!! Thank you Jesus, I now trust in your Finished Work, I know that you have delivered me out of the kingdom of darkness !!!!!

This is the guarantee, we have been delivered, this is absolute, we have been !!!!!, a guarantee of freedom to any captive...

I now know that you have defeated the enemy for me, and that you have set me free from these things that have kept me captive, you have set me free !!!!! I can now Fight and Win my Freedom...Luke 10:19

We are more than conquerors Rom 8:31, if, we have courage and persistence, and we do not quit. This knowledge and revelation will bring us tremendous HOPE and renews our minds to truth.

The only place in the N.T. that tells us how to get freedom from any oppression, is James 4:7. There are no other commands in the N.T and it must be the N.T. because freedom only comes from the finished work of Jesus.

All throughout the N.T. we are told to be aware of the wiles of the enemy, to resist the fiery darts for the enemy...

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Eph 6:16

Put on the full armor of God, so that you can take your stand against the devil's schemes. Eph 6:10. We are required to Resist and defeat the enemy, through the Finished Work ....

Therefore if we want to get freedom the bible way, we must do what God has told us to do, and it comes back to James 4:7

Now we can go on to the bible remedy, James 4:7 Submit to God, Resist the Devil, and they will Flee.

He has delivered us out of the kingdom of darkness....Col 1:13 - He has set the captives free Luke 4:18 - so Resist the enemy and they have to flee James 4:7

The finished work of Jesus is a guarantee,if we persist, courage/persistence they have to flee...



**Video Training  
Christian Depression**

**Key Biblical Principles to Freedom**

**Best Prayer for Depression**

*The finished work a guarantee  
of victory to any captive*

Haven of Refuge Ministries

<https://youtu.be/DuYLRMtxBTM>



## **Three abiding Principles for Freedom:**

### **First Principle**

To be really submitted, we must believe what has been accomplished in the Finished Work.

### **Second Principle**

Change our Prayer from Asking to Thanking / Don't ask God to do something, He has already done.

### **Third principle**

Finished work is a guarantee of victory, more than conquerors, if , with courage and persistence, we do not quit.

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## Resist the Oppression:

Jesus cast out demons. We are supposed to cast out demons, (Mark 16). However, nowhere in the NT do we see a demon being cast out a believer. The remedy for believers in the NT scripture is clear in James 4:7.

There are times when a demon must be cast out, i.e. if a person is on heroin or methamphetamine, it is very lightly that they will be demonized, and casting out the demon of addiction, would be recommended.

In my experience with Depression, PTSD, Anxiety, Panic Attacks, Suicidal thoughts, etc. there is demonic oppression, but rarely is the person demonized (the correct translation of the KJ bible translation of the word possessed).

A person that is demonized will experience times of being completely out of control, they are being controlled. Let's take an example of this in Depression or PTSD when a person gets into a rage, where they lose control and do things that they would not normally do, they usually can't remember what happened during the rage period. The oppression takes over and controls the person for a period of time, then they come back to their senses.

However, it is rare that a person with an oppression, will be demonized, they will usually have demons that are oppressing them with Depression, Fear, PTSD, Anger, Panic Attacks etc. etc.

We have covered Submitting to God already, we want to move on to how to Resist now.

### **Jesus tell Christians through James to resist the devil (James 4:7):**

Resisting the devil can be more important than casting them out. Why?

When a Christian resists the devil and he flees, they draw closer to God because they have trusted His word, Jesus becomes more real to them, and they prove to themselves that the scripture, "greater is He that is in you then he (Satan) that is in the world," (1 John 4:4.) is true.

We learn that the Word can be trusted and when you get set free by trusting the Finished Work of Jesus, you usually want to help other people with similar issues. You now have confidence in

the Finished Work, and you have learned how to overcome based on the Finished Work.

James 4:7 is the key to getting free from any form of bondage.

"Submit yourself to God. Resist the devil, and he will flee from you."

We sometimes have a hard time believing it can be as simple as resisting the things that are holding us in bondage and we will get free. But it is. I heard a man say one time, "If you want to get free, just do the opposite of what the devil is telling you to do!"

When you stop doing what the devil wants you to do, you will be amazed at what happens. When the devils sees you persisting in resisting, they will stop tormenting you and go on to someone else.

But they will not flee until they realizes that you know the Word is true and they see you acting on the Word.

Thanking Jesus for setting you free, giving Him praise for doing this for you, is acting and believing the Word and quoting "It is Written".

How does the enemy know that you know God's Word is true? Simple. He sees you ACTING on it.

Have you ever thought about the fact that they see you? Yes, spirits observe us, both angels and demons. And they know what we really believe by watching what we do.

If we keep on doing what demons want us to do i.e. panic, getting frustrated, getting angry, having fear, complaining, etc ..(we have a lit of common things that demons want us to do, when we have an oppression, at the end of this document). Why would they stop tormenting us, if we keep doing what they want us to do. You have to stare down the symptoms, they are giving you, this is what resisting means, Thank you Jesus, I can handle these attacks, these symptoms, and I will keep on resisting, until they flee.

There are no quick solutions, no quick remedies, find the right anointed person to pray for me, no, the command from God is clear, and the only reference in the N.T. to getting rid of any oppression, is Submit, Resist and they will flee....James 4:7

James 2:20 says, "Faith without action is dead."

Faith is very simple: if you act you are in faith (believe), if you do not act you are not in faith (not believing).

When you resist the devil, you are acting on the Word, you have faith, or else you would not be resisting, you would have given up. or quit, this is how you know you are in faith.

You will lose some battles, but when you persist and keep resisting after awhile they will flee, just like the word says they will.

## How do you resist ???

Don't do what they want you to do, do what they do not want you to do!

Write down on a piece of paper the main things that the oppressors want you to do and on the opposite side write down the main things that the oppressors don't want you to do.

Now, before you write these down, ask the Holy Spirit to show you what the the most important issues are and trust him to tell you. If you are working with someone (which we suggest) they will be able to confirm the main lies you are looking to uncover.

Then pick a time when you want to really start, and pray for grace and strength from Jesus to help you, remember you are not asking God to take these things away, you are going to do what God has required of you, Submit, Resist, then they will flee.

You are the only one who can resist for yourself, no other person can do this for you, and the N.T. is very clear on this point, through the finished work of Jesus (the guarantee, from the N.T. only, I have come to set the captives free) you have the authority to resist and chase this oppression away. There is no other method in the N.T. but this, therefore this is the only way that God has shown us to get freedom from any oppression, any other way does not line up to the Word, and even if it helps you, it will not get you into complete freedom. So, stop looking for the quick fix, the right anointed person to pray for you, looking on the internet for a worldly solution. Do not lean on your own understanding, but your trust in the finished work of the cross, and accept that you are going to do what God has required us to do. Based on the finished work of Jesus, we are going to Submit, Resist, and we are assured of the outcome, they will flee, a guarantee of freedom, when we do it God's way rather than our own way.



**Video Training  
Christian Depression**

**Key Biblical Principles  
Spirit of Heaviness**

*The bible is very clear, the spirit  
of heaviness is connected to depression.*

<https://youtu.be/wnhllg6OEJw>

Only the word of God can get complete freedom from an oppression. No human Psychotherapy (talk therapy) or Cognitive Behavioral Therapy (changing underlying beliefs) can ever compare with the truth from the Word of God, to help set a captive free.

Then start to resist these main issues. Soon you will know that you are in a real battle (the fight of faith 1 Tim 6:12. It is called). There will be times when you start to resist them that you will have some failures.

The enemy will tell you, this does not work, you will never get over these issues, surely The Word of God is not true !!! When you start hearing these things, you now know that you really have started to fight "the fight of faith". Your freedom is beginning! There will be resistance to the Word, this is why it is called a fight of faith. If you are resisting you are in faith, what you will need is courage and persistence to not quit, which is exactly what the devils will be hammering you to do. The only way you can lose this fight of faith, is if you quit, if you keep going, even though it is difficult and you will want to quit, if you keep resisting you are guaranteed to win the freedom that is already there for you.

Stop and thank Jesus for every victory, even, the smallest one, Praise Him for giving you the strength to resist.

God requires us to resist, so, who does the resisting.

In Exodus 14:15, when Moses and the children of Israel were hemmed in by the Egyptians at the Red Sea, Moses cried unto God to deliver them. Take a good look at God's answer to him: "Why cry unto me, stretch out your rod over the sea and part it and the children of Israel will go through on dry ground."

Your ROD is your Faith in the finished work, the promises of freedom to all captives in the N.T. and the authority we have over all the powers of the enemy, we overcome by the blood of the Lamb, and our testimony that we have been set free, from the finished work of Jesus.

We all get into a difficult position like Moses, and we want to cry out to God to do something for us, but sometimes Heaven gives us the same answer that it gave Moses and we don't like that: "Use what you've got!" Resist and they will flee.

It is our responsibility to resist the devil. No one else can do this for us. Jesus will strengthen you, (Philippians 4:13), but you have to do the resisting, based on the finished work of Jesus. You are insisting on the freedom that Jesus has already purchased for you.

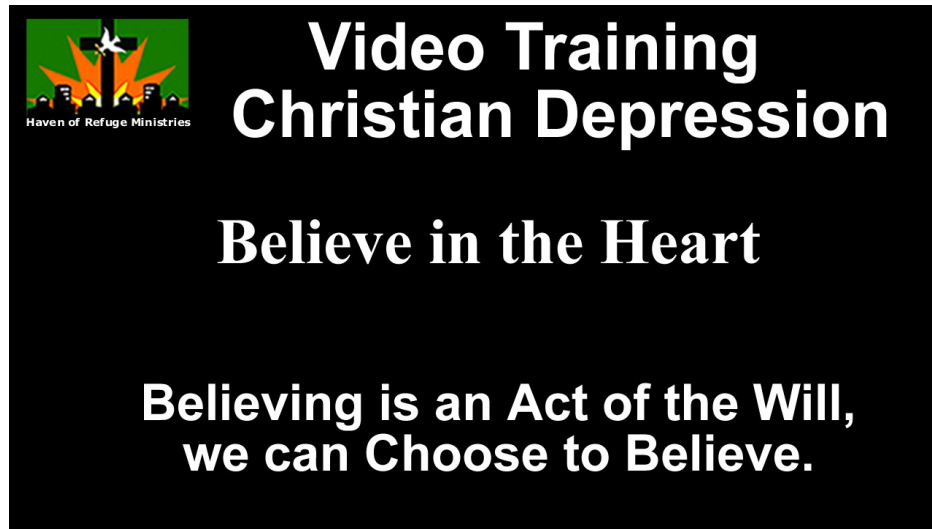
In our western culture, we want the answer hamburger style... right now! We don't want to do much to get it. The Church today is full of apathy; people are not taught how to fight.

The devil and demons are not going away until Jesus returns. They are going to be around. They are going to keep attacking us until we make them flee. And there is only one way to make them flee, and that is to resist them. Show them that you believe and understand the Finished Work of Jesus, you have been set free and you are going to have what Jesus has already achieved for you, and insist that they flee.

If you keep doing what these devils want you to do, like, panic attacks (getting angry, giving up, fear, frustration etc etc.) when the symptoms come on, then they will keep doing what is working for them. Why would they quit doing something that is working, they will not...When you keep

resisting, Thank you Jesus I can handle these attacks and symptoms, and keep doing this, then, they will have to come up with another strategy, and if they do not have another strategy, they will begin to back off....

Demons have a difficult time with a committed Christian, who understands the authority that they have, and who understands how things are supposed to work in the spiritual realm now that Jesus has stripped principalities and powers of their authority. If Jesus has been given all authority, then these devils have none, except what we give them...



<https://youtu.be/r6rIPbXbJQc>

They know they cannot win a battle against a committed Christian who trusts the Word. However, they will resist us to see if they can convince us that the Word is not true and then we will give up the fight. This is their strategy. They used the same strategy against Eve in the garden, "surely the word is not true, God didn't mean what He said."

How do you resist the enemy? Again don't do what they want you to do.

If they want you to be enraged, take offense easily, get into self pity, get angry and enter into a rage, blaming others, etc....these are all very common to people dealing with oppressions...we are learning how to overcome these and do the opposite.

### **What do you have to resist in your life?**

This is a chance for us to be honest and to practice the scripture that talks about "confessing your faults to one another" (James 5:16). Ask, "What is going on in my life and am I hiding something, where is the enemy deceiving me ???"

If you are, you are going to still have trouble. We have to open up and be honest to overcome. Obviously, you have gotten yourself into these issues some way or another. You will need to open up, identify what the issues are, and tackle them one by one.

Resist the enemy. Recognize the thoughts causing these issues and pull them down.

Examine your thoughts. Whether you realize it or not, the lies you have believed for the past 5 years have brought you into this bondage.

Jesus initiated this principle: believe in heart, speak with mouth.

"For assuredly, I say to you, whoever says to this mountain (depression, anxiety etc. etc.), Be removed and be cast into the sea, and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says." (Mark 11:23).

Let's take an example of a teenage girl that is having some emotional problems. She goes to a counselor or psychiatrist, they look at the young lady, and after three or four sessions, without a blood test or CT scan, they say to her that she is bipolar. She now goes home and starts telling her brothers and her Dad that she is bipolar, that she has mental issues.

What is she doing exactly? She is operating in the principle that Jesus talked about in Mark 11:23-24, if you believe in your heart and speak with your mouth you will have whatever you say.

This is so simple, yet so profound in its application, that if we ignore this spiritual principle, we usually will pay the price, bondage.

If you say that you have depression, bipolar or any other oppression, that you have a chemical imbalance, and you walk off and tell people you have mental issues, a chemical imbalance and you're bipolar, what happens after six months? You WILL HAVE mental and emotional issues because you have been walking in the principle Jesus talked about: how you think and what you say is what you become.

Think again about Proverbs 6:2 "as a man things in his heart, so is he." And, "We are snared by the words out of our mouth."

Did you know there is no absolute scientific evidence of a chemical imbalance in the brain, this is and always was a theory, originated by studies from the major drug companies? Check out the website of Dr. Breggin, he is not a christian, but he have very good advise on these issues. <https://breggin.com/video-series/>

As Christians we need to realize that the devils are real, and it is the work of the demonic realm to try and bring oppression on a Christian. To steal, kill, destroy, (John 10:10), especially Christians. We have a target on our backs, and if you think that you can hide this target, you are wrong.

We are in a battle and if you try and ignore this fact, you put yourself in greater danger. Demonic forces will have an effect on you even if you ignore them.

The New Testament has very positive things to say about us....

Everyone who gives their life to Jesus Christ, God looks at them in a positive way. The devil is the accuser. You have to get yourself to the point that you are in a positive frame of mind. (Think about the positives, that God says about you as a believer, not what the world or your mind says).

You have power over all the oppressors, when you resist and keep resisting, they will obey you, and flee, but you will need perseverance, they will resist you back, to see if you really trust the Word of God.

"Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you." (Luke 10:19)

You must persist.

I hear people say, "It didn't work for me!"

The reason it does not work, is because they gave up too quickly.

If you persist it WILL WORK for you, this is guaranteed by the New Testament signed by the Blood of our Redeemer. The Word of God is true, they will flee...



<https://youtu.be/ku3PxFKS3HA>

These devils resist weak Christians. They laugh at them, but they also know that they can't win, if we persist. That is why you must persist.

Developing your courage and persistence will cause them to flee. Know that you are strengthened by Jesus, Philippians 4:13. When you quote the Word and walk believing it and are committed to the truth with passion, the devils aren't laughing anymore, they are on their way, they will flee!!!! The Word cannot and will not fail, when you persist.

Even when you may have some setbacks. Jesus never said it would be easy. He never promised that. But He did promise total victory, and if you keep at it, you'll get there. All of a sudden, victory comes more and more often. You are still having defeats and stumbling with two steps forward and three back, but this is usual and most people go through this on their way out of the oppression.

Prov. 4:20 "My son, pay attention to what I say; listen closely to my words."

The Word is so important, it must be given your constant attention.



Matt 12:34 "Out of the abundance of the heart, the mouth speaks."

When you understand these principles and learn the Word that relates to the issues you are dealing with, then out of the abundance of your heart, your mouth will speak the truth of the Word, instead of the lies that have been hounding you.

Pro 25:28 says, "He that hath no rule over his own spirit is like a city that is broken down, and without walls."

When you are able to rule yourself, you will live in complete freedom from oppression. You can live the abundant life Jesus said He came to give you: Peace and Joy, Purpose and Fulfillment, Acceptance, feeling loved by God, and Self Worth.

Consistent victory will not happen overnight, so be like the farmer who plants seed and watches the growth day by day.

"The kingdom of God is like a man who scatters seeds on the ground. He sleeps at night and awakes in the morning. The seeds sprout and grow, although the man doesn't know how. The ground produces grain by itself. First the green blade appears, then the head, then the head full of grain." (Mark 4:26-28)

Be courageous and persevere....the harvest is inevitable!

The Word will renew and is renewing your mind, and Jesus is changing the way you see things, keep going forward into the battle .....Thank you Jesus, you are renewing my mind ...

### **Other scriptures in the N.T. relating to resisting and understanding demons:**

1 Peter 5:9

Resist him, standing firm in your faith and in the knowledge that your brothers throughout the world are undergoing the same kinds of suffering.

1 Peter 5:8

Be sober-minded and alert. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

Ephesians 6:13

Therefore take up the full armor of God, so that when the day of evil comes, you will be able to stand your ground, and having done everything, to stand.

1 Peter 5:6

Humble yourselves, therefore, under God's mighty hand, so that in due time He may exalt you.

Ephesians 6:11,12 Put on the whole armor of God, that you may be able to stand against ...

Ephesians 4:27

and do not give the devil a foothold.

We overcome through the blood of the Lamb and the word of our testimony.

**Now let's close this section on Resisting, with something that is very important and I would highly recommend that you pray over this and get the revelation on this truth:**

Jesus has defeated your enemies. The prison door is open, the original emancipation proclamation is from Jesus, and who the Son sets free, is free indeed.

He has opened the prison door, and He asks us to believe Him, and start to walk out into freedom.

On the way out you will get resistance from the oppressors. They will whisper, "This is not working..." "Surely the Word is not true for you."

"This is too difficult." "Why doesn't Jesus just do this for you..."

"Oh, I think I get it!" should be your response.

"The truth sets me free and lies keep me in bondage!"

As you begin to walk towards the open prison door, and walking is acting on the Word, therefore you are in faith. However, you will receive RESISTANCE, you will need courage to keep walking to the open door. You will need perseverance if you fall down (and falling down, is very common) from the attacks, and you probably will get the FEELING that nothing seems to be happening, but this is a lie, you now know the door is open, and nothing can stop you from walking out that door, except if you give up the fight.

Get up as quick as you can, and start walking again, this is very important, do not stay on the floor, get back up, back into resisting, as soon as possible. In the old days of fighting, when they brought you down, you may have stayed down for days, or months, now that you know the prison is open, you can get up quickly and start walking again to the open door.

You will need determination to keep going to the open door where Jesus is waiting to greet you, He will strengthen you as you push for and walk into freedom.

Nothing can stop your freedom if you just keep walking toward the open door.

When you get some victories, demonic entities are going to come and say that you can slide back over a weekend, but that is impossible.

Can you slide back...yes, but it would never happen over a short period of time like that. It would happen little by little by little, over a long period of time. Devils don't have the power to overcome you. They only have power over you when you let them have power because of believing in the thoughts you entertain. If you take that power away, and you resist them in Jesus' Name, they have to flee, because they know Jesus already defeated them.

What we are doing here is getting you to the point that YOU know they are defeated. They already know it. They know that very well, YOU need to KNOW it. Heaven knows it; the devils

know it, now you are beginning to know it, and when you know it, just like you know (supernaturally) that you are saved. They will flee.

### **Some examples of what the enemy wants me to do:**

The List: Enemy's lies followed by scriptures and confessions and then rank of how I am doing scale of 1-10)

These are some of the most common when fighting an oppression, they must be fought and won.

#### ***Hopelessness:***

How a Christian can overcome the hopelessness of depression and anxiety, panic attacks and fear.

<https://www.christianhelpfordepression.org/christian-depression-hopelessness/>

#### ***Not trust God:***

Believing is an Act of the Will, we can Choose to Believe.

<https://www.christianhelpfordepression.org/believe-in-the-heart/>

#### ***I'm going crazy:***

One of the most common of all the strategies of the enemy for people who are tormented with these oppressions. The bible helps us to defeat depression by showing us how the enemy make war in our minds with strategies that are full of lies about ourselves, the bible calls this the wiles of the devil.

<https://www.christianhelpfordepression.org/depressionbiblehelp/>

#### ***Angry and Rage:***

Anger and Rage are common to Christians who suffer from Depression.

<https://www.christianhelpfordepression.org/christian-depression-anger-and-rage/>

#### ***Panic/fear:***

Depression and the usually associated panic attacks are very common and can be brought on by Fear

<https://www.christianhelpfordepression.org/depression-panic-attacks-and-fear/>

***I can't handle this:***

Most people do not realize the spiritual consequences of a Christian saying I Can't.

<https://www.christianhelpfordepression.org/christian-depression-i-cant/>

***Past regrets:***

Understanding that God wants us to walk in the reality that we are a new person, even if we have been a Christian for years.

<https://www.christianhelpfordepression.org/depression-be-a-new-person/>

***Give up, I will never get rid of this oppression:***

Christians can overcome and be completely free from these oppression's, guaranteed by the finished work of Jesus.

<https://www.christianhelpfordepression.org/christians-guaranteed-to-overcome-depression/>

***Feeling bad with some symptoms:***

A Christian can overcome depression by changing how you think, change our underlying beliefs about ourselves.

<https://www.christianhelpfordepression.org/change-how-you-think/>

***Condemnation:***

Guilt and Shame are usually associated with these oppressions.

<https://www.christianhelpfordepression.org/christian-depression-overcome-guilt-and-shame/>

***Self pity:***

Self-Pity, blaming others, and taking offenses are very common with people suffering from depression.

<https://www.christianhelpfordepression.org/christian-depression-and-self-pity/>

***It is a physical problem, not a spiritual problem:***

Christian Depression is a spiritual battle. Fear, PTSD, depression, suicidal thoughts, bipolar conditions, not having peace and joy, are all spiritual issues.

<https://www.christianhelpfordepression.org/christian-depression-a-spiritual-battle/>

***Hard for me to forgive others who have hurt me:***

To overcome and be free from depression, a Christian needs to forgive others and get rid of any bitterness.

<https://www.christianhelpfordepression.org/christian-depression-and-forgiveness/>

***I have difficulty with all the rejection in my life:***

Depression from rejection attaches itself to that part of our nature which desires love and acceptance and the need for self-worth.

<https://www.christianhelpfordepression.org/christian-depression-and-rejection/>

***Need to complain about things:***

We all have been tempted when things get difficult to start complaining.

<https://www.christianhelpfordepression.org/christian-depression-complaining/>

# Training: How to set the captives Free



Complete teaching and videos  
from the Word of God only:  
Pastor Pat Buckley  
Haven Of Refuge Ministries

[www.christianhelpfordepression.org](http://www.christianhelpfordepression.org)  
[www.veteransfreefromptsd.org](http://www.veteransfreefromptsd.org)  
[www.christianhelpforaddiction.org](http://www.christianhelpforaddiction.org)

## Spiritual Understanding:

To pursue a blessed life as a Christian, you must acknowledge certain realities. There is a spiritual realm you can't see, as well as a natural realm that you do see and feel. Believing that the spiritual realm exists is a very important key to a blessed life.

Surveys show that 30% of American Christians reject the idea of Hell. For Catholics, the number is almost 40%. It's a smaller figure — 25% — for Protestants, but that's deceptive because 40% of Protestants say they don't believe in demonic possession. They may affirm "Hell" as some kind of abstract concept, but they clearly don't accept that evil spirits are actively at work in our world.

The question of the Devil and Hell is not an ambiguous one in Scripture. We are given no room to question it. 1 Peter 5:8; 2 Peter 2:4; Luke 8:2; Luke 11:14; Leviticus 17:7; Genesis 3:1-7; Matthew 10:1, Matthew 12:22; Matthew 25:41; Mark 3:11; Mark 9:38; 1 Corinthians 10:20; James 2:19, Revelation 20:10.

Demons are discussed 63 times in the New Testament. Satan is cited over 30 times. Jesus spent 1/3 of His ministry speaking and dealing with demons. The Devil prowls through the world like a lion, seeking someone to devour." 1 Pet 5:8. We are cautioned not to be "participants with demons" (1 Cor 10:20), not to "drink the cup of demons" (1 Cor 10:21), and to be watchful for the "disguises" of Satan (2 Cor 11:14). And on and on. The Bible leaves absolutely no room for debate on this subject.

## Here are some examples of the realities of the spiritual realm:

**Worry and stress:** Science has proven that if you live a life of worry and stress, it will eventually affect your health. According to a 2012 study published in the Journal of the American Medical Association, 60 to 80 percent of visits to primary care doctors may be related to stress.

**Drug addiction:** A person on heroin or methamphetamine, after a certain period, will experience an altered state of reality. Through the drugs they have entered the spiritual realm even though they may not realize that is what has happened. Many will admit that they were in a different reality when they were on drugs.

**Rage and anger:** Any one of us who has dealt with or been around rage and anger will know that there is a real connection between them and the spiritual realm. Extreme rage can eventually cause a person to lose their mind.

**Paranoia, phobias and lies about ourselves:** How many times have we all believed that people around us were thinking bad things about us and could not get these thoughts out of our heads? When other people seem to reject us, it triggers the rejection that every human being has been through. These thoughts that we are being rejected are usually being manipulated by unseen spiritual forces. These thoughts are not just physiological defects.

**Hallucinations and hearing voices:** Many professional and scientific people do not believe in the spiritual realm, but they cannot explain the reality that people hear voices and hallucinate. Only the Bible deals accurately with these experiences.

**Fear and torment:** Fear can be real or imagined. The imagined kind of fear has spiritual roots.

**The power of positive thinking:** Jesus initiated this principle: believe in heart, speak with mouth. "For assuredly, I say to you, whoever says to this mountain (depression, anxiety etc. etc.), Be removed and be cast into the sea, and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says." (Mark 11:23). This is also a reality of the spiritual realm. What you believe you can achieve. You are far more likely to achieve, in this case, freedom from oppression if you actually believe in your freedom. Negative thinking can hinder your progress. God's Word will help you maintain a positive attitude on your way to a life of wholeness. We include this because we want to show you that there are life-giving spiritual forces not just oppressive ones.

**Another truth in discerning what is spiritual and what is natural is to ask the question: "Is the brain and the mind the same thing?"**

We ask this because most of the time they are treated as the same. Mental/emotional issues are many times diagnosed as chemical imbalances, neurological problems. This would point to the natural body as the cause of the mental/emotional oppression. The Bible makes it clear that the brain and the mind are two different things. In the Scriptures, the brain returns to dust at death and the mind lives on. This clearly shows they are not the same. Why it is important for you to know this? Because it will help you deal with the oppression of the mind/emotions with spiritual tools given to you in the Bible. They will absolutely set you free and make you whole mentally and emotionally.

Hopefully we have made the point that without the knowledge of the spiritual realm and how it affects your spirit, soul and body, it will be very difficult for you to live an abundant life - John 10:10.

**Some thoughts on thoughts:**

The Bible gives clear instructions on how to handle your thoughts.

Proverbs 23:7: "As a man thinks in his heart so is he." God is telling you how He created human beings to function and giving you a warning: your thoughts have a real influence on your life, so your thoughts are very important to your having an abundant life. God's overriding vision for you is to have a "Abundant Life." He states this in 3 John 2: "Beloved, I desire above all things that you would prosper and be in health even as your soul prospers." Imagine Jesus walking up, taking you by the hand, looking into your eyes and saying that directly to you. He did, 2000 years ago. He had John write it down so you could read it right now in your lifetime. Perfect peace also is a part of this abundant life. Isaiah 26:3 promises you that you can have this: "You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You!" My soul is weary with sorrow; strengthen me according to your word (NIV). Reading the Word in this book will give you the strength to overcome the spirit of heaviness.

## **Your Words, Your Thoughts = Your Life**

Again, Jesus said, "If you believe in your heart and say what you believe with your mouth, you can have whatever you are saying." (Mark 11:23) That is especially true about you. What you believe can absolutely affect your life, for good or bad. Right words begin with right believing and the Bible will help you to start believing correctly about your freedom from oppression. When you speak what you have learned from the Bible, your words will help produce the freedom Jesus obtained for you on the Cross. Here is another verse to show you how God created you to function: "Death and life are in the power of the tongue," (Prov. 18:21). This is Wisdom from God warning us that what we say releases death (depression/fear, etc) or life (peace, joy). He is telling you that what YOU say about yourself is what is going to be working in your life. Getting your tongue retrained to say what God says about you, about depression, about fear...will be a big part of your walk into a life of wholeness.

## **Created Blessed....**

God created male and female in the beginning and 'blessed them', (Genesis 1:28). Since the Fall when Adam loosed sin and death into the world, physicians, hospitals, medical clinics, dietitians, psychiatrists and psychologists all have labored to help mankind achieve this blessed state of being made whole (Mark 9:21 For she said within herself, If I may but touch his garment, I shall be whole). The final answer is not in the natural, but in the spiritual realm, because that is where the root of the problem came from: Adam's sin losing spiritual death and all that it brings with it. The Bible pulls back the curtain of the flesh/natural realm and lets you see what is really going on. As you break the barrier of seeing your issue(s) from just the natural standpoint, and see it from a spiritual standpoint through the truth of Scripture, you will have the understanding that you need to break out and into a life made whole.

## **A New Beginning....**

A question that must be answered before going on: "Are you born again? Have you received Jesus as your Savior?" This is the foundation of freedom. Without having the Spirit of Christ within you, you are not able to understand the things we are sharing. You don't have the Greater One in you through Whom you are able to resist the wicked one.

1 Corinthians 2:14: "The natural man cannot understand the things of the Spirit of God for they are foolish to him; only those who are spiritual can understand what the Spirit means."

When you see clearly that Jesus died to pay for your sins, is alive today to help you live out that forgiveness and freedom, and you believe that with your heart and confess with your mouth that you take Him as your Savior, the Bible says that your spirit is regenerated. Jesus says, you are "born again", (John 3:3-7). When this happens, you have a whole new outlook when you read the Bible. You can then understand the spiritual realities it talks about. Jesus does in you what is described in the Gospel of Luke:

*Luke 24:45-47: "Then He opened their minds to understand the Scriptures. And He said, Yes, it was written long ago that the Messiah would suffer and die and rise from the dead on the third day. It was also written that this message would be proclaimed in the authority of His name to all the nations, beginning in Jerusalem: There is forgiveness of sins for all who repent!"*

If you have not done this already, then this is a good time for you to accept the truth that Jesus died for your sins and that He rose again, having purchased your forgiveness. You will have all your sins cleansed, and at the same time become a brand new person inside. The Bible calls this becoming a 'new creation', 2 Corinthians 5:17.

If you know you are not born again/saved, or you have any doubts, pray this prayer right now: "Heavenly Father, I come to you in the Name of Jesus. You said in Your Word, Whosoever shall



call upon the name of the Lord shall be saved, (Romans 10:13). I ask forgiveness for all my past sins, I believe in my heart Jesus Christ is the Son of God. I believe that He died for my sins and was raised again when my penalty for sins had been paid. I accept the gift of forgiveness and cleansing from sin that He provided for me on the Cross. I accept Him now as my Lord and Savior. Thank You, Father, that You have heard my prayer and saved me from my sins, in Jesus' Name, Amen."

Write down the date and time that you prayed this prayer.

Now that you are born again, you can read the Bible and the Holy Spirit will help you to understand what it means. A life of wholeness is now possible for you.

### **Developing your spiritual understanding...**

In the Book of Colossians, Chapter 1 is a prayer that would be good for you to begin praying for yourself. Verse 9 reads: "We do not cease to pray for you and to desire that you might be filled with the knowledge of God's will in all wisdom and spiritual understanding". Paul was telling the Colossians that he prayed this prayer for them, but you can also pray it for yourself. It would go like this: "Father, I ask you to fill me with the knowledge (insight) that You have about my life as Your child. That I would be able to see and understand what Jesus did for me on the Cross and what that means to my life today. I pray that You will also give me Your wisdom and spiritual understanding of the issue that I am dealing with so that I might see it through that Finished Work, in Jesus' Name."

God loves to answer prayers that we pray from His Word, Spirit-inspired prayers.

As He answers your prayer and gives you a spiritual understanding of your situation, it will bring the hope of total deliverance from any oppression. As you continue to develop your spiritual understanding from the Bible, your victory is guaranteed based on the Finished Work of the Cross.

If you have been oppressed for a long time, these words may be hard for you to believe, but the words of Jesus are clear:

"I have come that you might have life and have it more abundantly." (John 10:10).

"I have come to set the captives free." (Luke 4:19)

"Who the Son sets free is free indeed." (John 8:36)

"If you continue in my words, then you are my disciples indeed, and you shall know the Truth and the Truth shall make you free." (John 8:32)

"And they overcame him (the devil) by the Blood of the Lamb, and by the word of their testimony." (Rev. 12:11)

When you understand from your spirit that these words were meant for you, you will be on your way to freedom. Truth will bring your deliverance, but you have to accept that His words are true for you personally. The world can give some help to the oppressed, but only the supernatural Word of God can bring about in your life the freedom gained at the Cross for you. The Word of God coming into your mind and acted upon, will set you completely free from oppression.

Oppression comes from the spiritual realm and only the Truth in the supernatural Word of God has the Power to produce your freedom from the spiritual oppressors.

As you understand that fear, PTSD, depression, suicidal thoughts, bipolar conditions, not having peace and joy, are all spiritual issues, and you bring the Scriptures (individually and as a group) to bear on these spiritual forces arrayed against you, you ARE going to have success in your pursuit of a blessed life.

### **Have You Lost Hope of Being Free?**

If you have lost hope that you can be free from oppression, we want to encourage you and help you get your hope back. The Bible says that losing hope makes the heart sick. (Proverbs 13:12) When you have had hopes for a long time of getting the oppression under control, or being rid of it, and your hopes have not materialized, you get "heart sick." You lose hope of ever being free. God will cause your hope to come back to life, as you receive the encouragement of the Scriptures. Proverbs 10:28: "The hope of the righteous shall be gladness," or "The hopes of the godly result in happiness."

### **Hope Based on A Guarantee....**

If you will follow the command of God for freedom from oppression, a life of freedom will be a reality for you. Jesus' words and the words of the New Testament are an absolute guarantee that you can be completely free from any oppression (depression, suicidal thoughts, anxiety, PTSD, etc.). The New Testament tells you about your guarantee of freedom. Jesus is the Author and Completer of that guarantee through His Finished Work on the Cross. The only way you are not going to have victory, is if you give up. If you don't give up and you persevere, you will overcome any oppression. If you are a Christian, you have a measure of faith (Romans 12:3), so faith is not necessarily the problem in dealing with oppression. Your faith will develop as you go along and study the scriptures and act on these scriptures. The real problem is losing hope in the middle of the push toward freedom.

### **Lean Not To Your Own Understanding**

Proverbs 3:5 "Trust in the Lord with all your heart and lean not to your own understanding." We have found in working with people that the first thing we encounter or come up against, is their understanding of what the problem is, what has caused it or is causing it. What they think they know messes them up. We tell them, "Well, the REAL problem is that you think you know what is going on, and what the problem is, but you really (spiritually) don't!" When we listen to people telling us what is happening in their lives, they give us a good understanding of the problem, but it is all from a natural standpoint. They have been leaning on their own understanding of their problem, which has usually come from a counselor, psychiatrist, friend, family member, etc. When it comes to spiritual problems, such as an oppression, people usually do not know much about the spiritual realm. Most of them will admit that they do not have any real understanding of the problem from that standpoint. We have found that even those who have been Christians for a long time, lack spiritual understanding of these problems. This is proof of what God says in Hosea 4:6 "My people are destroyed for lack of knowledge." When Christians have been diagnosed as bipolar, or depressed, and have been crying out to God for help, they need to look at this verse and ask themselves: "Am I lacking the right knowledge to get free of this problem?" The answer is "Yes." Somewhere they still lack the knowledge of Truth that will set them free. The finished work of Jesus will give them the answers they are lacking. The finished work of Jesus will help any Christian, no matter how long the oppression has been there, to understand how to apply the Word of Truth to produce their freedom.

### **The Oppressor's authority over you has been broken when you were born again....**

Colossians 1:13 says, "God has delivered you from the power of darkness and brought you into the Kingdom of His dear Son."

Acts 10:38: "God anointed Jesus of Nazareth with the Holy Ghost and with power and He went about doing good and healing all that were oppressed of the devil." (Healing refers to all forms

of oppression.)

As a Christian, you (the real you, the spirit) have already been taken out of the kingdom of darkness. Now you have been placed in the kingdom of God's Son. Come to Heaven with the right approach and get what you need! You have been suffering due to a lack of knowledge about the fact that Heaven has finished the work that guarantees your deliverance.

It was your spirit man that was translated out of the Kingdom of darkness. Satan no longer has any authority over the real you. And the only way that he can oppress your soul (mind, will and emotions) now, is to keep you ignorant of the fact that you aren't under his rule any longer.

In 1 Thessalonians 5:23 & 24, Paul writes: "I pray God your whole spirit, and soul, and body be preserved whole and entire unto the coming of the Lord Jesus Christ. Faithful is He Who calls you Who also will do it." Once you, the spirit, have been born again, become a new creature in Christ, and translated out of the Kingdom and authority of darkness, then your mind must be renewed (Romans 12:2).

### **Renewing the Mind....**

"Getting a spiritual understanding." Your mind is not automatically filled with light or Truth when you are saved. You must bring it out of the darkness of the old thoughts and into the new thoughts of your new life in Christ. When you realize that God's work in your life is based on the absolute truth, Jesus has already set you free, your entire sense of reality will begin changing and lining up with that. The next step is to learn how to fight the good fight of faith, co-labor with Jesus, stay in line with the Finished Work, and you will walk in freedom! One of the main areas that Christians get tripped up is that they are usually taught to ask Heaven to do something that Jesus has already done for them. This fact reveals that what is being taught in most churches, is NOT the reality of the Finished Work. That is not the way to approach Heaven, that is NOT faith and it is impossible to please God without faith:

Hebrews 11:6 says, "Without faith it is impossible to please God, for he that comes to God must believe that He is and that He is a Rewarder of those who diligently seek Him."

As we have mentioned before, if you are born again, you have a measure of faith. We are giving you Scripture to feed that faith, and we are giving you the steps to walk that faith out to manifest your freedom from oppression. You are getting the Truth you need. Stand before the Oppressor boldly, and declare that he has no authority to put depression, or anything else on you. If you are in Christ and Christ is in you, you are working from the position of victory over the Oppressor, not coming to Heaven to ask God to give it to you. He has already done that at the Cross and made that Finished Work alive in you when you were saved.

### **Depend on the supernatural now, not the wisdom of man....**

1 Corinthians 2:5: "your faith should not be built upon the wisdom of man, but on the power of God." You need to depend on the supernatural power of God rather than the wisdom of man (man's estimation of your problem). People look for the quick fix for these psychological Disorders and go mainly to psychiatrists, everywhere but to heaven, everywhere but to the Word of God. You are going to go to Jesus now, to the Word of God. You are going to see what you have in Christ. You are not going to ask Him to do something. You are going to understand that He has already done the work to set you free.

Then, through His Word showing you the truth, you are going to come against the lies that you are dealing with and you are going to enjoy the freedom that Truth will give you, (John 8:32 - the Truth will set you free.). Depend on the supernatural power of the Word of God. It will do its

work! Romans 1:16 states, "The gospel of Christ is the power of God unto salvation to everyone that believes." That Greek word for salvation, 'sozo', means: healing, deliverance, soundness of mind, preservation, protection, provision.

There is a supernatural power in the Word of God, that is why Paul said, "I am not ashamed of the Gospel of Christ, for in it is the power of God revealed." The Gospel is that Jesus came to set the captives free. The power of the Gospel will set you free, supernaturally.

We are giving you the Scriptures which set out for you the Gospel of Christ. They will bring God's power on the scene for you as you stand against the darkness of oppression.

The devil's chief weapon is unbelief. This is a very old strategy for keeping you in bondage. He used it first in the Garden of Eden:

Genesis 3:4 "Hath God said?"

The devil came to Eve and lied to her. He uses the same strategy against us, the reason: it works. So you will have to commit to the Truth of the Word and pull down thoughts that do not line up to the truth of John 8:32: "You shall know the truth and the truth will set you free." What truth? The Word of God.

Question: What IS truth?

Most Christians have to think about this.

Answer: Truth is the Word of God!

Question: What is a lie?

Answer (very simple): Anything that is opposite of the Word of God is a lie!

Here is an example for you from a person we worked with who was a drug addict (this will apply to any issue):

When a person is a drug addict, they are told: "Once a drug addict, always a drug addict."

They then say this about themselves, even Christians. In recovery programs they are required to stand up and say, "I am a drug addict", "I am an alcoholic", etc., even if they have celebrated a length of time free from the addiction.

This is a classic example of a statement that contradicts the Word of God. When Jesus sets you free, He does not expect you to go around the rest of your life confessing what you WERE, He wants you to confess what you ARE through His delivering power.

Confessing that you are still bound when He has set you free, is an example of a lie.

Remember, a lie is anything contrary to the Word of God.

Jesus said, "Whom the Son sets free is free indeed." We need to acknowledge what He said.

Even when you are beginning your stand against an issue, and fighting the good fight of faith against it, you should always insist on and accept what Jesus said. That is the only way to your TOTAL FREEDOM from any oppression, by believing what Jesus said.

### **Receive The Word With Meekness....**

Thoughts can be very stubborn. Over time, oppression sets up a thought pattern in your mind.

The Bible calls these thought patterns, "strongholds." These strongholds do not want to "bow their knee" to the Word of God. They are demonic, based in pride, and think they are the final authority in your life. We must bow the 'knee' of our minds/thought life to the Word of God to get to freedom. The spiritual forces behind the strongholds keeping you captive have only one intention in your life: to steal, kill and destroy, (John 10:10), and they will not 'bow' to anything but the Word of God. When Jesus resisted the devil He said: "It is written....."

James says we must with "meekness receive the engrafted Word which is able to save your souls", (James 1:21). Meekness is an inner attitude of the mind, will and emotions. Bowing down before God and His Word and receiving what it says about you, regardless of how you feel or what your current thoughts are. For example, when Jesus says, "whom the Son sets free

is free indeed", you bow your soul and say: "Lord, if You say You set me free, then I declare I am free! Spirit of \_\_\_\_\_ I am free of you in Jesus' Name!"

That is meekness. You don't continue in your old understanding of the problem, but receive the new reality that God's Word is setting before you about you.

If you will also acknowledge that anything contrary to the Word is a lie, then you can proceed to total freedom. The process of freeing/saving the soul begins with your acknowledge what the Scriptures say. Each time the lie arises that you are still bound or will never get free, you confront it:

"The lie says this, but the Word says this!"

You are reinforcing the Word and exposing anything contrary to It as a lie. You will then get past the lie and begin living in the Truth.

This is being a DISCIPLE. It is renewing your mind. It is acknowledging the Truth, and the Truth is working freedom in your life.

That is what Jesus Himself said: "If you are my disciple indeed (in truth, in action), you shall know the Truth and the Truth will set you free." This one scripture can bring you into freedom from any form of oppression. Anything the Son of God says, such as this, you can take that ONE PROMISE and get free just on that alone.

John 8:44 Lies will keep you in bondage. "...the devil is a liar and the father of them."

Satan is the father of lies, and a lot of Christians don't know this!

"Whom the Son sets free is free indeed," and Jesus has actually, in everyday life, SET YOU FREE! This is absolute truth.

If you have lost your hope of being free, spend some time re-reading these things and thinking about them. Your hope will reawaken. You will begin to see how this works, and that your freedom is ABSOLUTELY, POSITIVELY GUARANTEED by the Son of God Himself.

"I have come to set the captive free," (Luke 4:19). This statement is not an advertising slogan from Jesus, or a cute one liner, THIS IS TRUE FOR YOU! And He completed it, when He rose from the dead.

THE NEW TESTAMENT IS A GUARANTEE OF FREEDOM TO THE CAPTIVE!

As your hope is reawakened, and you increase your knowledge and understanding, it will turn into faith. Once you say, "Yes, I see that means me!" The renewing of the mind has begun. You will sense the supernatural power of the Word of God changing you. This is a battle and can be difficult, but hang in there, and make a stand on the Word of God, on Truth.

The Word of God is absolute. Jesus came to set the captives free and if you are a captive, that means you! Can you see that? Jesus said that He came to give you abundant life, relate this to yourself:

John 10:10 "The thief comes to steal, kill and destroy, but I am come that you might have life and have it more abundantly."

John 10:10 is the dividing line of Scripture.

Jesus brought forth truth that had been hidden from our understanding from the foundation of the world, "I will open my mouth and utter things which have been kept secret from the foundation of the world." (Matthew 13:35). Here in John 10:10, He shows us something that had been 'kept hidden': the clear distinction between God and the devil. A good question to ask others or yourself is: "If Jesus came to give us abundant life, what does the devil come to do?" Sadly, most people can't answer this question. If we can't answer this question, then we don't know what is going on, spiritually. John 10:10 however, is the plain and simple answer to that question. The devil comes to steal, kill and destroy. Ask yourself: "Has this happened in my life?" If it has, let's talk about how.

Satan, who is your defeated foe, builds strongholds in your life through thoughts and continuous

lies which produce all sorts of oppression. After a time, the lie becomes a reality and you can become totally convinced that the lie is absolutely true. It is quite amazing how these lies can have so much power over your mind, emotions, will and life. What are we to do with these lies? First of all, discover they are lies by finding what God's Word says about you and what Jesus made available through the Work He did on the Cross for you. Then use that Truth to 'pull down the thoughts' that do not line up with that Truth: Capture and pull down thoughts and lies. (2 Corinthians 10:4)

"We use God's mighty weapons, not worldly weapons to knock down the strongholds of human reasoning and to destroy false arguments."

Read this verse in some other translations. You will see that this is very, very simple. You just have to be careful of your thought life. You have to make sure that any thought that comes into your mind lines up with Scripture. This verse is very clear, that is we don't pull down these thoughts that are contrary to the Truth, that they become a stronghold over our lives. As Christians, we usually know this Scripture and most of us can quote it, but for some reason we have difficulty applying it in our own lives!

Looking at these lying thoughts a little more, they can become absolute reality to you as you begin to believe them. You can think them all the time and as you do you give them more and more credibility. This means any thought you have about yourself that brings bondage, fear, oppression, darkness, our past sins, guilt and shame, etc. This is very serious because it brings to light again the scripture that says, "as a man thinks in his heart so is he." This can work to bring bondage as opposed to what God intended: freedom.

Remind yourself about "capturing and pulling down" any lies and make sure your thought life, especially where it concerns any bondage you might be in, is lining up with the Word of God and the Finished Work of the Cross.

### **A Working Example**

Let's take a subject mentioned above and use it for an example: hopelessness. This is a very relevant, negative, horrible thought that has become a stronghold in many lives especially if they have been dealing with something for an extended period of time. When hopelessness is overcome, it opens the door to freedom.

The world can help, but even the best psychiatrist will admit that there is no cure for many of the mental and emotional ailments that people have, and that even medication can only treat the symptoms. This contributes to the sense of hopelessness that people feel.

Only Jesus Christ can set a person free from spiritually based problems, and through His Word, you can defeat these feelings of hopelessness. As your mind is transformed by the Word of God, (Romans 12:2), you will overcome these feelings of hopelessness. Here are some Scriptures to encourage you:

"I have come that you might have abundant life." John 10:10

"I have come to set the captives free." Luke 4:19

"Who the Son sets free is free indeed." John 8:32

"If you continue in my words, then you are my disciples, and you shall know the Truth and the Truth will set you free." (John 8:32)

"And they overcame him (Satan), by the Blood of the Lamb (Jesus), and the word of their testimony." Revelation 12:11

Trust these words, and the stronghold of 'hopelessness' will bow its knee to the power, truthful words of our Lord and Master.

## **Jesus is LORD.**

Hopelessness will not find a place of lodging in the life of a committed Christian, once the Christian has spiritual understanding and trusts the words of Jesus. Hopeless will be overcome and defeated, but it will take some time to get the mind renewed to line up with the Word. Don't lean any longer on your current understanding of your situation. That will only breed more hopelessness. In Proverbs 3:5, we are told not to "lean to our own understanding," or a purely human estimation. The world's estimation may be that there is no cure, but in the reality of God's Word, the Cure has already been made available. Jesus is the same Yesterday, Today and Forever, (Heb. 13:8), and He said that if He sets you free, you will be free indeed, that you would know the Truth and the Truth would make you free, that He came to give you life and that more abundantly. He does not change and His Word does not change. Depend on His Word. Accept the Real Truth from the Bible and YOU are on your way to freedom.

## **How do we get things from heaven?**

Well, how did you get saved? You accepted the words of the New Testament, believed in the finished work of Jesus that He died on your behalf, bore your sin, and you accepted this reality. When you confess with your mouth that you believed Jesus had saved you, the Holy Spirit seals or makes it real in you. (Eph 1:13 In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise). Romans 10:8-10 - But what does it say? "The word is near you, in your mouth and in your heart" (that is, the word of faith which we preach). That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.

This same principle applies to mental, emotional healing. You get things from heaven when you believe with your heart and speak with your mouth. What you believe and speak becomes real inside of you. Now comes the living out of it. Before you walk in any aspect of the Finished Work of the Cross, you will most likely have a battle on your hands. This is where most Christians fail, you will need courage and persistence to walk in the things that Jesus has accomplished for you.

## **Growing Up, Spiritually...**

First John 2:12-14 talks about three stages of spiritual growth: the child, the young man and the father. Little children spiritually know primarily that their sins have been forgiven. When you come into the young man stage spiritually, these are the characteristics that you have developed: you are strong, the Word of God abides in you and you have overcome the wicked one.

You will become a young man spiritually as you courageously persist in the Word of God as you face the wicked one and his oppression's on and against your life.

As you face down the stronghold he has built in your mind, read and meditate on the words of Jesus, do not give up, let the words of Jesus become your reality and defeat the negative thoughts that will definitely come during the first fight. As you persist, you will overcome it with the Word and this stronghold will leave you.

Applying this to the oppression of hopelessness, the thoughts of hopelessness will flee, just like the Word of God said they would: "Resist the devil and he will flee from you." (James 4:7).

Here is a declaration of freedom to get you started:

"Thank you, Father, I have what your Son has paid for, my total freedom from oppression. I honor the finished work of Jesus by laying hold of what Jesus has already paid for, for me. I will

not ask for what had already been paid for, but I will lay hold of it. I come in real faith, Father, which I know pleases you. I resist the devil and he flees from ME. I will walk in freedom, in Jesus' Name!"