

# The Practical Ministry of Casting Out Demons

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## Preface

The purpose of this booklet is to help equip ministers of the gospel of Jesus Christ with practical knowledge relating to casting out demons. The booklet assumes the knowledge in my other booklet titled “The Kingdom of God and Deliverance”. Please read that first if questions arise about the biblical foundations for some of the things mentioned here.

Casting out demons is a ministry which all believers in Christ should do from time to time but not all will be specialists in. Our job is to be led by the Holy Spirit. We all have different specialities and callings. However, since demons will oppose us and the people we care about in different ways, it is important to have some measure of faith to deal with them and cast them out as the Lord leads.

Many times demons are hiding and will be exposed only as truly Spirit-filled and empowered believers follow the Holy Spirit and shine the light on things that are otherwise hidden in darkness, whether it be in the life of believers or non-believers/pre-believers in Christ.

## Why Cast Out Demons?

At the time of writing (2023) there is something of a revival of the ministry of casting out demons going on in the world. This is good and very important, because Satan and his minions have increased their activities and become more brazen in society. There always were people running around doing sin, worshipping idols (like money, sex and pleasure as well as foreign named gods), looking to demons for information or power, knowingly or unknowingly, but the level of this has increased and is likely to continue increasing right until the time of the Lord’s return.

Jesus Christ stated “And these signs shall follow those who believe. In my name, they shall cast out (expel) demons ...” (Mark 16:17)

In Matthew 10:8, Jesus said, “Heal the sick, raise the dead, cleanse the lepers, drive out demons”.

In Matthew 28:19 Jesus commanded every generation of disciples to teach and to do those things he commanded the 12 in the four gospels, which includes, but is not limited to, the work of casting out demons.

“Go therefore and make disciples [apprentices] of all nations ... teaching them to observe ALL THINGS WHICH I COMMANDED YOU” (Matthew 28:19)

We should cast out demons in obedience to the commandment of the Lord Jesus Christ, and to continue his mission, which was to destroy the works of the devil (1 John 3:8) and to set at liberty the oppressed (Luke 4:18,19). To do this we must also preach the gospel of the Kingdom of God, and call people to REPENT - that is to heartily forsake darkness and embrace the light of God and His Word.

### **The Present Context and a Warning**

In the west, mental illness is on the rise. The solution of our society is to counsel people and medicate them, and while good counselling can be very helpful in dismantling unhelpful belief systems and helping people to understand things, when demons are involved, people will stay bound to wrong thought pattern unless the demons are actually somehow cast out.

Medication can mask symptoms but it is documented that it can also make the problems worse at times. Just look at the documented side effects and warnings given with these medications.

There is also a plethora of sexual and gender issues that are on the rise now and navigating this could be very challenging because there are now laws in various countries including my own preventing and punishing ministers who want to help in these areas. So we must proceed very carefully

### **Mitigating Risk and Doing No Harm**

If a person is on medication from a psychiatrist, *we should not tell them to get off it*, because we are not licensed to do this and it can result in harm. Going off medication too fast can create problems. But if a person is truly freed and healed by Jesus, their psychiatrist should be able to recognise this and reduce or remove medication appropriately. The person themselves can make their own judgments. We should not suggest anything.

When it comes to **some forms** of sexual bondage and sexual practice that the Bible forbids, we might need to leave this area alone unless we want to risk the wrath of the secular authorities. AS far as I know it isn't against the law to suggest to a serial womaniser they may wish to repent and do what is right. But there are problems in other areas. A risk free approach would be to tell people to research the issue themselves and to intercede for them AT A DISTANCE where they can't hear our prayers. They can't hear, but God can, and maybe the demons can too. People can pray and repent themselves. If a person is desperate, they can be delivered.

Deliverance is not for casual enquirers. We need discernment from God concerning the true motives and sincerity or otherwise of people coming to us for help.

I imagine some people who are not even sincere will be sent just to ensnare us. I know of cases where Christians have been secretly filmed by people pretending to want change in certain areas. As we know, our society approves certain changes in one direction but NOT in the other. So we need strategies from God that enable us to continue to help people in a sustainable way.

We are wise to get people to sign a disclaimer form before going ahead with any ministry, so that our liability is limited.

### **Personal Preparation**

If you are going to do this ministry, make sure you yourself are walking humbly with God, that you have no unforgiveness, unresolved marital strife where you could improve from your side, no unconfessed sin, no idolatry or perverted sexual practice. Do all you can daily to be filled with God's Word and God's Spirit. Don't overextend yourself, but stay within the limits of what your body can sustain. You need adequate rest. You need to pray for the spirit of wisdom and revelation to come upon you and guide you daily.

### **So How Can We Help a Person Who Comes to Us**

#### **Diagnosis**

Of course we need the Holy Spirit's help every step of the way. But here are some practical things.

If it is a **one on one situation**, we can do the following things:

1. Listen well to the person
2. Ask questions
3. Get them to fill out a questionnaire
4. Ask God for Words of Knowledge and the Discernment of Spirits
5. Get the demon to manifest and force it to tell us what it is and how many there are in the person.

If we are preaching to a group, we should share the gospel of the Kingdom in a way in which we unmask the work of demons and tell them that Jesus can deliver them if they repent.

We can do a kind of mass renunciation of sins of various types and then proceed either individually or collectively to cast the demons out.

## Leading People in a Prayer

Unless you are dealing with someone who has no faith and needs you to do all the praying and interceding, it helps to lead people in prayers that destroy the legal rights demons have, and close the doors to any further invasion by evil spirits.

God can deliver unbelievers without this if they come for help, or even sometimes you can cast demons out of unbelievers who have not repented, as Paul did with the slave girl in Acts 16, but for Christians, it is best to go through a prayer of renunciation, which specifically closes the door to the wide variety of spiritual influences that may be in that person's life.

You can start with leading them in a declaration of faith and consecration along the lines of this suggested prayer.

***“Dear Lord Jesus Christ, I come to you and put my trust in you. I call to you for help from my spiritual enemies. I repent of my sins and selfish ways. I renounce these things. I renounce all false gods and things I have put ahead of you in my life. As you forgive me, so I forgive all that have hurt me.***

***As best I can, I commit my body, soul and spirit to you and give myself to you so that you will have your way in me and through me. I trust that the blood of your sacrifice cleanses me and delivers me as I come to you and bring things into the light. Shine your light on me, cleanse me and lead me forward. Thank you for being my deliverer. Amen.”***

Once this is one, lead people in prayers of renunciation along the lines of all things you may have picked up in the diagnosis phase of ministry above. Address anything doubtful.

Get them to say:

**I renounce and reject [name of sin and darkness].**

Here is a starting list of common sins.

Unforgiveness, bitterness, resentment, fear, anxiety, depression, mental illness, rebellion, rejection, unloving behaviour, selfishness, unbelief, pride, envy, idolatry (especially Freemasonry if you live in the west), stubbornness, indifference to truth, greed, false religions (name them), love of money, gluttony, lust, drug addictions,

adultery, pornography, masturbation, sexual perversion of any other kind, doubt, witchcraft (all attempts to manipulate spiritual power to gain dominance and control over people and things), sorcery (which includes an over reliance on medicine - pharmakeia in Greek), divination (attempts to get information by non-approved spiritual means e.g. tarot cards), lying, deception, blasphemy, a critical spirit, over-talkativeness.

See also on the more [comprehensive prayer of renunciation compiled by Matthew Morton in his book.](#)

You may be led to go into detail with some of these areas.

It does a person no good to renounce something if they really want it, and don't want to leave it.

God will deliver us from our enemies, not our friends. So if we like it, and don't make it our enemy, God won't free us from it in most cases.

People need to understand that. Maybe some issues need to be talked about in a little more detail so there can be understanding and a deeper repentance.

### **Ways to Get Things Moving**

It always helps to be really filled with the power of the Holy Spirit yourself. Sometime this requires fasting beforehand, early rising and praying and things like this which involve denying the flesh. Assuming this has been done, and you are prepared, you might be led to do any of the following.

Instruct the person or persons to breathe out, expecting an evil breath/spirit to leave when they do so.

Command the demons to come up and out.

Command the demons to reveal their names and how many there are. (Note: we do not want to have long conversations with demons, to discover mysteries they tell us which may or may not be true, as fascinating as this might be).

Jesus commanded demons to identify themselves in Mark 4, so if he did it, it is acceptable for us to do it. But Jesus had a very short conversation with the demons. He did not extensively fish for information from them, but rather relied on the leading and knowledge that comes from the Holy Spirit.

### **Things I Have Seen Done that Might Work**

There is no one way to cast out demons, but I have seen an experienced deliverance minister by saying, "I smite you Satan in the name of Jesus!" And this seemed to get demons manifesting and starting to exit.

Commanding demons by name to come out is biblical. They might talk back or resist. They don't want to leave the place they consider their home. Insist on their compliance, knowing that Jesus gave you authority to do this, and they have to submit when you follow Jesus and the Holy Spirit.

### **Manifestations of Evil Spirits**

Demons manifest through contorting the face, through speaking in a different or strange voice, through bringing dizziness, nausea or moving pains in the body.

When they leave, it is typically through yawning, coughing, vomiting, tears and occasionally screaming.

People normally feel some kind of pressure coming out of their stomach, their chest, and into the throat. Encourage them to cough it out. Sometimes people yawn it out. Sometimes the demon takes over and talks. Don't be afraid. Just resolutely command it to move out. If legal conditions are met, they have to go.

*"Then Philip went down to the city of Samaria and preached Christ to them. And the multitudes with one accord heeded the things spoken by Philip, hearing and seeing the miracles which he did. For unclean spirits, **crying with a loud voice**, came out of many who were possessed; and many who were paralyzed and lame were healed. And there was great joy in that city."*

(Acts 8:5-8, NKJV)

It is important to note that the word translated here "possessed" is misleading. The Greek word "daimonizomai" would be better translated "demonised". There is no sense in which a demon owns a Christian, but there may be parts of a Christian which are still unconsecrated and uncleansed in practice, in which demons exist and should be driven out.

It is far more important to cast them out than to argue about where they can and cannot exist. Experience will teach you if you practise this ministry. Try commanding them to come out and see what happens. Jesus said in Mark 16:17, "they shall cast out demons," not "they shall cast off demons" - so let the Scriptures be your guide here.

### **Minister in Teams**

It is better and safer to do this ministry in teams. The team can cover one another in prayer, contribute revelations and insights in ministry situations, and help lighten the load. This is a good way to practically help make disciples as well. We learn by doing.

### **Keep Going After It**

Depending on how powerfully the Holy Spirit moves, we may need to keep commanding more demons to come out.

Go as far as you have peace to go, don't be lazy, but don't over exhaust yourself. Try to push just a little more than your flesh wants to. You can rest afterwards.

### **Get People to Consecrate to God Again**

There is that danger that people will leave their lives empty or live carelessly after deliverance. Jesus sometimes said to people, "Go and sin no more, lest a worse thing come upon you".

We need to teach people to love and obey Jesus by getting into His Word in different ways, and seeking to be and remain filled with the Holy Spirit in different ways, so that we can all truly follow the leading of the Holy Spirit.

Take the time to instruct people in some of these basic Christian life activities and also encourage them to tell others what Jesus did for them and bring their friends and family to another meeting like this so that they can also receive freedom.