

DELIVERANCE: Top 4 Deliverance Misconceptions

Download PDF

```
[responsivevoice_button voice="US English Male"
buttontext="Listen to this Feature" buttoncolor:"blue"]
```

Say the word *deliverance*, and even the most spiritually mature believers can freeze behind a quizzical look. Is that still a thing? Do people really do that? If it really is real... do I need it? Is this something God has for me that I haven't been obedient about paying attention?

Good news, yes, it's real, and yes, these rampant misconceptions can be unpacked and replaced with understanding and action. Let's debunk some of the most common misunderstandings about deliverance and provide biblical clarity to help you move forward with confidence in your spiritual journey.

Deliverance is not merely about casting out demons—it is about stepping into the abundant life God has promised, free from the enemy's deception and oppression. As you read, allow the Holy Spirit to open your eyes to the truth, dispelling half-truths and fears that may have hindered your walk with God. Prepare to be empowered as you uncover the truth about deliverance and what it truly means to live in victory!

Getting Free and Staying Free Isn't Complicated! Learn more here!

#1 If I Need Deliverance, Should I Fast?

Many fast from food as a way to receive something from God or to become more spiritual. It's true that fasting can help you

deny your flesh and strengthen your spirit, but this happens only when the fast is Spirit-led. Do not practice the old-wine, religious way of fasting that is based on tradition. Nor should you fast in a manipulative way, bargaining with God so He will give you something in return.

The main purpose of fasting is to deny your flesh in areas of strong temptation so your body may be subdued and your spirit can rise higher. God will call you to fast—to deny your flesh—primarily in the area where your flesh is strong. Many people fast food even though their strong temptations are not to overeat but to be on social media for many hours. In this case the wise way to fast would be to deny themselves social media for a time.

The amount of time for fasting should be Spirit-led. It does not have to be 40 days or something drastic. Sometimes it can be just half a day. (If you're fasting social media, make sure not to fast your spiritual food: the live stream or replay of church. Once the service is finished, you can immediately get off the social media platform.)

The Pharisees and John the Baptist's disciples were fasting in the old-wine, religious way. Jesus did not require His disciples to fast while He was with them because it was time for the disciples to be busy with the work of God. God did not have a purpose for them to fast at that point. Rather, He was leading them to focus on other ways to deny the flesh and grow spiritually during this specific season. They needed to dedicate their time to listening to Jesus' teachings and to be committed and diligent in applying these teachings to daily life. They were concentrating on learning to speak with intention, as well as devoting time to meditating on God's truths.

There can be times when God leads you to fast food even if you don't have temptations to be gluttonous. The act of denying your flesh does make your spirit arise and your flesh decrease

when your fasting is led by the Spirit. For example, Jesus fasted for 40 days when the Holy Spirit led Him to be tempted in the wilderness.

If a person has severe demonic oppression from giving the devil many footholds, it is wise to fast before attending a service (in person or online). Where the anointing will be released, as fasting weakens the demons' grip. Still, this type of fasting should always be Spirit-led. This direction to fast before going to receive deliverance is not an instruction for all believers. But if you feel the Spirit's leading and/or you know you have deep oppression, definitely fast before positioning yourself under the anointing.

#2 Does a Minister Need to Fast and Pray to Cast Out Strong Demons?

In this story Jesus did not tell the parent to bring the boy back after He'd taken time to fast and pray so He could cast out the demon. Yet many people think that's what this scripture is saying, as if a ritual needs to be performed before some demons can be cast out.

When Jesus refers to "prayer and fasting" here, He is not suggesting that if you pray for so many hours straight, you will receive more anointing to cast out demons. God sees you as genuinely drawing close to Him and engaging in true prayer and intimacy as you include Him throughout your day. You are in true relationship with Him when you nurture a healthy fear of God by holding Him in high respect and continually obeying Him as a way of touching His heart. When this kind of true prayer and intimacy are present, God sees that He can entrust you with more anointing, and He then pours out higher levels of anointing to deal with higher-level demonic cases.

The main purpose of fasting is to deny your flesh in the area where it is strong. So, if you're not denying your flesh where it is strong, you are being carnal and not spiritually mature. In this case God will not pour out more anointing until you're surrendered and taking your spiritual walk seriously.

Really what Jesus meant by saying "This kind of demon does not go out except by prayer and fasting," then, is that the disciples needed to be less carnal and more serious about their surrender, obedience, and daily walk with God. Then God could entrust them with more anointing.

#3 Does a Minister Need to Speak Specific Words When Casting Out Demons?

It doesn't matter what specific words are used to cast out demons. What matters is that a servant of God is truly anointed and carries authority over the demon. It is crucial that the servant of God executes their authority properly, in the new-wine way versus the old-wine religious and traditional way.

When students are being loud, a teacher can say, "Be quiet" or "Stop being loud." Or sometimes the teacher can just be quiet and look serious. The authority the teacher carries is seen and working as the children realize their place and know they need to be obedient. The exact words do not matter. What matters is that authority is executed.

This is also true in the spiritual realm. One does not have to say, "I bind you," for example. Saying, "This demonic spirit of ___ must go" or "All demonic spirits must leave now" or "On three, all of you must go: one, two, three," can all work just the same.

Additionally, the phrase *in Jesus' name* means you are operating and doing these things by Jesus and for His glory. It's good to say "In Jesus' name," but it's not about the words. The demons obey because you walk in true authority that

comes from Jesus. The demons tremble because they know the truth that Jesus has sent you. So, at times saying, "You must go now" works just as well as saying, "You must go in Jesus' name."

The point is, you should not think that the process of casting out demons involves a ritual or something specific you recite. It's the authority you carry and walk in that makes demons go.

#4 Can Children Be Around Where Demons Are Cast Out?

Yes, children can be present when demons are cast out, and they should be! To be where demons are being cast out is the safest place in the world. When demons are cast out, it means the power of God is present! The power of God releases not only miracles that you need for your life but also protection over you. The safest place to be is in the place of surrender. People need to meet Jesus, and they often need to encounter His power to be able to surrender to Him. Being at a gathering where anointing is flowing and demons are being cast out allows you to be at a place where you can experience divine encounters with God that change your life forever. These encounters most often lead people out of the lukewarm life and into total surrender.

Demons are sent by witches and warlocks when a person opens a door through sin. So, a demon can enter a person in any physical location except a church where God's power is. A person can receive a demon in bed as they sleep with someone outside marriage. A person can receive a demon in their home as they indulge in porn or a horror movie. A person can receive a demon at a club as they take drugs. It's the spiritual door opening that leads to a demon entering.

When a demon leaves a person, such as at church, the demon does not linger, looking for where to go next. When a demon is cast out, it is sent back to the sender (a witch or warlock). At times, God leads His servant to send the demon to the pit

in hell. But servants of God cannot send all demons to the pit. According to the laws in the spiritual realm, the devil and demons cannot be terminated at this point in time. People have free will to make their own choices and decisions. Some people through their actions desire demons. They desire to indulge in their sins or access demonic powers to give them things they want.

Because of people's free will and choices, demons are allowed to exist and witches and warlocks are allowed to send them. As servants of God our job is not to eradicate demons but to cast them out of people—out of those who desire Jesus and all that He offers. Our job is not to force deliverance on people who do not want it.

I've seen numerous children, from infants to teenagers, receive deliverance! Children need deliverance just as much as adults do. I've also seen so many children become on fire for Jesus as the result of witnessing deliverance and/or receiving deliverance themselves.

To keep children from being in the church where demons are being cast out is to forbid them from coming to Jesus and experiencing His kingdom. We must become like children to enter the kingdom of God. Children are naturally teachable and prone to understand spiritual principles, because being childlike is the only way to receive the things of the Spirit.

You don't need to worry about your child being frightened when demons manifest. Explain to them the power and beauty of what Jesus is about to do before going to the service. After the service, discuss the miracles and deliverances they witnessed as well. I believe they will be in awe of Jesus and their faith will grow exponentially!

How Will You Steward Your Freedom?

At this moment God has opened your spiritual eyes and revealed many mysteries of His kingdom. The time for the devil to stay

hidden in your life has officially passed! You are equipped to see spiritually and never be fooled by the enemy again. He can no longer bring oppression in your life. It is now time to go from glory to glory and focus on being who God has called you to be.

You will no longer live in the deficit. You no longer have to be distracted by oppression and the devil's hold on your life. You are free! You've moved out of the negatives, and now it's time to move beyond zero and into the positives. It's time to walk in abundance!

You have been freed from anxiety and depression. Now it's time to have abundant peace and joy. You have been freed from demonic dreams. Now it's time to have peaceful, restorative, restful sleep. You were delivered from insomnia and constantly being tired. Now it's time to have supernatural abundant energy and strength. You were set free from infirmities and healed of sickness, and now it's time to have abundant health and energy. You were freed from condemnation, and now it's time to experience God's love for you and have intimacy with Him every day. You were set free from poverty. Now it's time to have an abundance of finances for God's glory and for blessing others, as well as contributing to God's work.

You were set free from so much that has kept you stuck and unable to thrive in life and in your calling. Now it's time to walk in abundance and flourish!

God wants to use you as a vessel of His power. He wants to pour His anointing in you so He can do whatever He pleases through you. Your purpose is to be a vessel of His power. That's the only way you'll be able to fully accomplish the aspects of your specific calling. 

Kathryn Krick is a rising online influencer, and founding lead pastor of Five-Fold Church in Los Angeles, where many miracles happen and people are healed, delivered and equipped to be

powerful vessels of God. Her new book, Unlock Your Deliverance, is available for pre-sale now at .