

Are You Missing This Crucial Element to Deliverance?

Years ago, the Holy Spirit told me we were missing an important element in inner healing and deliverance. When we suffer from demonic attacks and are bound by a strongman for years, it causes a spirit of trauma to enter our soul. Trauma needs to be healed and cast out.

Fear causes worry, paranoia, anxiety and stress. Over time, these emotions can take a toll on our soul, and we become weary and exhausted from fighting the spiritual battle. During this time of fatigue, we stop fighting in the spiritual realm as we should. When we stop fighting and praying on the offense, we open ourselves to spiritual strongholds.

Spiritual strongholds build in our lives when we have experienced emotional trauma and duress. When we receive constant attacks, this can be very traumatizing to our soul as mind-binding spirits wreak havoc on our souls, and we become mentally and physically exhausted from fighting the battle.

We often don't acknowledge the fact that emotional ailments can and do become demonic strongholds. When these issues have plagued us for years, they become more than mental fatigue; they become spiritual warfare attacks and demonic infiltrations due to the torment we have suffered and our inability to rise up and fight. We discover ourselves paralyzed in the spiritual realm, not knowing anymore how to fight this battle.

The Spirit showed me years ago we have to remove and cast out the trauma. In deliverance ministry, we focus on casting out the spirits of fear, anxiety and stress, but we don't go deep and cast out the trauma that has been associated with the spirits attacking us and the events that have happened.

Receive deliverance and freedom by speaking aloud to the spirit of trauma and commanding it to go. You can simply speak out, "Spirit of trauma, I break agreement with you and I command you to leave me, in Jesus' name." Pray it and speak it a few times audibly under you feel a release, peace or shift in the spiritual atmosphere. Receive more self-deliverance and learn the power of audibly prayer through my books, *Speak Out* and *Discerning and Destroying the Works of Satan*.

Kathy DeGraw is a prophetic healing and deliverance minister releasing the love and power of God, to ignite and activate people, release prophetic destinies and deliver people from the bondage of the enemy. She is the founder of Kathy DeGraw Ministries and Be Love Outreach. She is the author of several books, including *Speak Out*, *Discerning and Destroying the Works of Satan*, *Identity Invasion*, *Who is Speaking?* and *Warfare Declarations*. You can connect with Kathy on Facebook or visit .