

Deliverance Minister: How to Cast Out the Spirit of Trauma

Do you struggle with excessive fear, worry or stress? Deliverance minister Kathy DeGraw says that's the spirit of trauma, and you don't have to live under its oppression anymore.

"Being belittled, irritated, frustrated, emotionally and verbally abused become an emotional trauma in our lives," DeGraw says on her "Prophetic Spiritual Warfare" podcast. "Often, we're trying to get healing when we're not getting complete healing. We're not going deep enough into the trauma."

She says believers can rebuke and remove the spirit of trauma simply by speaking out loud, "Spirit of trauma, I break agreement with you, and I command you to leave me in Jesus' name."

If you want more coaching on how to cast out the spirits of trauma and fear, listen to DeGraw's podcast.