

How to Expose, Eradicate Mind-Binding Spirits

The battle is in the mind. Our minds run rampant, thinking in a negative direction. We can feel as though they are stuck and locked down negatively and we can't receive our breakthrough. What prevents us from moving forward when we are trying so hard? Mind-binding spirits can prevent your breakthrough even when you are making an effort. It goes beyond an emotional ailment and behavior pattern of wrong thinking to a demonic spirit attacking your mind.

The strongman operating behind your stronghold that is preventing your deliverance is a mind-binding spirit. Mind-binding spirits lock you down and prevent you from moving in a positive or forward direction. They are paralyzing spirits that attack your thinking and physical movement. They keep you in a place of defeat instead of moving forward to the victory that Christ has intended for you.

People aren't receiving their full freedom because mind-binding spirits aren't discussed. When we don't talk about everything that plagues us, we don't receive the freedom we need. We can't go deep and destroy the principalities behind evil powers if we can't identify the principality. I discuss mind-binding spirits and other strongholds more in my book, *Discerning and Destroying the Works of Satan*.

Mind-binding spirits attack our minds, but not just in a place of fear, stress, anxiety, depression and mental illness. These spirits are potent and keep people in a place of unworthiness, defeat and victim mentality. They keep you angry, passive and stagnant in your spiritual walk. Mind-binding spirits keep you in a place of rejection, frustration and fear. Lies are behind the mind-binding spirits having you think the worst. They couple with vain imaginations and false scenarios. Thoughts

that plague your mind tell you things that are contrary to the Word of God, making you believe the worst is going to happen.

Have you ever been frustrated that you or a person you love hasn't been able to receive their breakthrough? Perhaps they go two steps forward and one step back. It appears the same cycle of strongholds keeps manifesting. We need to identify the mind-binding spirit behind that stronghold.

It isn't enough to come after and evict fear, rejection or anger. The mind-binding spirit attached to that stronghold must be identified and rooted out. The Lord was revealing to me recently how much people can stay stuck in years of bondage due to the severity of mind-binding spirits and the way they attack. It is time to expose the enemy and set the captives free!

Listen to the podcast to learn more.

Additional teachings on spiritual warfare, inner healing and deliverance can be found in Kathy's online e-courses on Charisma: *c DeGraw is a prophetic 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. Kathy hosts a weekly podcast show called Prophetic Spiritual Warfare on the Charisma Podcast Network. She is the author of several books, including: Speak Out, Discerning and Destroying the Works of Satan, Unshackled and Warfare Declarations. You can connect with Kathy on Facebook at f or visit*