

Tony Merkel: Revealing the Reality of Spiritual Warfare

Tony Merkel, host of the “Confessionals” podcast, opened up in an exclusive interview with Charisma Media about a powerful experience in his life that prepared him for the supernatural topics he explores today.

Before starting his podcast, Merkel went through an intense spiritual battle and ultimately needed deliverance from a demonic spirit. “I didn’t totally have an understanding as to the depths of the spiritual realm,” he reflects, adding that his journey into podcasting has taught him how “real and involved” the spiritual realm is in everyday life.

In 2014, Merkel says, he rededicated his life to God in a powerful moment of transformation. He recalls it as a “miraculous day” where the Holy Spirit touched him, radically changing him “instantaneously.” This change was noticed by everyone around him, he says, and Merkel remembers that from then on, he became deeply connected with his faith, constantly praying, listening to sermons and building connections in his community.

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One such connection was with a man he met during his delivery job, whom he describes as a lost soul who seemed unfamiliar with God. “He doesn’t even know what God is or who Jesus is,” Merkel says, recounting how the man unexpectedly opened up about his struggles. When he asked the man about his future, the response he received was chilling: “I don’t know. I’m probably going to kill myself.” Merkel instinctively responded, “Man, you don’t want to do that. God’s got plans for your life.” This comment, Merkel says, stirred something

in the man, leading to a deeper curiosity about faith.

The two arranged to meet at the man's home to discuss faith further. But before Merkel visited, he felt forewarned by the Holy Spirit, telling him that he would face "very dark spiritual warfare." Arriving at the man's house, Merkel's instincts were immediately heightened. The house was dark, and strange décor lined the walls. "It was completely black ... and there were pictures of pinup girls almost as wallpaper," he recalls. Guided by the Holy Spirit's directions, Merkel chose a specific chair, feeling that God was directing him away from sitting near a particular door.

Over the next three hours, Merkel spoke with the man about hobbies and life before turning to the topic of faith. When he invited the man to accept Christ, the man became visibly uncomfortable, almost agitated. But Merkel persisted, and the man finally agreed, praying to accept Christ. However, his reaction was unlike anything Merkel had seen before. "He starts shaking his hands real violently," Merkel says, describing how the man claimed to feel energy rushing through his body. Following this, the man tightly embraced Merkel, exhaling deeply in a way Merkel found unnerving.

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Merkel's own battle with a dark presence began shortly after that intense encounter. Despite his dedication to faith, he found himself weighed down by a lingering, oppressive feeling that seemed to follow him. "It was something I couldn't shake," he says, describing how he felt spiritually and mentally exhausted. Merkel eventually sought help from his church, recognizing that he needed deliverance from a force beyond his control. "I realized it was spiritual warfare in a way I hadn't understood before," he says. Seeking the support of his church community, he received prayer from elders who

guided him through deliverance, ultimately finding relief from the oppressive spirit.

Reflecting on his journey, Merkel emphasizes that his deliverance was both liberating and transformative. The experience deepened his faith and gave him a powerful sense of purpose. "God allowed me to go through that darkness so that I would know just how real spiritual battles are," he says. Merkel says this deliverance set a foundation for his work, giving him firsthand knowledge of the spiritual conflicts he would later discuss with guests on his show.

"It's why I do what I do," he explains, affirming that his podcast aims to shed light on spiritual realities, including the importance of deliverance and protection through Christ. As Ephesians 6:12 reminds us, "For our fight is not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world."

Merkel's story highlights the Bible's teachings on spiritual warfare. Scripture emphasizes that evil can only be conquered by God's power, not human strength. In the words of Matthew 12:28, "But if I cast out demons by the Spirit of God, then the kingdom of God has come upon you." Merkel's journey is a reminder that God's presence is a source of protection and deliverance amid unseen spiritual battles.

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