

What to Do When Demonic Attacks Traumatize You

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 stronghold 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. Overtime these emotions can take a toll on our soul, and when that happens, 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 are opening ourselves up to spiritual strongholds.

Spiritual strongholds build up 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 that 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 out loud 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 until you feel a release, peace or shift in the spiritual atmosphere. Receive more self-deliverance and learn the power of audible prayer through my books, *Speak Out* and *Discerning and Destroying the Works of Satan*.

Listen to the article to learn more about this crucial lesson.

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