

Mike Signorelli and Carl Lentz Unpack the Truth about Deliverance

In a raw and revealing conversation, Pastor Mike Signorelli and former Hillsong leader Carl Lentz opened up about the reality of spiritual warfare, deliverance and the strongholds that often take root in the minds of believers—even those in leadership.

The Battle for the Mind

Lentz and Signorelli emphasized the importance of recognizing the enemy's tactics, particularly when it comes to strongholds in our thinking. While many believers are quick to identify external manifestations of demonic oppression, the more subtle, internal battles—doubt, shame, addiction and deception—often go unchecked.

“It’s not like people who believe in therapy don’t discount the supernatural,” says Lentz. “If you’re really tuned in supernaturally, you’ll be in a therapist office because you know what you need.”

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Signorelli makes a valid point that even with knowing about spiritual warfare, God’s people can still go astray.

“I knew all about deliverance and spiritual warfare and still cheated on my wife,” says Signorelli. “Still became an alcoholic, still stepped out of ministry.”

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He also makes the point that an understanding of both the supernatural and mental health are necessary for a well-rounded life.

“You can’t counsel a demon, but you can’t cast out a mental issue,” says Signorelli. “It’s cruelty to tell somebody it’s a demon when they need counseling. It’s actually cruelty because I was subjected to that unbalanced, bad theology.”

Overcoming Strongholds of the Mind

Deliverance, the two agreed, is not just about casting out demons—it’s about breaking cycles of deception and bringing lasting transformation.

“There’s this beautiful place to get to where it’s like, ‘Now, I’m a child of God, I love Jesus, I know God has a plan for my life, and because of that, I can then go pursue the things that God has opened up for me to get help,’” says Lentz.

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Lentz believes that the combination of focusing on both the spiritual and the mental wellbeing of people is the way we will see true revival happen within the body of Christ.

“God is kind with the way that He will unwind truth you need to see if you can sit there long enough to let Him do it,” Lentz says.

The conversation between Mike Signorelli and Carl Lentz serves as a powerful reminder that spiritual warfare is not just external but deeply personal. Strongholds in the mind can be just as oppressive as any outward attack, and breaking free requires more than a single moment—it demands a renewed mind, authentic discipleship and unwavering dependence on Christ.

Their testimonies underscore that no failure is final when

surrendered to God. True freedom is not just about deliverance; it's about walking daily in the transformative power of God's grace.

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