

Breaking Free from New Age Beliefs: My Journey to Deliverance through Jesus

Tamara Mitchell's journey into deliverance ministry is a testament to the power of faith, healing and redemption.

In a recent interview with Charisma Media, Mitchell recounts her harrowing experience of being attacked by a demonic force while she slept. "I felt something crawling across my bed," she says, explaining that the presence lifted her a foot into the air. In that moment of terror, she remembered her grandmother's advice: plead the blood of Jesus. "I just started pleading the blood of Jesus three or four times, and it dropped me," she says.



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Mitchell, who was raised in both Baptist and Pentecostal churches, admits that she strayed from her Christian upbringing during her teenage years. In her search for answers, she explored New Age practices, despite knowing deep down that it was wrong.

"I started studying New Age... things I wasn't supposed to be dilly-dallying in," she says. The Bible clearly warns against engaging in such practices, with Deuteronomy 18:10-12 stating:

There must not be found among you anyone who makes his son or his daughter pass through the fire, or who uses divination, or uses witchcraft, or an interpreter of omens, or a sorcerer, or one who casts spells, or a spiritualist, or an

occultist, or a necromancer. For all that do these things are an abomination to the Lord, and because of these abominations the Lord your God will drive them out from before you.