

How to Identify the Demonic Spirit Warring Against You

I remember my assistant coming to me once and saying, "I am frustrated with this person, I am frustrated with this situation, and I am frustrated with you." She proceeded to tell me for the past three days how she was experiencing frustration in every area of her life. She said, "I don't know what is going on." It was making her mad, upset and of course, frustrated. I replied to my assistant that this was a spirit of frustration attacking her.

Identifying a demonic spirit and strongman that is trying to infiltrate your life and cause you spiritual warfare can be quite easy. As my friend was speaking out the word "frustration" in multiple sentences, I could identify a spirit of frustration was trying to wreak havoc in her life. One of the fastest ways to combat the demonic realm is to listen to the words you are speaking out or the feelings you are experiencing. What do they have in common? What seems to be repetitious or a commonality?

In my friend's case, she was speaking out the word "frustration" so much in our short conversation I could easily identify what was attacking her. Recognizing the demonic spirit attacking you is important so that you know how to pray against it and you know how not to give into it. Part of rebuking the devil is taking authority and control over our actions and not giving into reactions as a result of the spiritual warfare we are receiving.

How do we combat the spirit attacking us?

1. Recognize and identify if it is a demonic spirit or a behavior pattern or character trait. Can you control the feeling? Does it seem to be insurmountable? Does it lure

you into constantly thinking about it? Is it overwhelming you, making you feel defeated and out of control?

2. Don't give into it. When you feel a negative emotion, choose to rise above the situation and choose joy and happiness, and defeat the strong unproductive feelings coming against you.
3. Choose to be disciplined and conquer your emotions. Don't allow people or spiritual warfare to bring you down; rise up! When we don't rise above the situation, we are giving the spirit a legal right to attack us because we are doing nothing about it to be victorious.
4. Rebuke the demon, which means take authority over it. Say out loud, "I command the demonic spirit of (insert spirit's name) to leave me in Jesus' name. I call off your attack and assignment against my life. I am covered and protected by the blood of the Lamb."

We can easily identify spirits such as frustration, irritability, unworthiness, insecurity, shame and other demonic spirits that are continually infiltrating our mind and getting us focused on cycling through the same unproductive thoughts.

As you hear in your mind, speak out of your mouth or experience the same things, don't set yourself in a defeat mentality that this is happening again. Instead, rise up and be a victor knowing that you have just identified that which is plaguing you. Take authority over it, rebuke it and know that you are an overcomer because Jesus conquered the devil so you can have abundant life! Receive more self-deliverance, freedom from demonic bondage and spiritual warfare insights in my book, *Discerning and Destroying the Works of Satan*. {eoa}

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