



# Keeping Demons Out Once They're Cast Out

**Specific Spiritual Disciplines That Will Prevent  
Unclean Spirits From Re-entering Your Life**

*by Chris Simpson*

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*For additional copies:*

**New Wine Christian Fellowship**

1035 Fairmont Parkway

Pasadena, TX 77504

(713) 910-3330

(New Wine's web page: [www.newwineonline.com](http://www.newwineonline.com))

It's one thing to cast an unclean spirit out of a person, but it's another to *keep* it out! Many people will go through some measure of deliverance in their lives, only to ultimately lose their new found freedom for one of a number of reasons. Jesus tells us in Matthew, Mark and Luke that once a demon is cast out of a person's life, it will do all it can to try to regain entrance. Unfortunately, when these unclean spirits do succeed in returning to their former residence, they often bring in seven other spirits far more wicked than themselves.

Now, I must say that, in my experience, this 'seven-times-worse-re-demonization' is not as common as you would think. What I've found is that when someone hardens their heart *to the very notion* that a believer can have a demon, then they will usually end up in that far worse condition. When they reject what God may have done in their life through deliverance, regarding it as illegitimate, undoubtedly they'll wind up demonized to an even greater degree. They'll end up deceived, judgmental, and bitter. I personally know at least a dozen people that I've ministered to over the years that are in that position at the time of this writing (Summer 2002). Most of them won't contact me in any way; I, and my ministry, are anathema to them. Because they've either denied the fact of Christian demonization, or relegated it to rare occurrences, they've become demonized themselves with religious and spiritual pride: a state far worse than before, given the little to no meekness left in their lives in regard to the legitimacy of the deliverance ministry.

### Demons Are Like Land Squatters

In spite of what some choose or don't choose to believe, unclean spirits can occupy ground in a believer's life. Think of demons as land squatters; they settle in and spread out until they're cast out. Suppose you found out that you had an uncle

who'd just left you forty acres of property in his will. Wasting no time, you get in your car to check out what you've inherited. When you get to the place, you look around and are quite impressed. Then, over a rise, you see a little column of smoke. Curious, you drive over, and, what-do-you-know, you see a little encampment of land squatters. There are a couple of little huts, a small house, a water well, this and that, and a campfire right in the middle. You can't believe what you're seeing. Land squatters! On your property! So, you drive up and start yelling, "This is my land. Get off now!" A couple of the squatters wander over and say, "What do you mean your property? We've been here for generations. My grandfather moved in here as a land squatter and we've been here ever since. Nobody's ever told us to leave!"

So you hop in your car with your tail between your legs. You can't believe this. Not only are there squatters on your land, but they're also refusing to go! You head back to town, find the sheriff, and tell him what's going on. He says, "Let's head over to the courthouse and pull the deed." Once he sees the paperwork, he tells you, "That land is legally yours. It's written here in this deed of trust. Let's go run those squatters off your land!"

You see, it takes two things to rid your property of land-squatters: the deed (proving that the land is yours), and the force of authority to back it up (the sheriff):the power that comes with ownership and the authority to enforce it.

The same thing's true in the spiritual realm. We can face off with the chief squatter (the demonic strong man) in our lives and tell him, "Look, the Word says that all the promises in Christ are Yes and Amen! My rightful heritage is love, joy, peace... and against such there is no law. I demand that you leave my life immediately." The chief squatter will respond more often than not with much resistance. That's when you need the Holy Ghost shotgun! After "getting in the Spirit" through praise, worship and thanksgiving, say, "In the name, power, and authority

of Jesus, I command you to leave!” At that point, the squatters will begin making serious moves to depart from the territory.

To obtain any deliverance in your life, you must move in both authority and power. It’s not enough to just say the words, “It is written;” you need the Holy Spirit to anoint those words. The enemy has to be cast out. The word in the Greek for “cast out” is “ekballo” – to thrust out violently. I have never known a demon to leave a person’s life when he didn’t have to. They will remain as long as they can. And, often, when commanded to leave, they will stubbornly stay until they are forced out. The good news, of course, is that “Greater is He that is in us than he that is in the world!” Once you’ve learned how to pray under the anointing power of God’s Spirit, the devil will be no match for you.

### To Eliminate Ground You Must First Identify Ground

To obtain and keep deliverance in your life, you must first identify any ground that the unclean spirits inhabit. David said:

*Do I not hate those who hate you, O Lord, and abhor those who rise up against you? I have nothing but hatred for them; I count them my enemies. Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. (Psalm 139:21-24)*

The enemy generally enters one’s life in the distant past, during the childhood years, or through present, willful sin. The distant past refers to the inherited curses, sins, and afflictions that pass down through the bloodline. God says, “I will visit the iniquities of the fathers to the children to the third or the fourth generation...” (Exo 20:5) The demonized ground in your life could be nothing more than a generational curse. If you had a grandfather that was into Masonry, or relatives up the

family line that were into any kind of witchcraft or the occult, it is very likely there are demonic strongholds in your life as a result.

Some time ago we ministered to a man from Puerto Rico whose family was involved in a weird island religion (a mixture of Catholicism with the local voodoo goddesses of that area). His mother, her mother, and his grandfather had been heavily into witchcraft, and, as a result, there were tremendous demonic strongholds in his life. The interesting thing is that he had never personally been involved in any of it. Because of his godly father's influence, he had managed never to come into contact with occult things. Yet, the effects of his mother's (and grandparents) demonic activity were very much in his life, inherited down the family line.

The enemy can also enter one's life through traumatic events of the childhood. Rejections, abandonment, abuse, and living in angry environments will open one to the influences of unclean spirits. It's important to identify the door through which the enemy came. During ministry, pent-up emotions will often come up in those being ministered to when these painful issues begin to surface. Until and unless these things from the past are faced, the enemy will continue to keep a person in bondage.

Finally, present, willful sin gives considerable ground to the enemy. Besides the obvious sins of the flesh, unforgiveness, bitterness, and resentment can open one to the deception of pride, and lead to impregnable strongholds. One of the biggest 'open doors' is in the 'Jesus is Lord' issues, where someone refuses to submit certain areas of their life to the Lord's control. Since there is no such thing as a spiritual vacuum, the enemy is often quick to take advantage where one is moving in stubbornness and rebellion.

Once you've determined the ground occupied by the enemy, it's time to do whatever is necessary to eliminate it, which usually involves dealing with sin. Un-

til you acknowledge and confess your sins, and honestly turn from them, demons won't leave. Sin is the devil's legal ground. Get rid of the sin, and then you can cast the demon out.

### Adopting Spiritual Disciplines

Once the occupied ground has been discovered and the demonic stronghold torn down (or is at least recognized, resisted, and in the process of being eliminated), it's essential that you adopt clearly defined spiritual disciplines. Such disciplines are necessary to maintain your defense and to keep the enemy from regaining ground.

Applying spiritual disciplines in your life can make it difficult for the enemy to re-enter. In fact, if you've never been through a deliverance experience, seriously applying these seven areas may (in certain cases) eliminate the very need for deliverance ministry.

1<sup>st</sup> Keep Short Accounts (learn to quickly forgive and ask forgiveness)

*“If you forgive men their offenses, your heavenly Father will forgive you, but if you don't forgive men for their offenses, neither will your Father forgive you your offenses.”* (Matthew 6:14-15).

In the Bible, we're told to quickly forgive and release others of their offenses towards us. Paul told the Ephesians to, “Let not the sun go down on your wrath.” Jesus said in Matthew to “Leave your gifts at the altar and first reconcile with your neighbor.” True forgiveness is from the heart; it's not just words. It takes a meaningful decision to release someone for offenses committed. But, how do you forgive from the heart? Simply ask God to show you your own propensities to do the

same thing. Understanding that you are as capable of an offense as the one who's offended you makes it far easier to forgive.

We not only need to learn to quickly forgive, we must also be quick to ask forgiveness. One reason King David received grace and mercy after his grievous sin with Bathsheba and towards her husband is because he immediately humbled himself when confronted by Nathan the prophet. Rather than shifting the blame or making excuses, David took full and utter responsibility for his actions.

It's refreshing when you see someone who's learned to quickly humble himself. To be free, you must come to the place where you can just live life and not worry about sinning. When you know you're going to ask forgiveness for the offensive things you may do, then you can quit worrying about falling and failing. People that labor under the fear of their propensity to sin do so because they instinctively know they won't be willing to quickly give it up. Because they're not going to turn from sin without some reluctance or delay, that very sin becomes a burden to them, keeping them from experiencing ongoing freedom.

The good news is that you are totally forgiven the moment you turn from sin in your heart! John said:

*My little children, these things I write to you that you sin not. But if any man does sin, we have an advocate with the Father, Jesus Christ the righteous: and he is the atoning sacrifice for our sins: and not for ours only, but also for the sins of the whole world. (1 John 2:1-2)*

In other words, do all you can to not sin. But, if you do sin, then there's somewhere to go with that sin to quickly deal with it. Jesus totally and utterly forgives! When you fail to bring it to Him, choosing instead to wallow in self-pity and guilt, then that sin will stay very much alive in your life. Or, when you choose to 'nurse a



hurt' when sinned against, then you give the enemy much ground to operate in your soul. You must choose to speedily forgive, and speedily ask forgiveness, if you ever hope to walk in any kind of joy or freedom.

## 2<sup>nd</sup> Maintain A Disciplined Prayer Life

*Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.* (Ephesians 6:18)

The second spiritual discipline is to “lock in” a daily quiet-time. If you don't nail down a specific time each day to spend with the Lord, it's likely your quiet-times will be more of a “hit and miss” affair. The spirit is willing, but the flesh is weak! Schedule your daily devotions as specifically as you schedule brushing your teeth, or your other daily hygiene routines. Often that's the only way to stay consistent in your spiritual disciplines in the face of other pressing duties. Also, the morning is undoubtedly the best time to spend time with God, before you start out a busy day.

If you want power to fight spiritual warfare or to have any kind of overcoming walk with Jesus Christ, you must be willing to pay the price. One thing absolutely necessary is to win the battle of the bed. There are over a dozen references pertaining to sleep in the book of Proverbs and virtually all of them imply you shouldn't overdo it. Proverbs also speaks in many places of sloth and of the sluggard, referring to those stuck in lazy passivity. You've got to first be willing to get up get up if you're going to go anywhere in the Spirit!

## 3<sup>rd</sup> Fall In Love With the Word

*“Study to show yourself approved unto God, a workman that needs not to be ashamed, rightly dividing the word of truth.” (2 Timothy 2:15)*

Quoting scripture at the enemy can expose and destroy his carefully crafted lies and devices. When Satan knows that you know the truth and that you will resist him with it, he'll back off. His greatest advantages are with those who are ignorant of what the Word says about their authority over the evil one. You must know the Word if you ever hope to overcome the wiles of the devil. Jesus used scripture to rebuke Satan's temptations in the wilderness. His powerful command of the written Word kept the enemy at bay, whether the devil attacked Him directly or through the accusations of the religious leaders.

Over the years, I have found the One Year Bible to be a convenient way to read through God's Word. The One Year Bible comes in various translations and has readings each day from the Old Testament, New Testament, Psalms, and Proverbs; I highly recommend it. I've read through the whole Bible each year for the last 12 years or so using this method.

If you desire to *stay free* in the Spirit, you must live a life of discipline in the Spirit! The truth is that many are quite disciplined when it comes to walking in the flesh. If their favorite TV show airs on Thursday nights, then they'll do everything they can to see it. They'll discipline their day, abstain from other activities, and prepare their meal just in time to sit down and watch their show.

While many will readily discipline themselves for amusements, it's interesting to see how difficult it often is for them to discipline themselves for the things of the Lord. Days can go by without reading the Word or praying with any intensity. And, all the while, the enemy busies himself building a stronghold of passivity and depression. Don't let that happen to you! Love the Word. Get in it, study it, memorize it. Equip yourself with weapons of overcoming warfare!

#### 4<sup>th</sup> Eliminate Mind Junk

*“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” (Rom 12:1-2)*

Our American culture has sunk to the level of a sewer in so many ways. It’s difficult to turn on a television, read a magazine, or go to a movie these days without being inundated with the filth of lust, greed, and perversion. So many believers, however, often think nothing of exposing themselves or their children to these influences of the world, oblivious to the spiritual damage that results. Television is really the worst culprit! Solomon could have been referring to it when he said:

*“The discerning heart seeks knowledge, but the mouth of a fool feeds on foolishness.” (Prov 15:14)*

*“Foolishness is joy to him that is destitute of wisdom: but a man of understanding walks uprightly.” (Prov 15:21)*

The television holds a prominent place in America’s living rooms, and, unfortunately, for many it’s become like a god. Many families put their televisions in the most prominent room of the house (and in many other places as well). Couches and chairs are all arranged facing the one-eyed beast, with the whole focus of the room centered on the god. Often, on top of the set, there’ll be precious articles of the family or pictures of mom and dad. On Saturday mornings the little children of the house can be seen kneeling and laying prostrate before the god, mesmerized as they watch the latest kid shows offered by Hollywood.

The Bible says, “*You cannot drink the cup of the Lord, and the cup of demons...*” (1 Cor 10:21) You’re kidding yourself if you think you can lightly indulge in the things of this world and walk in any degree of holiness. Unfortunately, most believers have compromised to the point that genuine spiritual authority and power are alien to their day-to-day experience. If you really want to keep any deliverance you’ve experienced in your life, you must get serious. Seek the Lord about these things, and do exactly as He says!

#### 5<sup>th</sup> Build a Fasting Regimen in Your Life

*John’s disciples came and asked Jesus, “How is it that we and the Pharisees fast, but your disciples do not fast?” Jesus answered, “How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.”* (Matt 9:14-15)

In this passage, repeated in Mark’s and Luke’s Gospel as well, we find Jesus saying that fasting would be an ongoing discipline of those committed to following Him. In fact, earlier in this Gospel He said, “When you fast don’t be as the hypocrites...” It’s interesting that He said “when” and not “if” you fast. The implication being, of course, that it would be something you would naturally do in your Christian life.

I’m convinced that any believer hoping to maintain the freedom found in deliverance must develop a regular discipline of fasting. Jesus didn’t say take up your “couch” and follow me – He said “cross!” Yet, for so many Christians today, the notion of serious self-denial is quite foreign. To overcome and continue overcoming the enticements of the flesh requires a commitment of self-denial. Unclean spirits tend to hide in the flesh, and they manifest through the flesh when you yield to the flesh. So - cut them off at the pass. And, there’s really no better way to do

that than to build a strict, on-going regimen of fasting. Fasting keeps the flesh in line, like few other things. It's the ultimate self-crucifixion.

There are all kinds of fasts one can do. I've written a booklet that goes into great scriptural detail (and offers practical guidance) on fasting entitled, "Fasting – Spiritual Warfare Dynamite." But, for the sake of this article, I believe one of the best ways to keep the old fleshly desires in line is to incorporate fasting into your day-to-day lifestyle. When Jesus came down from the Mount of Transfiguration (in Matthew 7, Mark 9 and Luke 9) He found His disciples trying unsuccessfully to cast a demon out of a child. When asked later why they were unable to do so, He said that some spirits only come out with prayer and fasting. You see, since Jesus lived a fasting lifestyle, He was ready for any unforeseen ministry need. Apparently, His disciples were not moving in the fleshly denial that Christ lived. Here's a good suggestion: fast one day a week, three days a month, and one week a year. You'll be amazed at the difference it will make in your spiritual life.

#### 6<sup>th</sup> Open Your Life to Accountable Relationships

*Confess your faults one to another, and pray one for another, that you may be healed. The effectual fervent prayer of a righteous man avails much. (James 5:16)*

In some ways this is the most important discipline of all. Deliverance is most lasting and effective when lived out in a Christian community environment. Pride and self-sufficiency lose their grip when you begin to vulnerably share your life and struggles with others. One reason many believers are so troubled today is because of their refusal to really submit to older, more experienced believers. Much of the superficial teaching that comes out of the popular Word-Faith movement tends to foster a kind of "spiritual independence" in those that follow it. With so much emphasis on who you are and what you can do, there's little focus on your very real need of input, guidance, and correction from those older in the Lord. The

concept of submission and authority is, quite frankly, alien to most American Christians today, and that's unfortunate. The authority to operate effectively in the spiritual realm is directly related to genuine submission to others in Christ, particularly those over you in the Lord.

The best way to maintain any deliverance the Lord has done in your life is to be a committed member of a local church. The support, teaching, and opportunities for service found in the local assembly are the things necessary to keep light and accountability in your soul. The enemy would prefer you to try to walk out your deliverance alone, apart from openness with others. However, that's not God's way. Frankly, deliverance is really meant to be a functional part of one's basic discipleship. There's a lot more to discipleship than the casting out of spirits, although that's essential. It is as out of balance to seek to disciple someone without deliverance as it is to offer deliverance to someone without ongoing discipleship.

Many believers today are like bunny rabbits; they'll hop from one ministry to another seeking help without ever plugging in and getting involved. As a result, they never really grow, and over time will actually begin to regress in the things of the Spirit. Deliverance is a process. The enemy's influence and effect is increasingly purged from a believer's life on a day-to-day, week-to-week, month-to-month basis. It's in the 'iron-sharpening-iron' relationships with others that one can genuinely overcome areas of sin and bondage.

I've been quite blessed in my walk with the Lord over the years. I was saved in the Summer of 1971, and within six months I became a member of a local church fellowship. And, I've been in one ever since. In 1987, I started the church I now pastor and immediately put it under the authority of an Apostolic covering. I firmly believe that fellowship, openness, and submission are essential ingredients in maintaining and increasing your freedom in the Lord.

## 7<sup>th</sup> At Every Opportunity Minister To Others

*As you go, preach this message: 'The kingdom of heaven is near.' Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received, freely give. (Matt 10:7-8)*

The best way to keep anything in God's kingdom is to give it away! This is an immutable law. Freely you have received, freely give. When the focus of your life is on others, God will come up behind you and consistently meet your every need. I first received prayer for deliverance in late 1982. Because of the profound effect that ministry had on me, I began almost immediately praying for those around me. The more time I spent sharing and ministering to the hurts in others, the more my own deliverance took hold and increased.

Ask the Lord to open your eyes to the incredible needs in the lives of those around you. Wake up every morning and tell Him you're available for whatever the Spirit would bring. Do this, and you'll be well on your own way to freedom from every captivity of the enemy!

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