## Outline for Spiritual Warfare Worldview: Denice C. MacKenzie

1. **God gets all the glory. He is the only one who can truly heal us.**
2. All the tools mentioned below are like the x-rays; they only identify the issues that need to be confessed or prayed about, but God is the one who heals us.
3. I believe God wants us to be healed of all sin and all disease (Psalm 103:3). This was a central part of the message He taught his 12 disciples and the 70 he sent out later (Luke 10), thus we can at least surmise that it is His heart for us to be whole and well, although He is sovereign and we must seek His will individually for our lives.
4. Jesus came to bring us life to the full (John 10:10), and to destroy the works of the devil in our lives (1 John 3:8). When we live to the full and are fully alive and freed from the oppression of Satan and sin, we more fully glorify God.
5. **We are in a spiritual battle** that is not against flesh and blood, but the spiritual rulers and authorities and powers in the enemy camp (Ephesians 6:10-18). God wouldn’t tell us how to fight if there wasn’t a battle.
6. We need to learn to use our spiritual weapons to fight the battle against Satan or we could be taken out of the battle, or at least, not be able to live a life that fully glorifies God to the extent we could have if we had learned spiritual warfare.
7. The weapons God gives us have *divine* power to demolish strongholds (2 Cor 10:3-6), and we have them available to us to destroy anything that sets itself up against the knowledge of God. Why would we not use them?
8. **The Bible teaches that we can give footholds to Satan (Ephesians** 4:26-27).

**A)** Since Satan’s authority was diminished because of Jesus’ death on the cross (Colossians 2:15, Genesis 3:15), one of his main strategies now consists of getting us to believe lies and make vows in moments of trauma, such as “I’m never going to trust a man again”, or “Nobody will ever catch me with my guard down like that again, I’ll just stop being vulnerable with others” or “I have to work very hard to be accepted by people, I can’t be myself”. These are examples of lies and vows that we can come to believe, after being abused, hurt or rejected by others, but they are not of God. They wreck havoc in a person’s life and bear much bad fruit, causing symptoms that are mental, emotional and/ or physical.

1. **As believers, we need to learn** **to claim the authority that we have in Christ over the enemy as believers**. Through the work done on the cross, we have no need to fear or to acquiesce to Satan’s lies or vows that he tempts us to make.
2. We need to become aware of and renounce these footholds
3. This can be done through confession and authoritative prayer
4. After doing this I’ve seen people become free of, and experience deliverance and healing from, symptoms both emotional, psychological and in some cases physical. I have not seen this with conventional methods that do not have a spiritual warfare point of view, and in much less time comparatively. Their healing bears the fruits of the Holy Spirit and draws them closer to God. Everything we do should be verified by the fruit that it bears (Matthew 7:17) (see testimonies below).
5. **The importance of having a balanced warfare world view:**
6. Satan either wants us to not believe he exists at all, because it’s not “rational” (rationalism), not our “place”, or “doctors will take care of that” (scientific), or to over sensationalize him and give him too much bandwidth and too much power (New Age stance), claiming ourselves to be gods and not leaving any room for the power and authority of God in our lives.
7. The balanced perspective goes something like this: God wants us to fight the battle along with Him and co-labor with Him. Ephesians 2:6 states that because of the cross and resurrection, we are seated in the heavens with Christ, even now. We are not to sit idly by and let God do all the fighting, neither are we to fight independently from God. We are in battle with Him against sin, death and Satan, and God will win in the end, but we must fight and do our part.
8. **James 4:7** states that we need to submit to God and resist the enemy and he will flee from us. According to Neil Anderson in his book “The Bondage Breaker”, he makes the valid point that if we submit to God and don’t resist the enemy, our lives lack power and authority; but if we try to resist the enemy without first submitting to God, we are in for a “dogfight”. As Christians we can have a balanced view of warfare that is neither excessive nor minimizing.
9. Temptation comes to us through the flesh (Mark 7) the world ( 1 John 2:15) and Satan. We cannot focus on one or two of these avenues; we need to know all three. Depending on your spiritual background, you may be well versed in some of these, but not as much in others. The goal is to be balanced in our approach, as believers, in our common fight against sin and Satan.
10. **Avoiding all extremes:**
11. **Possession vs. Oppression**

 I don’t believe as disciples we can be “possessed”. From what I understand, the word “Possessed” is mistranslated and should be “demonized”, or “oppressed”, which is a degree of access we can give the enemy. Ephesians 4:26-27 states, we are not to let the sun go down on our anger, lest we give the devil a “foothold”. If there are enough of these footholds, we can appear and act pretty demonized. However, unless we turn our backs on God, we still belong to Him.

1. **Do not fear.** Jesus said this many times for a reason in the Bible. Inducing fear and getting us to believe lies are two of the main tools the enemy uses. I’ve come to learn that if you approach any of these things with fear, you are not fully aware of the authority you have in Jesus name. The enemy has a big voice but very little authority since the cross. He wants to scare us into making agreements or vows, believing lies and diminishing our glory.
2. **Testimonies:**
3. “Christine” (fictional name): Came to see me because she had been hearing voices for 12 years, telling her not to go to church or read the Bible. She was diagnosed with PTSD and Major Depression, was missing about 2 days of work per month or more due to “oppression” and physical complaints including headaches, and depression. She had been sexually abused by a trusted male relative, and did not want anything to do with men, having no desire to marry or to date. She woke up every hour, could not sleep in her own bed, and had issues with anger, overeating, fear of being attacked in public places (even church), problems with co-workers. She was on medications for depression and had been on medications for 12 years that were anti-psychotic to help relieve the voices, but they did not work and she had discontinued them. She had poor energy and concentration and was not able to feel her feelings or cry very often, having some disassociation. She also did not feel close to God or hopeful at all about her future, and stated that if therapy with me didn’t work, she didn’t know if she would be able to make it through this life. She had tried other therapies that did not work and was very skeptical.

 After seeing her and doing the Christian Mind Body Therapy (Splankna), and Neil Anderson’s Bondage Breaker (referenced below) for 1.5 years, and one session of straight EMDR, she was able to feel closer to people in her relationships (less guarded), bring her needs and feelings in to relationships, feel closer to people, was free of hearing voices, was off all medications, no longer met the criterion for major depression or PTSD, she felt happy, hopeful and closer to God, she had decreased severity and frequency of headaches, not longer missed work regularly, had increased energy and concentration, slept through the night in her own bed without awakening, could see herself getting married someday and was very motivated to work on her remaining issues, hopeful that she would be able to improve.

Interestingly, in a supervision group I am in with 3 other seasoned therapists who have worked with traumatized patients such as mine for more years than I, they commented that they had not seen the amount of healing in patients they had worked with for 15 years having a similar level of trauma, that I had seen in one and a half years, with this individual. So even though one and a half years sounds like a long time if you are not a therapist, it is a very short time for the results that were obtained, considering the level of trauma this person had undergone.

1. My husband overcame 40 years of insomnia including middle of night awakening, difficulty falling asleep and early morning awakening after going through the Bondage Breaker and breaking other agreements, lies and vows discovered in the Splankna work (Christian Mind Body). He now falls to sleep very quickly and sleeps through the night.
2. Others have broken strongholds:
3. A woman who broke a vow she had made: “I can eat whatever I want wherever I want” in response to a controlling parent who wouldn’t let her eat. After breaking this vow and several others, she lost 100 lbs. and no longer had the desire to eat.
4. A woman, who had been sexually abused by her father, broke the vow “I’ll never trust a man again. She had no men ever approach her, although she was a very likable and pretty girl. After renouncing this vow, the very next week an old grade school friend whom she hung out with asked her to date him, and he said, “I didn’t even plan on doing this, there just seems to be something different about you!”
5. A man believed a lie,” I won’t ever succeed at this”, and made a vow, “I’ll fail at everything I do”. He was stuck in his career and couldn’t seem to enjoy his work or move forward to get a new job. He renounced both of these and started succeeding in his work and enjoying what he did much more.
6. There was a man who was a compulsive workaholic. As a boy his dad had beat him black and blue, for not cleaning up his room well enough. He made a vow that he would have to do work really hard to be accepted by others, so they wouldn’t reject him and harm him. He lived his life this way, and went through 3 marriages. Upon starting his 4th marriage he came in for treatment, since he didn’t want to lose his fourth marriage in the same way. Through the Splankna work, he renounced this vow in prayer, and all the demonic strongholds that had come with it, and afterwards did not have the compulsion to overwork at all.
7. Homework:

***A) Insight into our issues isn’t enough; we need to confess and renounce them, and turn from them in repentance. We also need to ask God to heal us from the footholds Satan has obtained due to these lies and vows we’ve made, and to replace them with his truth.***

***B) Affirmations: I often assign affirmations after something has been cleared. When we believe a lie for many years, or make a vow, these become “automatic” thoughts in our thinking that we never think to challenge. They become a part of us and shape our emotional landscape. Affirmations are simply put truths that could be scriptures, or concepts from the Bible, that are present tense, positive and stretching (stretch us beyond what we already believe). They replace the lies we’ve believed and create a new “automatic” pathway in the brain for our thinking to travel on. I ask people to write these out 10x per day, say them out loud 1x per day and do one other exercise I am unable to describe here. They do this until the thoughts become a part of their “automatic” thinking. This is just as important as removing the lies and vows, and essential for healing, but must be done after not before renouncing the lies and vows and agreements.***

**IX.TOOLS TO HELP**/**Resources:**

1. **Specific Tools** we can use to help people : These are tools you all have as Christians:
2. Confession
3. Meditation
4. Affirmations: Stretching and Positive (Give handout)
5. Prayer that invites God to show you the vow, lie, benefit or agreement
6. Prayer that renounces the vow or lie or belief (agreement)

This doesn’t have to be a formula; an “exact” prayer isn’t needed. The power is in God, not the prayer. Ask God to show you how to pray, and He will. (For some guidance, refer to the Bondage Breaker by Neil Anderson, Steps to Freedom in the back of the book)

II. **Additional Resources and Trainings;**

1. Neil Anderson “The Bondage Breaker” and “Victory Over Darkness” . With these books, the most important part is to take yourself through the “Steps to Freedom” in the back of the book, and then you can help others go through the same. There is also a training manual that you can order to start “Freedom Ministries” in your church. Even if you don’t think you need to do the steps, do them anyway. Everyone has some vows and lies they’ve believed, and it can only help you to clear them out.
2. Charles Kraft: “I Give You Authority”
3. Clinton Arnold “Three Crucial Questions about Spiritual Warfare”
4. Sarah Thiessen (inventor of Splankna, or Christian Mind Body), is writing a book that will be at the AACC (American Association of Christian Counselors) conference this year, where she will also be presenting the Splankna technique. You do not have to be a therapist to go to her trainings and use this technique. Her website at [www.christianmindbody.com](http://www.christianmindbody.com) or Splankna.com.
5. Denice MacKenzie: My website is [www.TLCCounseling.com](http://www.TLCCounseling.com), is being changed and will be up and running soon. My Phone number is 303-929-4205.
6. **SUMMARY, KEEP THESE QUESTIONS IN MIND as you are helping people;**
7. What is LIE THEY ARE BELIEVING that is causing the distress in their lives?
8. Have they made a VOW? What is it? Are they willing to renounce it?
9. What is the Benefit to them in believing the Lie/Vow? (This is always another lie)
10. Have they confessed and renounced these beliefs? The benefit?
11. Have they affirmed the truth to replace the Lie? Are they willing to do it repeatedly until it “sticks?” Assign affirmations.