**The Bible, Science and the Paranormal**

This topic is on the mind of many, from every culture and every part of the world.

In the Western world, which believes itself to have a “modern”, rationalistic world-view it is surprising how many people believe in seemingly irrational paranormal claims.

In the US “The Rite” Anthony Hopkins “Paranormal Activity”

My generation: “The Exorcist” “The Omen”

In my travels, I find many countries saturated with claims of the Paranormal, including in Asia, Africa, South and Central America.

Shamans, witchcraft, voodoo, astrology, ghosts, near death experiences, etc…

I have encountered many very convincing eye-witness testimonies from very credible Christians.

If nothing else, as Christians, we ought to be able to strike up a conversation such as: Do you believe in life after death? Do you believe in spirits, ghosts, angels, demons?

My job:

A biblical perspective on the paranormal

A scientific/rational perspective on the paranormal

I am going to tend rather strongly to the skeptical.

However, a believer in Christianity needs to walk a fine line between being willing to believe in almost anything and a hardened skepticism.

Do not be so open-minded your brains could fall out.

Do not be so skeptical toward all claims that your very approach would undermine belief in the basic Christian message. What I will call irrational skepticism.

First, a definition all Christians believe in the paranormal (see the slide)

Paranormal: Technically means outside of the normal.

Similar to the meaning of the world supernatural.

Paranormal: Any claimed phenomenon which, if it were real, would not be explainable by known (or even not yet known) physical laws.

By this definition, our belief in life after death, in heaven, in angels, in miracles in answered prayers, in the resurrection of Jesus and in God himself is belief in the supernatural.

Bottom line, all Christians believe in the paranormal.

For this reason humility, caution, wisdom and careful reasoning based on a variety of possible approaches is needed.

Possible reasonable viewpoints on the paranormal:

**#1 The phenomenon is real. Ex: answer to prayer.**

**#2 The phenomenon was real in the past, but is not today. Demon possession?**

**#3 The entire claim is a scam. It is not real. Astrology, faries, lepruchans, etc.**

Three categories of paranormal claims:

1. Hoaxes.

2. Natural Phenomena.

3. Supernatural

1. Hoaxes is a huge category here. Some are for entertainment. “Magic.” Illusionists, card tricks. Crop circles. Yuri Geller bends spoons. A trick! Night club mind readers, fortune tellers, etc. are clever and play on our gullibility and lack of critical thinking. Crop circles

2. Natural Phenomena Some things appear unnatural, “paranormal, but are perfectly natural.

Walking on coals. Anyone can do it.

Most UFO sightings are just unexplained natural phenomena. I have known Christians who were sure they saw a UFO. I say one in college.

Doug Jacoby shared about one when he was 19 years old. Green lights moved strangely across the sky. Newspaper the next day: Weather balloon.

3. Supernatural. Beyond the range of scientific explanation.

Jesus fed the 5000. Red Sea parted, Jesus raised from the dead. Jesus calms a storm.

My take on how to think about questions about the “paranormal” as a Christian.

Duke University had a department of parapsychology until recently. A friend of mine was studied by them.

Science CANNOT DISPROVE the paranormal. It is impossible to prove or to disprove miracles, spirits, demons, angels, God using science.

However, science gives us many useful tools to challenge claims of the paranormal.

All religions and all religious experience in general is in the paranormal category.

Please do not say: I do not believe in the paranormal.

**How we know things/Kinds of evidence:**

**1. Empirical evidence.**

**2. Reason/Rational thought/logic/common sense.**

**3. Biblical evidence.**

**1. Empirical Evidence: scientific measurement. Anecdotal evidence/Experiences fall into this category.**

**Anecdotal evidence, though convincing to the individual who had the experience, is not generally reliable. But we will mention anecdotal evidence. If one person saw Jesus alive that would be weak evidence. But the 500+ eyewitnesses, many of whom touched him, ate fish with him, etc. is powerful evidence.**

**Probably the existence of angels, demons will resist scientific measurement. Ghosts? Ghost hunters?**

**We have to realize that our senses can fool us.**

**(example of seeing a coyote, then a deer then a mailbox)**

**In the ghost hunt on the Queen Mary we went to the bottom of the boat, late at night, turned the lights to zero and “waited to see a ghost.**

**2. Rational evidence.** What is true must be logical—it must make sense. What is not reasonable it is generally not true.

I reject astrology on this basis. It is not rational that my life is influenced by where a particular planet is the moment I am born. I do not even come into existence when I am born. Astrology is irrational on many levels. Other paranormal claims are also irrational, as we will see.

But be careful, Christianity is not always rational (but it is never irrational)

Christianity is not always rational, but it is never irrational.

Example. God’s love is not logical. The death of Jesus for our sins is not logical.

**3. Biblical evidence.**  Of course, we will let the scripture speak with regard to the reality of various aspects of the paranormal.

Three approaches to acquiring knowledge and truth used by Christians:

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Specific categories of the paranormal. We will consider eight

1. Aliens

2. Angels

3. Apparitions, consulting the dead.

4. Astrology, divination,

5. Prophecy, Dreams.

6. Demons, Exorcism.

7. Ghosts, Reincarnation.

8. Out of body experiences.

9. Miracles.

**I. Aliens, Ancient Astronauts, UFOs**

a. Empirical Evidence is lacking. Many hoaxes. Unsolved mysteries dressed up to look like they are “scientific.”

b. Logical/Critical Thinking If we visited another planet with intelligent life, would we sneak around and contact only mentally unstable people?

c. Biblical evidence. The Bible does not comment on this at all.

Not a theological issue.

If there were intelligent accountable, beings with a soul, made in God’s image, would Jesus have to go there and die for these people?

**II. Angels**

Modernism since the enlightenment has rejected the existence of angels as part of an outmoded pre-scientific world view.

Even some Christians have argued that they are metaphorical—that they represent certain powers and are not individuals. Paul Tillich: “Angels are concrete poetic symbols of structures or powers of beings. They are not beings, but participate in everything there is.”

a. Empirical evidence. If an angel visited the earth today (see Ezekiel 1) we would interpret as an alien/UFO. There is no scientific evidence for angels.

b. Rational. If we are spiritual beings, then there is not logical reason why there could not be other spiritual beings.

c. Biblical: The Bible tells us that angels are real.

1. They are lesser in the hierarchy of heaven than human beings Heb 1:14

2. They are messengers from God.

3. They have names (Gabriel, Michael, Ariel, Uriel, Raphael, etc…)

4. There are different kinds of angels cherubim, seraphim, archangels

5. They are not male or female.

Angels are supernatural and therefore are “paranormal.”

Coll 2:18 Do not worship angels

1 Cor 6:13 We will judge angels.

Suggestion: Do not sensationalize angels.

A sister in the US as she was dying said, “I see angels!”

True, but later she said “I see aliens.” This is unreliable info.

Do people see angels? Possibly, but let us remain both open and skeptical.

**III. Apparitions Necromancy, “Black Magic”, etc.**

Appearances of Mary at Lourdes, Medjugorge Virgin of Guadalupe

a. Scientific: Such things are not reproducible in laboratory conditions.

b. Rational: People who have such experiences are in a heightened emotional state.

Probably these are not genuine, but we should be cautious how we criticize.

Grilled Cheese Jesus.

Jesus on screen in drive-in theatre in San Diego.

Laminin

c. Bible: Post-resurrection appearances of Jesus. Luke 24:13-49

The dead walked around at the time of Jesus’ death. Matthew 27:53.

One-time events. Apparitions are not a part of the Christian message or experience.

Saul and Witch of Endor. 1 Sam 28 This is necromancy. Speaking to the dead.

Samuel: “Why do you disturb me?” Samuel was NOT a ghost. He was in Sheol/Hades the place of waiting

a. She was absolutely shocked. She was a fake. She did not expect it to work.

Q: Is it possible to contact the dead? Maybe.

The Bible very strongly condemns all such attempts.

Exodus 22:18 Do not allow a sorceress to live.

2 Thess 2:9-12. Counterfeit miracles. A powerful delusion.

This implies that these things may be real.

We are to trust God with regard to the dead and paranormal things in general.

Voodoo, witchcraft, black magic etc. Most are fakery, but all are to be completely avoided, both because they are proof of a lack of faith and because they might be dangerous..

Bottom line—trust in God.

**IV. Astrology, divination, reading tea leaves, studying bones, herpetology (reading entrails), palm reading, etc.**

All are attempts to interpret and predict the future.

All involve a LACK of faith in God.

The Bible describes such people, not as dangerous, but as frauds.

Some perpetrators are very smart. They prey on gullible and emotionally vulnerable people.

In my SCI 110 class we debunk astrology.

Astrology is completely illogical. They base your life on when you were born, but the date of birth is arbitrary. When do you become a person? Date of conception?

**V. Prophecy, Dreams, Visions.**

Of course, there are many biblical examples.

Daniel had fantastically accurate prophecies and dreams.

Revelation 4-22 is a vision. It will be fulfilled.

These things are clearly paranormal, yet they are real, as has been proved by history.

However…

1. The biblical standard is very high!!! Deuteronomy 13:1 If any of his predictions does not come true, then do not listen to that person.

2. God only uses these very rarely, and with a specific purpose.

1 Cor 13:9 Miraculous prophecy and knowledge will cease.

* **1 John 4:1 “Do not trust every spirit my friend, but test the spirits to see if they come from God.,”**
* **2 Thess 2:2 Do not be easily alarmed by prophecies.**
* **1 Timothy 4:1**
* **“God’s spirit specifically tells us that in later times some will desert the faith because they continuously give their attention to deceiving spirits and demonic teachings”**

3. God does not communicate with us through prophecies and dreams.

Do dreams ever come true? With about 10 billion dreams per night, naturally, some do, but 99.99% do not. We cannot put our faith in such things.

4. Might God work in our lives through a dream? Might he use a dream to influence us in some way? Possibly, but we cannot put our faith in such things. Interpretation of dreams is very subjective.

**VI Demons, Exorcisms**

Demons/demon possession is barely even mentioned in the OT.

Yet, there is a lot of this going on during the ministry of Jesus.

By the time of the letters (about 20 years later) we see very little evidence.

Might demons have been particularly prevelant during the time of Jesus in Palestine? Maybe.

Is demon possession still real today?

Bible: Jesus clearly believed in demons. He did a number of exorcisms.

Is this still happening today, or is Satan bound in some way (Revelation 20:2)?

Biblically, this is not clear.

What about anecdotal evidence?

Share the anecdote from Indonesia.

Some Christians: Demons and Satan are just a personification of sin or our sinful nature. They are not real in the sense that they are individual persons.

The Bible proves this to be wrong.

What about modern-day exorcisms?

A Catholic exorcist: 95+% of claimed demon possession is clearly the result of psychotic behavior. It is a purely psychological phenomenon.

However, there is that 5% which cannot be simply ignored.

1. Biblical exorcisms were immediate.

2. The demons were respectful. There was little if any profanity, spewing, heads turning, etc.

3. No biblical instructions on exorcisms.

Is demon possession real today? Tentative conclusion: Probably.

Be aware of sloppy theology. I have a demon of laziness.

The key: A Christian cannot be possessed by a demon. Christ has removed the power of demons over us!!!

Denise McKenzie: We can allow demons influence, but we cannot be possessed.

Avoid two extremes: Focus on demons and give in to fear. Or Believe that Satan and demons are not real.

**VII. Ghosts, Spirits, Seances, Reincarnation.**

Ghost: A disembodied spirit of a person who has died.

Scientific evidence? None.

Very suspicious. Ghosts are always associated with highly emotional situations such as sudden death, murders, violent death. These situations leave unresolved emotions.

Example: Ghost hunt on the Queen Mary. EM fields, heat sensors, divining rods.

Bible:

1. There is no biblical support for ghosts.

2. Ghosts, defined as human beings who hang around as disembodied spirits after they die, are not real.

Bible: When we die we go to Sheol/Hades (Luke 16:19-31 for example)

Communication with the dead might be possible, but ghosts are not real.

But… given the anecdotal evidence can we completely discount all “evidence” of “ghosts.” I say no.

What, then, are they? Influence of demons, satan?

Either way the biblical advice would be the same as with witchcraft, mediums, spells, incantations, etc. Stay very far from these things.

Ghosts are always associated with situations which have no closure. The key for the Christian is to look to God for closure.

What about reincarnation?

This is associated with Eastern pantheism. Hinduism, Buddhism.

But this world view is discredited by the Christian truth.

Hebrews 9:27. If reincarnation is true, then Christianity is false.

What about extremely rare but difficult-to-explain stories of people with access to information about people they have not known? Influence of demons?

Besides, it is only kings, beautiful women, rich and powerful people who are reincarnated.

**VIII. Near-Death and Out-of-Body Experiences.**

A majority of Americans believe that these experiences are real and that they are evidence of the afterlife.

Death

See a tunnel

See a light at the end of the tunnel

Experience weightlessness, floating

Experience a “presence”

The problem with this is that these experiences are easily explained by science as natural—as normal, not paranormal.

Studies: About half experience really good feelings, about half see demons and have massive fear.

All these symptoms are produced by chemical released in the brain when it is deprived of oxygen.

These symptoms can also be induced using electromagnetic radiation focused on certain parts of the brain.

Might these be legitimate religious experiences? Probably not, but even if they are, we should not rely on such things for comfort. WE should rely on God for comfort.

Bible: No biblical support for the reality of these experiences.

IX Miracles.

Jesus walked on water, fed 5000, healed the blind, the deaf, the lame. He calmed the storm.

Fact: You cannot explain the explosive growth of the Church without accepting that the early church, including the eye-witnesses believed that Jesus worked miracles.

Besides, there is evidence for OT miracles being fulfilled

1. Sodom and Gomorrah

2. Hezekiah and Senaccherib.

Science: Science can neither prove or disprove the reality of the miraculous. Neither can it prove or disprove the existence of God.

The Christian believes in this sort of paranormal phenomenon because of the evidence and because of the overall reliability of the biblical documents.

Yes, miracles are real.

The purpose of miracles: Hebrews 2:4 To give testimony to new revelation.

Are miracles real and happening today? Yes, but we should not expect or demand them. They are not needed for our faith in God or in his word.

Faith is belief in things not seen.

Miracles in our lives have no connection to salvation, so are not a key issue for us. Besides, false miraculous claims are used by Satan, so we should be cautious. We should not put our faith in miracles, but in God.

Conclusion:

* **Many, but not all claims of the paranormal are not real.**
* **The Christian does not need to fear such things as ghosts, demons, witchcraft, prophecies, etc. because God is in control.**
* **John 14:1f “Trust in God. Trust also in me. In my Father’s house there are many rooms… I am going there to prepare a place for you…**

**Indonesia Testimonials**

Here is the one from Charles,  
End of 2009. It was just an ordinary day, I sent my daughter to her school. Suddenly I saw something different happen, many people gather in front of principal office.  
  
After the teachers saw me (they know that I'm a preacher) they came to me and asked for my help because they face a demon posessed woman, a parent of one kindergarten student.  
  
I went inside the office and I saw the woman laying in the sofa, and 3 teacher held her. She was weak, and talk nothing unless some meaningless words and groans. Often she laugh for nothing.  
  
Her eyes were empty, as if she doesn't see me. I call her name and no response. In that uncertain situation I tried to pray for her. After we finished the prayer, she started to wake up. Not fully concious, she said that her hands and feet are cold.  
  
I praise the Lord, because when I pray for her hands, suddenly the hands became warm, it happen also with the head, feet etc. At once! It proof that God is more powerful than all spirits!!  
  
The woman started to sit down. But she still cannot walk and so unstable. I asked her to focus, fight and think something nice. She was not focus and when I asked her to walk, 3 teachers cannot lift her up!  
  
After a while, she started to lay down again with empty eyes and laugh again for nothing. I ordered the spirit to go out of her. Suddenly her eyes wide open, she mad at me and ponting me with her pointer finger. I was shock, but I prayed to God and she was better as we pray for the first time.  
  
After a while, she started to lay down again (already 2 hours, I don't have much time for this spirit!) And than I started to disturb the spirit. I asked what so funny so that you laugh all the time. Leave the woman, I said. After 5 minutes I talk, the spirit become so angry, suddenly she raised and look me eyes to eyes just 10 cm from my eyes!! I didn't want to be afraid that time (because I didn't have time for this, must finish this as soon as I can) I shout to the spirit: what do you want? My Lord is the owner of heaven and earth, you don't have the place in this woman, now get out and never come back!! (Specific)  
  
After that, the spirit left her and she got her concious back!! What an experience!! Almost 4 hours struggling with the spirit that posessed a woman. After that she was freed and started to chat with me and some teachers. She didn't remember anything and she just remember that somebody wanted to steal her celullar phone in the public transportation when she sent her kid school, and touched her hand. And suddenly she was unconcious and some theacher found her laying on the sideroad. She is a moslem and she has many experiences with the witches and sorcerrers, because her family familiar with that.  
  
Now she's ok and we become friend. I asked her to study the bible (still no response). What an experience. God is poweful.  
  
I will try to get another story and send it to you.  Hope this helps.  
  
Love,  
Harliem

One from Charles who leads our sister church in Bandung, Java, Indonesia. This is the university city of Indonesia.

Charles tells us an interesting story of a woman and a number of children on a bus who were hypnotized by a practitioner of black magic. It is a common thing here that a thief will jump on a bus, hypnotize or otherwise put all the occupants into a spell and steal from them. An adult woman on the bus ended up at a “Christian” school where Charles and Sara’s child attends school. The Muslim lady was caused to be “demon possessed.” Charles was asked to perform an exorcism. It took him two hours of rebuking the demon, who left and came back several times. The demon talked to him with a voice very obviously not hers. Finally after two hours of prayer and commanding the demon to come out, it obeyed and the woman was OK. The leader Charles believes that the phenomenon was definitely demonic.

One from

This one is from Muksen.  He is one of our staff in Jakarta church and he used to practice this kind of stuff.

My name is Muksen, 46 years old, a husband and father of two sons. I am currently serving as a full time evangelist in Jakarta, Indonesia.

I was involved in the occultism when I was 15years old. My initial motivation was to be stronger and respected by my school friends. I first learned about it from a so called teacher in South Jakarta, in Depok. This teacher is known to have several special magic skills:

becoming invincible

performed black-magic curse

revived the dead,

immunity to weapons

supra-natural healing

search for lost valuables

chew glasses and cutters

magical love spell

I learned under this person for three years and I gained the following power:

performed black-magic curse

revived the dead and transferred the power to myself

immunity to weapons

chew glasses

magical love spell

fry egg with my bare hands

beat people from a distance

cure pain by hitting nail onto the wall

hold poisonous animals and tamed them

transferred my power to another person.

etc. many other things

## 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.