

BREAKING — THE — BOND

A Biblical Guide to Deliverance From
Spirit Spouse Attacks and Reclaiming
Your God-Given Destiny

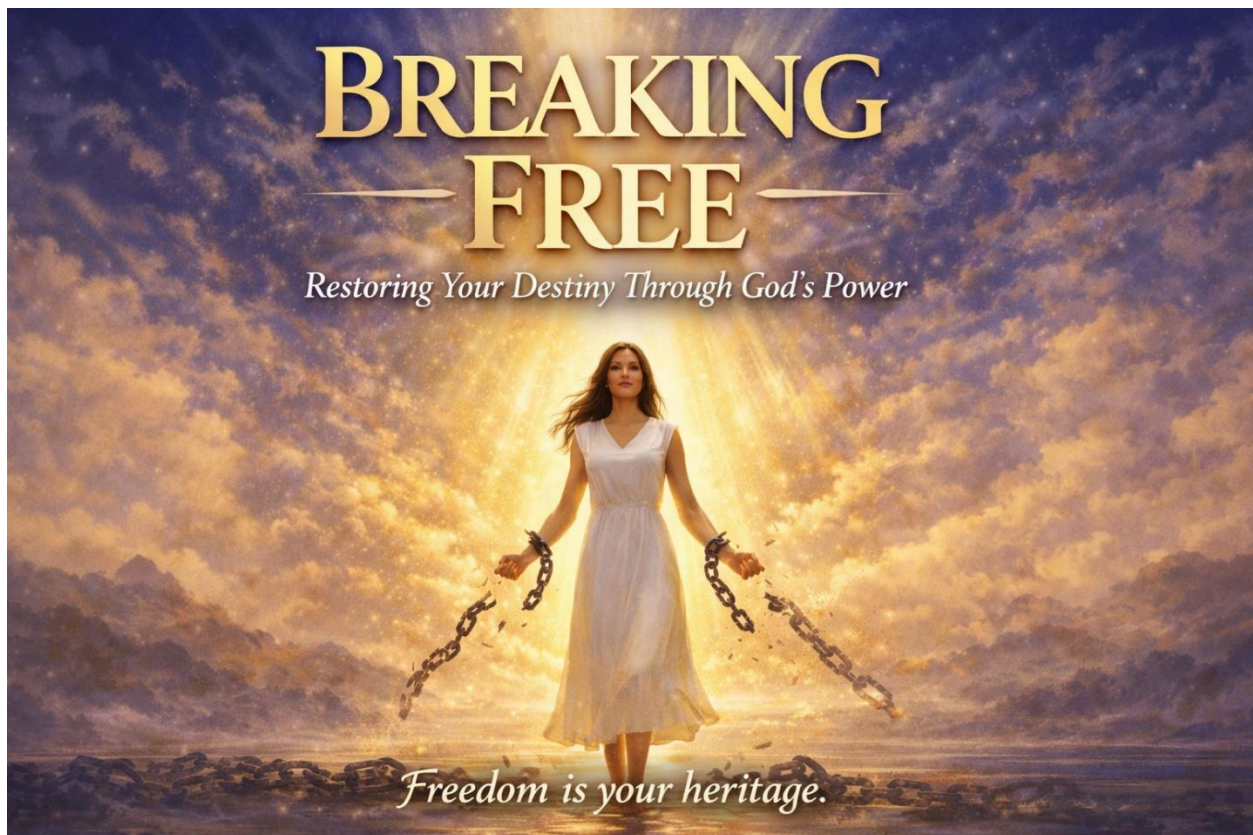


ANTHONY LANGMARTEY

Freedom is your inheritance.

Breaking the Bond

**A Biblical Guide to Deliverance From Spirit Spouse Attacks
and Reclaiming Your God-Given Destiny**



By

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Dedication

For the Silent Sufferers—and the Freedom God Promised

This book is dedicated to every soul who has suffered in silence.

To those who have endured unseen battles in the night.

To those who wake up exhausted, confused, and ashamed—wondering why prayer alone did not seem to stop the attacks.

To those who loved God deeply, yet felt spiritually violated and quietly asked, *“How long can I keep living like this?”*

This book is for those who were judged instead of helped.

Ignored instead of delivered.

Told to *“pray harder”* when what they truly needed was truth, authority, and freedom.

It is for victims of spirit spouses who were made to feel weak, defiled, or alone—when in reality, they were under spiritual assault.

This dedication is for the broken, the bound, the weary, and the overlooked—those who refused to give up even when the struggle felt endless.

Above all, this book is dedicated to Yahshua the Messiah (Jesus Christ)—the Deliverer, the Restorer, and the One who still sets captives free.

He is the reason freedom is possible.

He is the source of every breakthrough shared in these pages.

He alone deserves the glory for every chain broken and every destiny reclaimed.

May these words be a light in dark places, a weapon in the hands of the oppressed, and a reminder that bondage is not the end of your story.

Freedom is your inheritance.

Acknowledgments

To my beloved wife, Prophetess **Suzzie Langmartey**—thank you for standing beside me with unwavering love, patience, and strength. Your support has carried me through long nights of writing, prayer, and spiritual battles. You are a precious gift from Yahveh, and I honor you deeply. (*Yahveh is the original name of the God of Israel, the creator of heaven and earth, see [glossary](#).*)

To my mother-in-law, Prophetess **Veronica Tetteh**—your encouragement, wisdom, and prayers have been a steady source of strength. Thank you for believing in this assignment and walking with me every step of the way.

To my wonderful children—you are my joy and inspiration. Your smiles remind me daily why I must continue this work of breaking chains and building a legacy of freedom, faith, and purpose.

To my spiritual family at **Mount Olivet Messianic Judaism**—thank you for your prayers, support, and the atmosphere of truth and worship that has shaped my spiritual growth. Your fellowship has played a vital role in this journey, and I am grateful for each one of you.

To all of you—thank you for being part of the story behind this book. May God Yahveh reward you richly for every seed of love, patience, and faith you have sown into my life and calling.

Otherwise noted, all Scripture quotations are taken from the New King James Version.

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INTRODUCTION

Breaking Free from Spirit Spouses: A Practical Guide to Lasting Deliverance and Spiritual Freedom

“The Lord is near to the brokenhearted and saves those who are crushed in spirit.”
— *Psalm 34:18, NIV*

When Sleep Becomes a Battlefield: Hope for Those Tormented in the Night and Desperate for Rest

Some nights, you don't even want to sleep.

Not because you aren't tired—but because sleep has become a battlefield.

You close your eyes, and instead of rest, something else shows up.

Uninvited.

Unwanted.

Relentless.

You wake up asking the same quiet question again:

“How much longer can I keep living like this?”

The Battle You Can't Explain: Why the Night Torment Continues—and the Hidden Spiritual Bond That Keeps You Trapped

You may have tried to explain it to someone.

The dreams.

The strange attachments.

The exhaustion that doesn't lift, no matter how much you pray or fast.

But the words never come out right.

So you stop talking about it.

Inside, the questions keep circling:

- Why does this keep happening to me?
- Is something wrong with me spiritually?
- Am I missing something everyone else seems to understand?

And maybe the hardest question of all:

What if this never ends?

That feeling is like carrying a heavy bag you never packed—yet you're forced to carry it everywhere.

Day after day.

Night after night.

Here is a truth many people won't say out loud: **This kind of torment wears a person down.**

Emotionally.

Physically.

Mentally.

Anyone would feel overwhelmed.

The Bible does not ignore this kind of suffering. It names it.

“For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.” — Ephesians 6:12

What you are facing is not imaginary.

And it is not random.

Many believers silently suffer under spiritual oppression they cannot explain. They pray. They fast. They attend congregation (church) service. Yet the torment continues—especially at night. Relationships suffer. Sexual purity feels impossible. Purpose feels delayed.

One of the most misunderstood and rarely addressed causes of this kind of bondage is **spiritual marriage**.

A spiritual marriage is not a myth, a cultural superstition, or a psychological condition. It is a real spiritual covenant operating in the unseen realm. When left undiscovered, it can sabotage relationships, drain spiritual strength, block destiny, and trap believers in cycles of shame and defeat.

No More Guessing, No More Going in Circles: A Clear, Biblical Path to Real Deliverance—and Staying Free

This book was written for moments exactly like this one:

When you are tired of theories.

Introduction: Breaking Free from Spirit Spouses: A Practical Guide to Lasting Deliverance and Spiritual Freedom

Tired of surface-level prayers.

Tired of being told to “*just have faith*” while the torment continues.

Inside these pages, you will find:

- **Clear explanations** of what spirit spouses are and how they operate
- **Biblical foundations** that expose their tactics without fear or confusion
- **Practical deliverance steps** you can actually follow
- **Prayer strategies rooted** in Scripture—not superstition
- Real-life examples that show freedom is possible
- Guidance on how to stay free, not just experience temporary relief

This book exists to:

- Bring clarity where there has been confusion
- Bring hope where there has been despair
- Point you toward real, biblical deliverance

Freedom is not only possible—it is your inheritance.

No fluff.

No spiritual gymnastics.

Just truth, light, and direction.

Yahshua the Messiah (Jesus Christ) did not come to manage bondage. (*Yahshua is the original name of the savior, the son of God, see [glossary](#) for more details.*)

He came to end it.

“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.” — John 10:10

Abundant life does not coexist with nightly torment.

How the Torment Takes Hold: The Subtle Signs of Spiritual Influence— and the Power That Breaks It

For many people, it begins quietly.

A recurring dream.

A familiar presence.

A sense of attachment that feels invasive but hard to explain.

Then it grows:

- Emotional numbness
- Difficulty forming healthy relationships
- Cycles of shame, confusion, or spiritual frustration
- Prayers that feel blocked
- Worship that feels heavy instead of freeing

It is like trying to run with your feet tangled.

You are moving—but never moving forward.

Scripture describes this kind of captivity clearly:

“To open their eyes, in order to turn them from darkness to light, and from the power of Satan to God.” — Acts 26:18

Notice the word *power*.

This is not about imagination.

It is about influence—and influence can be broken.

When Truth Replaces Fear: Real Testimonies of Freedom That Prove Deliverance Is Possible

Many who were once trapped describe the same pattern:

- They believed deliverance was only for “stronger” believers
- They assumed the problem was personal failure
- They feared exposure more than bondage

Freedom did not come from pretending nothing was wrong.

It came when **truth replaced fear.**

“And you shall know the truth, and the truth shall make you free.” — John 8:32

Truth can be uncomfortable at first.

But it is also unstoppable.

The Promise of True Freedom: Step Into the Deliverance Yahshua (Jesus) Made Available to You

This book will not rush you.

It will not shame you.

It will not leave you guessing.

Step by step, it will help you understand what has been happening—and why it no longer gets to control your future.

Deliverance is not a mystery reserved for a few.

It is a provision made available through Yahshua (Jesus).

“Therefore if the Son makes you free, you shall be free indeed.” — John 8:36

Not partially free.

Not temporarily free.

Free indeed.

That is the promise ahead.

Take a breath.

Turn the page.

Let's begin.

CHAPTER 1

Life After Deliverance: When the Chains Break and Your God-Given Life Finally Begins

“Stand fast therefore in the liberty by which Christ [the Messiah] has made us free, and do not be entangled again with a yoke of bondage.” — Galatians 5:1

Deliverance is not just the removal of demons—it is the **restoration of the life God intended from the beginning.**

When the chains break, freedom becomes more than a moment.

It becomes a **new way of living.**

Many people expect deliverance to feel dramatic or overwhelming. While some experience powerful moments, the clearest evidence of real deliverance is often **quieter—but deeply life-changing.**

1. Peace Replaces Inner Turmoil

One of the first signs of genuine deliverance is **peace.**

Not forced peace.

Not temporary calm.

But deep rest that settles within the soul.

- The constant mental noise quiets
- Anxiety lifts

- Inner resistance fades

“And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus (the Messiah Yahshua).” — Philippians 4:7

For many, this is the first time in years they can sleep without fear, pray without distraction, and live without inner torment.

2. The Night Attacks Stop

For those delivered from spirit spouses and night demons, one of the clearest confirmations of freedom is **restored sleep**.

- Sexual dreams cease
- Oppressive visitations stop
- Fear of the night disappears

Instead of waking up drained and ashamed, believers awaken **refreshed, clear-minded, and strengthened**.

“He gives His beloved sleep.” — Psalm 127:2

What once operated in darkness no longer has access.

3. Desires Are Realigned

Deliverance does not remove desire—it **restores it to purity**.

- Compulsions lose their grip
- Addictions weaken and dissolve
- Attraction becomes healthy again

Instead of battling constant urges, believers begin to experience **self-control as a fruit of the Spirit**, not as a daily struggle.

“If anyone is in Christ (the Messiah), he is a new creation.” — 2 Corinthians 5:17

4. Clarity Returns to Purpose and Identity

One of the enemy’s strongest weapons is confusion.

After deliverance, many testify that **clarity returns**:

- Vision becomes sharp
- Calling becomes evident
- Direction becomes clear

Purpose that once felt blocked begins to move again.

The fog lifts.

The delays break.

God’s voice becomes easier to recognize.

Deliverance does not give you a new calling.

It removes what was blocking the one you already had.

5. Relationships Begin to Heal

Freedom restores healthy human connection.

- Emotional walls come down
- Fear of intimacy dissolves
- God-centered relationships become possible

For those called to marriage, deliverance removes counterfeit spiritual unions and makes room for **divine alignment**.

“What God has joined together, let no one separate.” — Mark 10:9

When false covenants are broken, righteous connections can form.

6. Authority Is Activated

Life after deliverance is not passive.

It is **empowered**.

Believers begin to:

- Recognize spiritual attacks early
- Resist temptation with confidence
- Pray with boldness and clarity

The enemy no longer rules through fear.

Authority becomes something you live, not just something you believe.

“Submit to God. Resist the devil and he will flee from you.” — James 4:7

7. Freedom Must Be Maintained

Deliverance is complete—but freedom must be **guarded**.

Life after deliverance requires:

- Renewing the mind with truth
- Maintaining spiritual discipline

- Closing doors permanently
- Staying rooted in intimacy with God

Freedom is not fragile.

But it must be **stewarded**.

From Deliverance to Destiny: When Freedom Unlocks Your God-Given Purpose

Deliverance is not the finish line.

It is the starting point.

When the chains break, believers do not just feel better—they **live differently**.

They rise with confidence.

They walk with authority.

They pursue destiny without resistance.

This is the goal of **The Freedom Strategy**: Not temporary relief, but **lasting transformation**.

This life—free, restored, and aligned—is what **God Yahveh** has always desired for you.

(Yahveh is the Hebrew name of the Creator of heaven and earth. See the [Glossary](#) for more details.)

Your Next Step: Walking in Complete and Lasting Freedom

If this message resonates with your spirit, it is not by accident.

Understanding brings hope. But **lasting freedom requires confrontation and closure.**

Spirit spouse covenants do not dissolve on their own. They must be identified, renounced, and broken through prayer, authority, and obedience to God's Word.

A **one-on-one deliverance session** provides a focused and prayerful environment to:

- Discern the spiritual roots of the bondage
- Identify and break demonic covenants and soul ties
- Close every door the enemy has used
- Command the removal of spirit spouses and related spirits
- Seal your deliverance through prayer and the authority of Yahshua (Jesus)

This is not a general prayer.

It is **personal, intentional, and guided** toward lasting freedom.

You do not have to remain bound.

You do not have to fight alone.

You do not have to delay what God is ready to complete.

Your deliverance can begin today.

Book your one-on-one deliverance session:

<https://www.thespiritandtruth.com/work-with-the-deliverance-minister/>

Freedom is your inheritance.

Destiny is waiting.

The next step is yours.

CHAPTER 2

My Encounter with a Spirit Spouse—From Torment to Deliverance

“Many are the afflictions of the righteous, but the Lord delivers him out of them all.” — Psalm 34:19

I never imagined that even as a believer—let alone as a pastor—I would find myself locked in a silent battle with a spirit spouse. But I was. For years. And it nearly destroyed me.

Scripture warns us:

“For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.” (Ephesians 6:12)

Even knowing this truth, I found myself trapped in a torment I couldn't explain. My struggle wasn't with people—it was with unseen powers.

Two Decades of Silent Torment

For twenty years, a **succubus spirit**—a spirit wife—secretly sabotaged my life. I didn't recognize it at first. I was a bachelor, deeply devoted to God, busy with ministry. But no matter how much I prayed or how hard I worked, something unseen kept blocking me.

This spirit was jealous. She didn't want me to marry any woman. Relationships collapsed. Engagements broke. My nights were filled with unclean visitations that

left me ashamed and exhausted. And I couldn't talk about it. Who could I tell? I was a pastor.

It took years before I realized I was facing more than temptation or lust. This was a **spirit spouse**—a demonic entity masquerading as my “wife” in the spirit realm. And she had legal grounds to stay.

John 10:10 says:

“The thief does not come except to steal, and to kill, and to destroy.”

That's exactly what this spirit spouse did—stealing joy, killing peace, and destroying intimacy.

The Open Door I Never Knew Existed

Looking back, I can see the signs. As a child, I sensed unclean things around me. Lust attached itself early. When I got saved, I expected those things to disappear—but they didn't.

I filled my life with godly things—prayer, fasting, preaching—but the night attacks continued. The addiction remained. The shame deepened. And I felt utterly alone.

No one had told me that **salvation doesn't automatically break demonic covenants or soul ties**. Yes, we are saved by grace—but **freedom from spiritual bondage** often requires closing doors the enemy has used for years.

Yahshua (Jesus) said:

“Whoever commits sin is a slave of sin.” (John 8:34)

Even small “open doors” give demons access.

Alone in Ministry—The Battle No One Saw

I tried to keep up appearances. As a pastor, people expected me to have all the answers. Fellow ministers told me to “just pray harder.” But human effort wasn’t enough.

“Not by might nor by power, but by My Spirit, says the Lord of hosts.” (Zechariah 4:6)

The fear of rejection was suffocating. Ministers fear judgment just like anyone else—perhaps more so. We stand before others as examples, yet behind closed doors we can be just as broken.

Those open doors in my life led to failures I wouldn’t wish on anyone. But I kept hearing the same empty advice: “Try harder.” People judged the sin they could see, but not the **demon** they couldn’t.

The Congregation (Church)’s Blind Spot—What We’ve Been Missing All Along

This is the tragedy I’ve seen repeatedly:

- People tormented by night demons and spirit spouses are **shamed instead of delivered.**
- Victims are told to “try harder” instead of being **taught how to break curses and covenants.**
- Ministers preach against sin but **ignore the legal grounds** demons use to keep people bound.

It breaks God’s heart to see His children living like this. He longs to set us free. But fear of rejection and judgment keeps many trapped in silence.

Yahshua (Jesus) showed compassion, not condemnation:

“Neither do I condemn you; go and sin no more.” (John 8:11)

Deliverance requires **discernment, not judgment**. Without it, people stay in chains. The enemy thrives in that silence—waiting until you’re on the brink of breakthrough to strike.

Owning Your Freedom—Not Your Shame

It can feel unfair to take responsibility for doors you didn’t knowingly open. Sometimes it’s the result of **ancestral curses** or wounds inflicted by others. But bitterness and denial only tighten the enemy’s grip.

Here’s what I learned:

- **Pride** stops you from asking for help.
- **Shame** isolates you.
- **Bitterness** opens even bigger doors.

I had to humble myself and face the truth.

“God resists the proud, but gives grace to the humble. Therefore, submit to God. Resist the devil and he will flee from you.” (James 4:6–7)

Freedom began when I stopped hiding. Humility opened the way for deliverance.

The Truth That Set Me Free

I tried everything—fasting, self-discipline, private prayers. I even sat under powerful ministers who promised instant deliverance. Nothing worked.

Some people, out of desperation, turn to sorcery or witchcraft. But that only creates **new evil covenants** and deepens the bondage.

Scripture warns:

“There shall not be found among you... a consulter with familiar spirits, or a wizard, or a necromancer.” (Deuteronomy 18:10–11, KJV)

True deliverance requires exposing the enemy’s legal grounds and tearing them up at the root. It means renouncing soul ties, sexual spirits, and demonic covenants that have been allowed to stand for too long.

From Torment to Deliverance

I’m not sharing this story to glorify darkness, but to bring light. If you’re struggling under the weight of a spirit spouse or night demons—you are not alone.

I know the shame, the fear, and the silence. But I also know **deliverance is real**.

My breakthrough came when I learned to **break evil covenants, sever soul ties, and close every door**.

“Therefore if the Son makes you free, you shall be free indeed.” (John 8:36)

What years of torment couldn’t do, one encounter with Yahshua’s power did.

When freedom finally came, I knew it wasn't the end of my story—it was the beginning of something far greater. I couldn't stay silent about what God had done for me.

Deep within, I felt a stirring—a knowing that there was still more to uncover, more to share, and more people waiting to experience the same deliverance I had received.

But how could I help others find the same breakthrough when so many had tried and failed, just as I once had? That question echoed in my spirit for days. I poured out my heart before God, pleading for direction—asking Him to show me how to lead others out of the same darkness that once enslaved me.

Then, everything changed.

The Birth of the Freedom Strategy — God's Blueprint for Total Deliverance

After forty days of fasting and deep prayer, something extraordinary took place. One night, as I knelt in quiet surrender before God, the atmosphere around me changed. My spirit grew still, and suddenly, I was caught up in a vision.

The Holy Spirit began to unveil a *divine process*—a spiritual roadmap I needed to follow to be completely free from the grip of the spirit spouse that had tormented my life for years.

It wasn't a vague impression or a fleeting dream. It was clear, specific, and filled with divine instruction. I saw each step laid out before me—how to confront the demonic covenant, how to close every spiritual door that had been opened, and how to seal my deliverance through the blood of Yahshua (Jesus). Every detail carried *heavenly precision*.

When I woke, my heart burned with faith and determination. I followed every instruction exactly as the Holy Spirit had revealed—no shortcuts, no hesitation. Day after day, I obeyed through fasting, prayer, and total submission to God’s will.

Then it happened.

The invisible chains that had held me captive broke.

The tormenting dreams ceased.

The spiritual oppression lifted.

For the first time in years, I felt light—free, whole, and restored.

It wasn’t luck or coincidence. It was *divine revelation followed by obedience*.

What years of suffering, countless deliverance sessions, and human effort could not accomplish, the power of the Holy Spirit achieved through one moment of surrender and revelation.

That encounter became the foundation of what I now call *The Freedom Strategy — God’s Blueprint for Total Deliverance*.

It is not theory—it’s a proven spiritual pathway, *born of revelation, tested in the fire, and confirmed by freedom*.

This is only the beginning. In the next chapters, I’ll show you how to recognize spiritual marriage, break its covenants, and reclaim your destiny. This isn’t theory—it’s real freedom.

If God could deliver me after twenty years of torment, He can deliver you too.

Your Freedom Can Start Today

You’ve read my story. You’ve seen how long I battled and how deep the torment went. If you’re reading this, my story may be a mirror of your own.

You don't have to carry this burden alone. Deliverance is possible. Freedom is real. Peace is waiting.

Freedom begins with a decision—to confront the darkness and invite God's light in.

That's why I'm inviting you to book a **one-on-one deliverance session** with me. Together, we'll uncover the hidden doors the enemy has used, break those covenants, and seal your freedom with God's Word and power.

Don't wait until the attacks grow worse. Don't give the enemy another night. Your breakthrough is within reach—it starts with your choice today.

Go Here <https://www.thespiritandtruth.com/work-with-the-deliverance-minister/>
to Book Your Deliverance Session Now.

CHAPTER 3

The Unseen Covenant: When a Counterfeit Marriage Claims Your Life and Destiny

“Or do you not know that he who is joined to a harlot is one body with her? For ‘the two,’ He says, ‘shall become one flesh.’” — 1 Corinthians 6:16

It often begins quietly.

A dream you cannot explain.

A presence that feels familiar—but unwanted.

A pull you did not ask for, yet cannot seem to shake.

You wake up unsettled. Not afraid, exactly—just *off*.

Something lingers.

And sooner or later, the same question rises: *Why does this keep happening to me?*

That question matters.

Because it tells you something important.

This is not random.

And it is not your imagination.

What a Spirit Spouse Really Is—and Why It Has Power Over Lives

A **spirit spouse** is a demonic entity that claims marital rights over a person in the spiritual realm. These spirits present themselves as **spirit husbands** (often called *incubus*) or **spirit wives** (often called *succubus*).

Their goal is simple: to establish a **counterfeit covenant**.

God Yahveh created marriage to produce life, intimacy, protection, and destiny.

The enemy copies that design—but twists it to produce bondage.

A spirit spouse is not about romance.

It is about **ownership**.

It makes a claim that says: “*You belong to me.*”

Once that lie takes root, everything else begins to bend around it.

The Counterfeit That Looks Like Connection

This is where many people become confused.

Spirit spouses do not always feel dark or violent at first. Sometimes they feel comforting. Familiar. Even intimate.

That is intentional.

Demons are masters of disguise.

“*For Satan himself transforms himself into an angel of light.*” — 2 Corinthians 11:14

What feels like connection is actually **control**.

What feels like desire is actually **domination**.

These spirits often operate through:

- Sexual dreams or nocturnal visitations
- Emotional attachment to an unseen presence
- Jealousy toward real-life spouses or relationships
- Strong influence over sexual appetite and intimacy

Here is the part many do not expect:

The more *private* the experience feels, the more *public* the damage becomes.

Relationships stall.

Marriages strain.

Destiny slows.

Why Human Relationships Feel So Hard—Even When You Want Them to Work

One of the clearest signs of a spirit spouse is resistance to healthy love.

You meet someone genuine.

Kind.

God-fearing.

And suddenly, everything falls apart.

No clear reason.

Just distance.

Irritation.

Sabotage.

That is not coincidence.

A spirit spouse is a **jealous** entity. It resists competition and blocks anyone who threatens its false claim.

Scripture reveals this possessive nature clearly:

“The thief does not come except to steal, and to kill, and to destroy.” — John 10:10

It steals intimacy.

It kills peace.

It destroys progress.

A Quiet Counseling Moment That Revealed Everything

A woman once approached for counseling after a congregation (church) service.

Calm on the outside.

Exhausted underneath.

She spoke softly—almost apologetically.

“I love God,” she said. “But every time a man gets close, something goes wrong. And at night... I don’t sleep well.”

She hesitated, then whispered:

“I feel like I’m married—but I’m not.”

That single sentence carried years of confusion.

As we spoke, patterns emerged.

Repeated dreams.

The same presence.

A sense of being watched.

Emotional numbness toward real relationships.

Nothing dramatic.

Just deeply oppressive.

She was not sinful.

She was not rebellious.

She was **bound**.

When prayer gently confronted the issue, the truth surfaced. A spiritual covenant had been operating silently for years.

Once it was identified and broken, something shifted.

Her shoulders relaxed.

Her breathing slowed.

Weeks later, she testified with tears—not fear.

“The dreams stopped,” she said.

“And for the first time, I feel available. Like my life is my own again.”

That is what freedom feels like.

Why These Spirits Feel Entitled to Stay—and Why They Must Be Confronted

Spirit spouses do not attach without what they perceive as **legal ground**.

Sometimes that ground is sexual sin.

Sometimes trauma.

Sometimes exposure that happened before understanding was even possible.

And sometimes—this surprises many—it is **generational**.

Yahshua (Jesus) explained how unclean spirits operate:

“When an unclean spirit goes out of a man, he goes through dry places... then he says, ‘I will return to my house.’” — Luke 11:24

Notice the language: *my house*.

That is entitlement.

That is covenant language.

Until that claim is confronted and revoked, the spirit believes it has a right to remain.

Why Willpower Fails When the Battle Is Spiritual

This is where many sincere believers feel stuck.

They pray harder.

Fast longer.

Try again.

And still remain bound.

Why?

Because **covenants are not broken by effort.**

They are broken by **authority.**

You do not negotiate with a contract.

You terminate it.

Termination requires clarity, truth, and spiritual enforcement.

The Slow Drain You Didn't Notice—Until You Were Exhausted

Spirit spouses rarely destroy lives all at once.

They drain them slowly.

Joy fades.

Confidence erodes.

Calling feels distant.

You still function.

You still believe.

But something keeps pressing down.

That pressure is not random.

It is spiritual resistance.

And the longer it goes unaddressed, the more *normal* it feels—until you forget what peace even felt like.

The Hope That Finally Cuts Through the Fog

Here is a truth many never hear:

If a counterfeit covenant can be formed, it can also be **broken**.

Completely.

Cleanly.

Permanently.

“Having wiped out the handwriting of requirements that was against us... He has taken it out of the way, having nailed it to the cross [tree].” — Colossians 2:14

Yahshua (Jesus) did not only forgive sin.

He canceled claims.

That includes spiritual marriages you never consented to—yet were affected by.

Your Next Step: Breaking the Covenant Once and for All

If this chapter stirred something in you, pay attention.

Awareness is often the first crack in a prison wall.

But awareness alone is not deliverance.

Spirit spouse covenants must be **identified, renounced, and broken**—through prayer, discernment, and spiritual authority.

A **one-on-one deliverance session** creates space to:

- Expose hidden spiritual agreements
- Break demonic covenants and soul ties
- Remove spirit spouses and related spirits
- Seal freedom through prayer and Scripture

This is not about hype.

It is about **closure**.

You do not have to live half-free.

You do not have to guess your way forward.

Book your one-on-one deliverance session:

<https://www.thespiritandtruth.com/work-with-the-deliverance-minister/>

Freedom is closer than you think.

And your life—fully yours—can finally begin.

CHAPTER 4

The Open Door No One Warned You About: How Spirit Spouses Gain Access and Operate

“Nor give place to the devil.” — Ephesians 4:27

No one wakes up and chooses bondage.

It enters quietly.

Through cracks—not crashes.

Through moments that seem small, until they are not.

That is what unsettles people most.

Not that a door was opened—but that it did not *feel* like a door.

Just a season.

A coping mechanism.

A private struggle no one else knew about.

And yet, something crossed over.

Bondage Is Always Legal Before It Becomes Powerful

Here is a truth that reshapes everything:

Spirit spouses do not attach without what they perceive as legal ground.

Chapter 4: The Open Door No One Warned You About: How Spirit Spouses Gain Access and Operate

They do not force entry.

They do not violate spiritual law.

They exploit permission—spoken or unspoken, personal or inherited.

Scripture is clear:

“Nor give place to the devil.” — Ephesians 4:27

The word *place* means territory.

Jurisdiction.

Room to operate.

When access is granted—even unknowingly—the enemy claims rights.

That is why the bondage often feels stubborn.

It is not emotional.

It is **contractual**.

The Subtle Doors That Do Not Look Like Doors

Many people expect access points to be obvious—extreme or dark.

Most are not.

They often look like survival.

- Early exposure to sexual content
- Curiosity that came too soon
- Images the mind was not ready to process

For some, it began with trauma.

Abuse that confused the soul and fractured trust.

For others, it came through repetition—not rebellion, but escape:

- Pornography
- Lustful imagination
- Masturbation
- Fornication
- Indecent exposure or dressing

And sometimes, the door was not personal at all.

It was **ancestral**.

Generational covenants.

Bloodline agreements.

Patterns that repeat without explanation.

The enemy favors inherited access.

No confrontation.

No awareness.

Full entitlement.

Why Dreams Matter More Than You Think

This part surprises many people.

Some connections begin in dreams.

Not random dreams.

Not passing images.

But recurring encounters.

Dreams where familiarity grows.

Where consent feels implied.

Where the presence returns again and again.

Scripture shows that spiritual activity can occur during sleep:

“For God may speak in one way, or in another, yet man does not perceive it. In a dream, in a vision of the night...” — Job 33:14–15

If God can communicate through dreams, so can the enemy.

What feels harmless can become habitual.

What seems passive can become binding.

Once the door opens, the spirit claims legal rights to remain.

One Counseling Conversation—and the Door Was Revealed

During a counseling moment after a congregation (church) service, a woman sat quietly, her hands folded tightly in her lap.

She chose her words carefully, as if each one required permission.

“I didn’t live a wild life,” she said. “But I’ve always felt... watched.”

As we talked, a pattern emerged.

- Childhood exposure she never processed

- Dreams that began years later
- A presence that grew familiar—not violent, just constant

Every attempt at intimacy in real life failed.

Not dramatically.

Just slowly.

Predictably.

When prayer addressed the **access point**, not just the symptom, the shift was immediate.

Her shoulders relaxed.

Her breathing deepened.

Later, she said:

“It feels like something left the room. And for the first time, my thoughts are quiet.”

That is what happens when a door is finally closed.

The Counterintuitive Truth: Salvation Doesn't Automatically Close Every Door

This is where many sincere believers feel confused.

They love God.

They are saved.

They are genuine.

So why does the bondage remain?

Because salvation redeems the soul—but **covenants must be confronted**.

Experiences that happened *before* salvation can still create spiritual agreements that remain until they are explicitly broken.

Scripture shows believers actively confronting lingering strongholds:

“Casting down arguments and every high thing that exalts itself against the knowledge of God.” — 2 Corinthians 10:5

Strongholds do not leave because time passes.

They leave because authority is applied.

From Doorway to Dungeon: When Access Turns Into Captivity

This is how it usually progresses:

- A door opens
- Access becomes presence
- Presence becomes influence
- Influence becomes control

Unaddressed doors become strongholds.

Strongholds become prisons.

Not overnight—but steadily.

Sleep is disrupted.

Desire is distorted.

Purpose is delayed.

And slowly, resistance begins to feel normal.

Witchcraft, Soul Ties, and Spiritual Rituals: Common Doorways to Bondage

Some doors are more direct.

- Occult exposure
- Witchcraft—intentional or inherited
- Spiritual rituals disguised as culture or tradition

Others come through ungodly soul ties—emotional or sexual bonds formed without covenant.

Every tie leaves residue.

Every residue carries permission.

The enemy does not need much.

Just enough.

The Good News Hidden in the Law

Here is the hope woven through all of this:

What was opened legally can be closed legally.

What was granted can be revoked.

What was inherited can be broken.

What was formed in darkness can be dismantled in light.

Yahshua (Jesus) did not only forgive sin.

He stripped the enemy of authority.

“Having disarmed principalities and powers, He made a public spectacle of them.” — Colossians 2:15

Access is not permanent.

Freedom is not fragile.

Your Next Step: Closing the Door Once and for All

If this chapter brought clarity, do not rush past it.

Understanding access points is not about blame.

It is about precision.

Spirit spouse bondage does not end by ignoring doors.

It ends by **closing them intentionally**.

A **one-on-one deliverance session** creates focused space to:

- Identify personal and ancestral access points
- Renounce ungodly covenants and soul ties
- Close spiritual doors permanently
- Remove spirit spouses and enforcing spirits
- Seal freedom through prayer and Scripture

This is not about revisiting the past.

It is about ending its influence.

Book your one-on-one deliverance session:

<https://www.thespiritandtruth.com/work-with-the-deliverance-minister/>

You do not need to fear how it entered.

You only need to decide it is time for it to leave.

CHAPTER 5

The Patterns That Won't Break: Recognizing the Signs of a Spirit Spouse

“Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last state of that man is worse than the first.” — Luke 11:26

It is rarely just one incident.

It is a pattern.

A rhythm that repeats.

A cycle that resets just when hope begins to rise.

At first, it feels personal—like a flaw, a weakness, or a private struggle no one else seems to face. Over time, however, the repetition raises a quiet but important question:

Why does this keep happening the same way?

That question matters, because bondage leaves evidence.

Patterns are fingerprints.

Why Discernment Matters More Than What You Assume

Not every sexual struggle points to a spirit spouse. That must be stated clearly.

Temptation is real.

The flesh is real.

Life in a broken world is real.

But some struggles do not behave like normal temptation.

They continue even after repentance.

They intensify after prayer.

They return with precision and timing.

Scripture explains why discernment is necessary:

“For we do not wrestle against flesh and blood, but against principalities, against powers...” — Ephesians 6:12

When a battle does not respond to ordinary spiritual discipline, it is not a reason for shame. It is a signal to look deeper—not with fear, but with clarity.

The Dream That Keeps Returning

One of the most common signs is **repetition in dreams**.

Not random images.

Not occasional temptation.

But the same presence.

The same interaction.

The same atmosphere.

Many describe physical sensations that feel real. Others wake with emotions they did not go to sleep with—confusion, attachment, violation, or shame.

The key issue is not the dream itself.

It is the **consistency**.

Patterns reveal presence.

Jesus described this principle clearly:

“When an unclean spirit goes out of a man... he says, ‘I will return to my house.’”
— Luke 11:24

The word *return* tells a story.

Something believes it has a right to come back.

Feeling Married Without a Marriage

Another sign is difficult to explain, but deeply felt.

A sense of being *taken*.

Occupied.

Unavailable.

Some feel spiritually married long before they ever consider marriage in real life. Others feel unexplained resistance—even irritation—toward the idea of covenant with a real person.

This is not simply fear of commitment.

It is **competition**.

Spirit spouses are territorial. They resist rivals, especially godly ones. This is why healthy relationships often collapse without a clear or logical reason.

When Desire Turns Against You

Desire itself is not evil. God created it.

But when desire feels hijacked—appearing without invitation, at the wrong time, with overwhelming force—it deserves attention.

Common signs include:

- Cycles of purity followed by sudden collapse
- Sexual urges that feel foreign or intrusive
- Nighttime encounters followed by exhaustion or shame
- Physical sensations during sleep that mimic intimacy

These patterns isolate people, not because they want isolation, but because explaining the experience feels impossible.

The struggle feels internal.

The source is not.

A Counseling Conversation That Revealed the Weight

During a counseling session after congregation (church) service, a man sat stiffly in his chair—eyes tired, voice flat.

“I love my wife,” he said, “but something shuts off inside me.”

He described years of nocturnal encounters that left him drained, distant, and ashamed. His marriage suffered under a pressure he could not explain.

Medical tests showed nothing.

Counseling offered limited relief.

As he spoke, a pattern emerged: repetition, familiarity, resistance to real intimacy paired with counterfeit encounters during sleep.

When prayer addressed the **source**, not just the symptoms, the change was immediate. His posture softened. His breathing slowed.

Weeks later, he shared this:

“I feel present again—like I came back into my own body.”

That is not imagination.

That is release.

When Marriage Suffers Without a Visible Cause

Some signs only surface after marriage.

- Sudden relational tension
- Unexplainable rejection or withdrawal
- Persistent infertility without medical cause

Scripture shows that spiritual interference can affect households, not just individuals:

“The thief does not come except to steal, and to kill, and to destroy.” — John 10:10

He steals intimacy.

Kills unity.

Destroys peace.

And he prefers to do it quietly.

Why Shame Is the Wrong Interpreter

Here is a critical truth: Shame interprets these signs as moral failure.

Discernment identifies them as **spiritual interference**.

Shame leads to hiding.

Discernment leads to freedom.

The enemy thrives when struggles remain unnamed. God brings healing when truth is brought into the light:

“And you shall know the truth, and the truth shall make you free.” — John 8:32

The Accumulation Effect

Rarely does one sign stand alone.

It is the accumulation that tells the story:

- Repeating dreams
- Resistance to godly intimacy
- Fatigue and emotional numbness
- Cycles of collapse
- Delays in purpose

Together, they form a pattern—and patterns are a language asking to be interpreted correctly.

Recognition Is Not Accusation

Recognizing these signs is not about labeling yourself. It is about **accuracy**.

Misdiagnosis leads to mistreatment.

You do not heal a broken bone by exercising harder.

You do not break a covenant by trying harder.

You confront it.

You renounce it.

You remove it.

Your Next Step: From Recognition to Lasting Freedom

If this chapter brought clarity, pause here.

Recognition is powerful—but it is not the finish line.

Spirit spouse bondage does not end by understanding patterns alone. It ends when the **source is confronted and removed**.

A **one-on-one deliverance session** creates focused space to:

- Discern whether spiritual interference is present
- Identify repeating patterns and their origins
- Break demonic covenants and ungodly soul ties
- Remove spirit spouses and enforcing spirits
- Restore peace, clarity, and spiritual authority

This is not about self-diagnosis.

It is about **complete freedom**.

Book your one-on-one deliverance session:

<https://www.thespiritandtruth.com/work-with-the-deliverance-minister/>

The patterns do not have to continue.

And the weight you have been carrying does not belong to you.

CHAPTER 6

The Silent Drain: What Spiritual Bondage Is Costing You

“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.” — John 10:10

Bondage does not always announce itself.

Most of the time, it whispers.

It leaks.

It drains.

Life continues moving forward, yet something keeps slipping through your fingers—energy, focus, momentum. There is no single disaster you can point to, only a steady erosion.

This is how spiritual bondage survives.

Not by destroying everything at once, but by taxing everything over time.

Bondage Always Sends an Invoice

Spirit spouse bondage always demands payment.

Not immediately.

Not loudly.

But consistently.

The cost often shows up in areas that seem unrelated—until a pattern becomes clear.

It takes payment through:

- **Peace** — replaced by constant inner unrest
- **Joy** — pleasure followed by heaviness or guilt
- **Intimacy** — spiritual and marital closeness disrupted
- **Purpose** — delayed callings and stalled progress

Many gifted believers remain stuck, not because they are disobedient, but because they are bound.

Yahshua (Jesus) did not come to manage bondage:

“The Spirit of the Lord is upon Me... to proclaim liberty to the captives.” — Luke 4:18

Freedom is not optional decoration.

It is essential to life.

Peace That Never Fully Settles

One of the first costs is peace.

Not panic.

Not chaos.

Just a low-level unrest that never fully leaves.

Sleep does not refresh.

Silence does not calm.

Prayer feels strained instead of restorative.

It is like trying to rest in a room where a machine is always humming.

Scripture describes peace as a guard:

“And the peace of God... will guard your hearts and minds through Christ Jesus [the Messiah Yahshua].” — Philippians 4:7

When peace cannot stand guard, something else has access.

Joy That Feels Conditional

Joy becomes fragile.

Moments of happiness come—but they do not stay. They are followed by exhaustion, shame, or an unexplained emotional drop.

This creates confusion: Why can I feel fine one moment and empty the next?

Because bondage does not remove joy outright.

It **taxes it**.

Every lift is followed by a pull.

Every release comes with a cost.

Joy becomes something you borrow instead of something you live in.

Intimacy Under Pressure

Spirit spouse bondage attacks intimacy from both directions.

Spiritually: Prayer feels resisted. Worship feels dry. Scripture feels distant.

Relationally: Desire feels hijacked—or absent altogether. Emotional closeness strains under invisible pressure.

God established intimacy as unity:

“And the two shall become one flesh.” — Genesis 2:24

Spirit spouses exist to counterfeit that oneness—and sabotage the real one.

Purpose Delayed Without Explanation

This is one of the most painful costs.

Calling feels clear, but progress never follows.

Momentum starts, then stops.

Opportunities open, then quietly close.

Again. And again.

Spirit spouses do not only attack relationships.

They interfere with **destiny**.

Delays, confusion, and loss of favor often trace back to spiritual covenants operating beneath the surface.

This is not laziness.

It is resistance.

A Counseling Conversation That Revealed the Cost

After a congregation (church) service, a woman asked to speak privately. Her eyes carried years of fatigue.

“I feel like I’m always starting over,” she said. “Spiritually. Emotionally. Even financially.”

Her story was not dramatic. It was repetitive.

Broken engagements.

Interrupted progress.

Persistent dreams she had never shared with anyone.

As she spoke, a theme emerged—not failure, but **drain**.

When prayer addressed the covenant at the root, the change was not explosive. It was gentle.

Her shoulders relaxed.

Her voice steadied.

Later, she shared quietly:

“It feels like something stopped pulling on me. Like I finally have room to breathe.”

That is what happens when the drain is sealed.

The Counterintuitive Cost: Strength Without Rest

Many bound people are strong.

Capable.

Resilient.

High-functioning.

Life continues on the outside, but rest never fully arrives.

Strength without rest is not health.

It is survival mode.

Yahshua (Jesus) framed rest as a spiritual gift:

“Come to Me, all you who labor and are heavy laden, and I will give you rest.” —
Matthew 11:28

Rest is a spiritual indicator.

Its absence is a warning signal.

Why This Often Goes Undetected

Because none of these costs feel dramatic enough to name.

They feel like personality.

Like seasons.

Like bad luck.

But when the same losses repeat across years and across areas of life, a different question must be asked.

Not: *What am I doing wrong?*

But: *What is operating underneath this?*

Why Freedom Requires Revelation and Deliverance

Revelation explains the cost.

Deliverance ends it.

Until the covenant is broken, the drain continues.

Until access is revoked, resistance remains.

When freedom comes, the shift is unmistakable:

- Peace settles
- Joy stabilizes
- Intimacy restores
- Purpose moves again

Your Next Step: Stop Paying a Price You Don't Owe

If this chapter named costs you have quietly carried, do not dismiss that clarity.

You were never meant to finance bondage with your peace, joy, or destiny.

A **one-on-one deliverance session** provides focused space to:

- Identify spiritual drains and their root causes
- Break demonic covenants and enforcing spirits
- Restore peace, clarity, and forward momentum
- Seal freedom through prayer and Scripture

This is not about coping better.

It is about **ending the transaction**.

Book your one-on-one deliverance session:

<https://www.thespiritandtruth.com/work-with-the-deliverance-minister/>

You do not have to keep paying.

Freedom was always meant to be yours.

CHAPTER 7

Freedom Has a Legal Basis: Why Deliverance Is God’s Idea—Not a Modern Invention

“Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it.” — Colossians 2:15

Deliverance is not emotionalism.

It is not hype.

It is not a reaction to fear.

Deliverance is **biblical**.

From Genesis to Revelation, God confronts bondage directly. Scripture does not explain captivity away or treat it as imaginary. **It exposes it, addresses it, and removes it.**

This matters for one simple reason:

If deliverance were optional, God would not have woven it so deeply into His Word.

God Has Always Dealt With Covenants—Whether People Realize It or Not

Bondage often begins with **agreements**.

Chapter 7: Freedom Has a Legal Basis: Why Deliverance Is God’s Idea—Not a Modern Invention

Some are spoken.

Some are inherited.

Some are entered into without understanding.

Scripture takes covenants seriously because heaven does.

Joshua made this unmistakably clear to Israel:

“Choose for yourselves this day whom you will serve.” — Joshua 24:15

Choice mattered.

Allegiance mattered.

When ungodly covenants existed, they were not ignored.

They were **renounced**.

This challenges a common assumption: Time does not cancel agreements.

Truth does.

Renunciation is not dramatic.

It is **legal**.

You are not begging God to act.

You are aligning with what He has already authorized.

Altars Had to Be Torn Down Before Freedom Could Flow

When Israel struggled, God often pointed to **altars**.

Hidden ones.

Forgotten ones.

Inherited ones.

Gideon's breakthrough did not begin on a battlefield.

It began at home.

"Tear down the altar of Baal that your father has, and cut down the wooden image that is beside it." — Judges 6:25

That altar had history.

It had tradition.

It felt familiar.

But it also carried **authority**.

Destroying it was not symbolic.

It was strategic.

Spirit spouse bondage often survives because its altar remains untouched.

Dreams, memories, rituals, and soul ties all function like altars.

Until they are dismantled, access remains.

The Cross [Tree/Stake] Was a Legal Transaction—Not Just a Sacrifice

One of the most overlooked truths about deliverance is this:

Yahshua (Jesus) did not only defeat demons.

He **disarmed** them.

Paul (Sha'ul) explains it plainly:

Chapter 7: Freedom Has a Legal Basis: Why Deliverance Is God’s Idea—Not a Modern Invention

“Having wiped out the handwriting of requirements that was against us... having disarmed principalities and powers.” — Colossians 2:14–15

That “handwriting” refers to **legal claims**.

Accusations.

Agreements.

Rights.

The cross [tree/stake] did not only forgive sin.

It **canceled contracts**.

Deliverance does not add to the victory of the cross [tree].

It **enforces** it.

Yahshua Didn’t Counsel Demons—He Cast Them Out

Scripture is consistent on this point.

When Yahshua encountered demons, He did not negotiate.

He did not analyze.

He **commanded**.

“He healed many who were sick... and cast out many demons.” — Mark 1:34

Demons respond to **authority**, not explanation.

This matters because spirit spouses do not leave through insight alone.

They leave when authority is exercised and legal ground is removed.

Counseling renews the mind.

Deliverance frees the soul.

Both are valuable.

They are not the same.

Authority Was Delegated—Not Reserved

Yahshua (Jesus) did not keep deliverance to Himself.

He delegated authority.

“Behold, I give you power... over all the power of the enemy.” — Luke 10:19

Notice the word **all**.

Not some.

Not partial.

Deliverance is not about spiritual rank.

It is about legal standing in Yahshua.

Freedom does not require extraordinary faith.

It requires **right alignment**.

A Counseling Conversation That Brought Scripture to Life

After a midweek service, a man waited quietly.

“I love God,” he said, “but something keeps following me.”

Chapter 7: Freedom Has a Legal Basis: Why Deliverance Is God’s Idea—Not a Modern Invention

He described recurring dreams.

The same presence.

The same resistance to marriage.

The same heaviness afterward.

When Scripture addressed covenants and authority, his expression changed—not to fear, but to relief.

Prayer was not loud.

It was deliberate.

Later, he said simply:

“I didn’t realize freedom could be enforced.”

That is what Scripture does.

It turns hope into action.

Why Deliverance Still Matters Today

Some believe deliverance belonged only to the early congregation (church).

Scripture disagrees.

The same Bible that teaches salvation teaches freedom.

The same gospel that forgives sin confronts bondage.

Yahshua did not come to manage captivity.

“If the Son makes you free, you shall be free indeed.” — John 8:36

Indeed means truly.

Completely.

Legally.

Freedom Is Established by Truth—Not Emotion

Feelings may follow freedom.

They do not produce it.

Truth does.

Deliverance is not striving for victory.

It is enforcing one that already exists.

When covenants are renounced, when altars are destroyed, and when authority is exercised, bondage has no place to stand.

Your Next Step: Apply What Scripture Authorizes

If this chapter clarified what freedom is—and why it is biblical—do not stop at understanding.

Revelation prepares the ground.

Deliverance clears it.

A **one-on-one deliverance session** provides focused, Scripture-based prayer to:

- Identify ungodly covenants still operating

Chapter 7: Freedom Has a Legal Basis: Why Deliverance Is God's Idea—Not a Modern Invention

- Renounce and annul legal ground
- Exercise Yahshua-given authority over spirit spouses
- Establish lasting freedom rooted in Scripture

This is not emotional release.

It is biblical enforcement.

Book your one-on-one deliverance session:

<https://www.thespiritandtruth.com/work-with-the-deliverance-minister/>

Freedom is not a theory.

It is your inheritance.

CHAPTER 8

Tearing Up the Contract: How Ungodly Covenants Are Broken— For Good

“Having wiped out the handwriting of requirements that was against us, which was contrary to us. And He has taken it out of the way, having nailed it to the cross.”

— Colossians 2:14,

Bondage does not disappear because time passes.

It ends when **agreements are broken**.

That truth can feel unsettling at first—but it is also deeply hopeful. If something was entered, it can be exited. If a covenant was formed, it can be torn up.

Spirit spouse bondage survives on contracts—spoken or silent, conscious or inherited. And like any contract, it remains in force until it is **legally addressed**.

This chapter is not about formulas.

It is about **order**.

Freedom follows order.

Why Willpower Fails—but Alignment Works

Many people fight spiritual bondage the same way they fight bad habits:

- Trying harder

- Praying longer
- Becoming stricter with themselves

Yet the cycle continues.

Not because they lack sincerity—but because **willpower cannot cancel covenants**.

Scripture never tells us to outgrow bondage. It tells us to **confront** it.

“For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds.” — 2 Corinthians 10:4

Strongholds do not collapse with effort.

They fall when **authority is applied correctly**.

The 6Rs of Biblical Deliverance: A Proven Pathway From Bondage to Freedom

Breaking ungodly covenants and soul ties follows a clear biblical pattern. These steps are not rituals. They are **scriptural principles** that align a believer with the authority Yahshua (Jesus) already gave.

The 6Rs

1. **Revelation** – Identifying the covenant that gave access
2. **Repentance** – Turning away from open doors without condemnation
3. **Renunciation** – Verbally canceling ungodly agreements
4. **Rebuke** – Exercising authority over unclean spirits
5. **Removal** – Casting out what no longer has legal right to remain
6. **Restoration** – Reclaiming identity, purity, and divine order

Together, these steps address the **root**, not just the symptoms. Freedom is not only received—it is guarded and sustained.

THE 6Rs OF BIBLICAL DELIVERANCE

A Scriptural Pathway From Bondage to Freedom

REVELATION

Identifying the covenant that gave the enemy access
Light exposes what was hidden.



REPENTANCE

Turning away from open doors without condemnation
The door is closed.



RENUNCIATION

Verbally breaking every ungodly agreement
The contract is torn.



REBUKE

Exercising spiritual authority over unclean spirits
Authority is enforced.



REMOVAL

Casting out what no longer has a legal right to remain
The intruder is expelled.



RESTORATION

Reclaiming purity, identity, and divine order
The house is filled and secured.

Freedom is not managed. It is enforced.

These six steps address the root—not just the symptoms—and form a biblical pathway to lasting freedom.

Luke 10:19 • Colossians 2:14–15 • John 8:36

Step One: Revelation — Naming What’s Really There

Freedom begins when confusion ends.

Many people sense *something* is wrong but don’t know what to call it. They feel the effects, not the source. And when something stays unnamed, it stays unchallenged.

Revelation does not mean having all the answers.

It means **calling the problem what it is—calmly and accurately.**

“And you shall know the truth, and the truth shall make you free.” — John 8:32

Notice He didn’t say *feel* the truth.

He said *know* it.

So how do you name what’s really there?

You start with **patterns**—not assumptions.

Ask simple questions. No overthinking. No self-blame.

- What keeps repeating no matter how much I pray?
- What shows up mostly at night or in private moments?
- What feels personal, persistent, and resistant to change?

Patterns tell the truth when emotions cannot.

For example:

- Lust that appears suddenly after seasons of purity
- The same sexual presence in recurring dreams
- Deep resistance or fear toward godly marriage

- Relationships that collapse for no clear reason

These aren't random struggles. They're **signals**.

Revelation doesn't jump to conclusions.

It connects dots.

Give It a Biblical Name—Not a Personal Label

Many people say:

- “This is just my weakness.”
- “This is my personality.”
- “This is something I'll always battle.”

Scripture does not label people by their bondage.

It identifies the **source**.

Yahshua (Jesus) never said, “This is just how you are.”

He said, “*Come out.*”

When something behaves like a spirit, resists like a spirit, and manifests in spiritual ways—it should be addressed spiritually.

A clear, biblical name sounds like this:

“There is a spiritual attachment operating in my life that does not come from God.”

That's it.

Simple. Calm. Accurate.

You are not accusing yourself.

You are identifying an intruder.

Revelation Often Comes Gently—Not Dramatically

Some expect revelation to arrive like a thunderbolt.

More often, it comes like a quiet click.

Things suddenly make sense.

That moment when someone hears teaching about spirit spouses and thinks, “*This explains too much to ignore.*”

That’s not fear.

That’s light.

“*For whatever makes manifest is light.*” – Ephesians 5:13

Light doesn’t shout.

It reveals.

A Real Moment of Recognition

During a counseling moment at my congregation (church), a woman listened quietly as the signs of spiritual marriage were explained. No pressure. No assumptions.

She whispered, almost to herself, “That’s been happening since I was a teenager.”

Nothing dramatic happened in that moment. No prayer yet. No deliverance yet.

But something shifted.

She had a name for what she'd been fighting.

And once it had a name, it no longer owned the narrative.

That's revelation.

What Revelation Is—and What It Isn't

Revelation is **not**:

- Condemnation
- Self-diagnosis driven by fear
- Looking for demons everywhere

Revelation **is**:

- Honest observation
- Biblical alignment
- God shining light on what needs to be addressed

And here's the counterintuitive truth:

Revelation alone won't set you free—but freedom can't begin without it.

Naming what's there doesn't break the covenant.

It prepares you.

And that's exactly where the next step begins.

Step Two: Repentance — Closing the Door, Not Condemning the Past

Repentance is not self-hatred.

It is redirection.

It says, *“This no longer has permission.”*

Some doors were opened knowingly. Others were not. Scripture makes room for both.

“In the past God overlooked such ignorance, but now He commands all people everywhere to repent.” — Acts 17:30

Repentance does not rewrite history.

It rewrites **authority**.

Here is the part many people miss:

You can repent for things you did not understand when they happened.

Heaven responds to humility, not to how much you knew at the time.

A Simple Prayer of Repentance: Closing the Door

You don't need the perfect words.

You need an honest heart.

This prayer isn't about reliving the past.

It's about **revoking permission**.

(Pray this out loud, slowly and deliberately)

“Abba Yahveh,

I come to You in the name of Yahshua HaMashiach.

I thank You for Your mercy, Your grace, and Your truth.

I acknowledge that doors were opened in my life—some knowingly and some unknowingly.

I repent of every sin, action, agreement, or participation that gave the enemy access to my body, soul, or spirit.

I turn away from sexual sin, ungodly soul ties, lustful imagination, and every practice that is not aligned with Your will.

I ask for Your forgiveness—not in shame, but in confidence that the blood of Yahshua cleanses me now.

I choose obedience. I choose purity. I choose alignment with You.

I close every door opened through sin, trauma, ignorance, or inheritance.

From this moment forward, I belong to You—spirit, soul, and body.

In Yahshua’s name, Amein.”

*(“Use **Amein** (pronounced ah-mein) instead of **Amen**. The word **Amen** is commonly linked to the name of an ancient Egyptian deity. **Amein**, by contrast, reflects the original Hebrew expression meaning “so be it” or “let it be established.” For a deeper explanation and historical background, please see the [Glossary](#).)”*

Why This Prayer Matters

Repentance is not punishment.

It is **repositioning**.

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” — 1 John 1:9

When repentance is sincere:

- Forgiveness is released
- Cleansing begins immediately

But repentance is not the final step.

Think of it like clearing debris from a doorway.

The door is no longer blocked—but it still must be shut.

Repentance clears the ground. It prepares the way for authority.

The next step—**renunciation**—is where agreements are broken and authority is exercised.

That is where freedom accelerates.

Step Three: Renunciation — Breaking the Agreement Out Loud

This step matters more than most people realize.

This is where freedom becomes **enforceable**.

Repentance closes the door.

Renunciation **locks it**.

Renunciation is spoken.

It is intentional.

It is direct.

Why this matters: many spiritual covenants are formed through **words, consent, silence, or repeated participation**. What was permitted verbally or behaviorally must be withdrawn the same way.

Yahshua (Jesus) explained this principle clearly:

“For by your words you will be justified, and by your words you will be condemned.” — Matthew 12:37

Many spiritual agreements were formed through participation, silence, consent, or repetition. That’s why renunciation must be **spoken**. Silence once allowed access—truth now removes it.

Scripture shows this pattern again:

“Many who had believed came confessing and telling their deeds.” — Acts 19:18

Confession brings hidden things into the open.

Renunciation removes their legal standing.

Renunciation does not argue with the enemy.

It simply withdraws permission.

- “I no longer agree.”
- “I renounce this covenant.”
- “I belong to Yahshua alone.”

Heaven responds to clarity.

How to Renounce — Simply and Clearly

You do not need to shout.

You do not need special words.

You need clarity and authority.

Stand or sit upright.

Speak calmly.

Say only what you mean.

Pray this out loud, slowly:

“In the name of Yahshua HaMashiach,

I renounce every ungodly covenant, agreement, and connection made with any spirit spouse—known or unknown.

I renounce every agreement formed through sexual sin, lustful imagination, trauma, dreams, or ancestral inheritance.

I cancel every spiritual marriage, soul tie, and legal claim that does not come from God.

I withdraw my consent.

I revoke permission.

I declare these agreements null and void by the blood of Yahshua.

I belong to Yahshua alone—spirit, soul, and body.

In Yahshua’s name, Amein.”

After praying, pause.

Let the words settle.

Why Renunciation Works

Renunciation is not emotional.

It is **legal**.

Scripture explains this clearly:

“Having wiped out the handwriting of requirements that was against us... He has taken it out of the way, having nailed it to the cross [tree].” — Colossians 2:14

You are not creating freedom.

You are **applying** what already exists.

Here is the truth many people miss:

Demons often leave **not when someone *feels* ready**, but when agreements are withdrawn.

Feelings may follow later.

Authority takes effect immediately.

A Quiet Moment That Changed Everything

During a congregation (church) counseling moment, a woman spoke the renunciation slowly.

No tears. No shaking. Just calm resolve.

When she finished, she looked up and said,

“It feels like something released its grip.”

That response is common.

When legal ground is removed, resistance weakens right away.

What to Expect After Renunciation

People experience different responses:

- Some feel immediate relief
- Others notice clarity over several days
- Some feel resistance before peace settles

All of this is normal.

Renunciation does not end the process.

It **activates** the next step.

Once agreements are broken, authority must be exercised.

And that is exactly what comes next.

Step Four: Rebuke — Authority Must Be Exercised

At this stage, something crucial has already happened:

- The door has been closed through repentance
- The agreement has been canceled through renunciation

Now comes **enforcement**.

Rebuke is not anger.

It is not shouting.

It is not a struggle.

Rebuke is a **command issued from authority**.

Yahshua (Jesus) demonstrated this repeatedly:

“And Jesus [Yahshua] rebuked the unclean spirit, saying to it, ‘Be quiet, and come out of him!’” — Mark 1:25

Notice how simple this was.

No argument. No explanation.

Authority does not debate.

It directs.

Rebuke is not emotional.

It is positional.

When legal ground is removed, spirits must leave.

They do not stay because they want to.

They stay because they are allowed to.

What Rebuke Really Is—and What It Isn't

Let's clear up common misunderstandings.

Rebuke is **not**:

- Fighting demons with emotion
- Proving how strong your faith is
- Repeating words until something happens

Rebuke **is**:

- Speaking from your position in Yahshua (Jesus)
- Enforcing what Yahshua has already won
- Addressing the spirit directly and clearly

Here is the truth many people miss:

Demons do not respond to passion. They respond to authority.

Authority works whether you *feel* powerful or not.

How to Exercise Authority — Simply

Before you speak, anchor yourself in this truth:

“Behold, I give you authority... over all the power of the enemy.” — Luke 10:19

That authority was **given**, not earned.

Now speak:

- Calmly

- Out loud
- With certainty

You are not talking *about* the spirit.

You are addressing it.

A Simple Prayer of Rebuke

Use this as written, or adapt it.

Clarity matters more than wording.

“In the name of Yahshua HaMashiach,

I take authority over every spirit spouse, every unclean spirit, and every demonic presence that has operated in my life.

You no longer have permission.

Your legal ground has been revoked.

I rebuke you by the authority of Yahshua HaMashiach and command you to leave my body, my soul, and my spirit now.

You will not return.

You will not operate.

You will not interfere again.

I belong to Yahshua alone.

In Yahshua’s name, leave now. Amein.”

After speaking, pause.

Do not rush.

Do not repeat unless clearly led.

Authority does not need volume.

It needs **finality**.

What People Often Experience at This Stage

Some people notice:

- Sudden lightness
- Pressure lifting
- Deep calm
- Tears without sadness

Others feel nothing immediately—and that is normal.

Rebuke is not validated by sensation.

It is validated by **truth and obedience**.

“Submit to God. Resist the devil and he will flee from you.” — James 4:7

Notice the order:

1. Submit
2. Resist
3. He flees

Not negotiates.

Not delays.

Flees.

A Quiet but Powerful Moment

After a prayer service, a man spoke the rebuke slowly.

His voice did not rise.

His posture did not change.

When he finished, he exhaled deeply and said,

“It feels... quiet.”

That quiet was not emptiness.

It was **absence**.

Something had left.

What Comes Next

Rebuke breaks resistance.

But deliverance is not complete until removal is secured and restoration begins.

That is why the next step matters.

Once a spirit is commanded to go, it **must** go.

And that is where freedom becomes unmistakable.

Step Five: Removal — Casting Out What No Longer Belongs

At this point, the legal work is complete:

- The door has been closed
- The agreement has been broken
- Authority has been exercised

Now comes **removal**.

This step is not symbolic.

It is not imagined.

It is **eviction**.

Yahshua (Jesus) described it plainly:

“When an unclean spirit goes out of a man...” — Luke 11:24

Spirits **leave**.

They do not fade.

They do not negotiate.

They go.

What Removal Really Means

Removal is the moment when what no longer has rights is commanded to **exit fully**.

Think of it like this:

If a squatter's lease is canceled, they are still inside until they are told to leave.

- Renunciation cancels the lease
- Rebuke enforces authority
- Removal clears the house

That is why this step matters.

How to Cast Out — Without Fear or Drama

This is where some people hesitate.

They think, "*Can I really do this?*"

Scripture answers clearly:

"In My name they will cast out demons." — Mark 16:17

Notice what gives power here:

- Not your strength
- Not your emotion
- **His name**

You are not overpowering anything.

You are enforcing Yahshua's victory.

A Simple Prayer for Removal

Find a quiet space.

Sit or stand comfortably.

Speak clearly and calmly.

“In the name of Yahshua HaMashiach,

I command every spirit spouse, every unclean spirit, and every demonic presence that no longer has legal ground in my life to leave me now.

Go from my body.

Go from my soul.

Go from my spirit.

You are not permitted to remain.

You are not permitted to hide.

I command you to depart completely and never return.

I declare that this temple belongs to the Holy Spirit.

In Yahshua’s name, go now. Amein.”

After praying, pause.

Do not rush to fill the silence.

Let authority do its work.

What People Often Experience During Removal

Responses vary, and that matters.

Some people notice:

- A release in the chest or stomach
- Deep sighs or yawning

- Tears without sadness
- Sudden peace or mental clarity

Others feel nothing dramatic at all.

That does **not** mean nothing happened.

Removal is not validated by sensation.

It is validated by **truth and authority**.

“The kingdom of God does not come with observation.” — Luke 17:20

Freedom can be quiet.

A Moment That Confirmed This Truth

During a congregation (church) counseling moment, a woman prayed the removal prayer calmly.

No shaking. No raised voice.

After a few moments of silence, she said softly,

“It feels like my body finally belongs to me again.”

That is removal.

Not chaos.

Not fear.

Order restored.

One Critical Insight Many Miss

Here is the truth that protects lasting freedom:

Casting out is not the end. It is the **clearing**.

Yahshua (Jesus) warned:

“Then it goes and takes with it seven other spirits more wicked than itself... and the last state of that man is worse than the first.” — Luke 11:26

An empty house must be **filled**.

That is why the next step—**restoration**—is essential.

Truth replaces lies.

Identity replaces shame.

God’s presence replaces vulnerability.

When that happens, freedom becomes:

- Stable
- Permanent
- Unshakable

And that is where we go next.

Step Six: Restoration — Reclaiming Identity and Order

Freedom must be **filled**.

When something leaves, space is created. And space is never neutral. It is either filled with truth—or contested again.

Yahshua (Jesus) gave this warning for a reason:

“When an unclean spirit goes out of a man... it finds the house empty, swept, and put in order.” — Matthew 12:43–44

Empty is not enough.

Order is not enough.

The house must be **filled**.

What Restoration Really Is

Restoration is not maintenance.

It is **reoccupation**.

You are not just avoiding darkness.

You are establishing light.

“Nor give place to the devil.” — Ephesians 4:27

That means every former access point must be replaced with something new:

- Truth instead of lies
- Identity instead of shame
- Presence instead of silence

Restoration answers one clear question: **Who governs this life now?**

Filling the House With Truth

Bondage speaks lies. Restoration speaks truth.

Where the enemy whispered, *“This is who you are,”* truth responds, *“This is who God says I am.”*

Truth must be spoken, not just read.

“Sanctify them by Your truth. Your word is truth.” — John 17:17

Speak truth out loud—daily.

Simple declarations are enough:

- “I am redeemed by the blood of Yahshua.”
- “My body is a temple of the Holy Spirit.”
- “I am no longer bound. I am free indeed.”

Truth reshapes atmosphere.

Reclaiming Identity

Spirit-spouse bondage distorts identity.

It:

- Blurs worth
- Confuses desire
- Replaces belonging with shame

Restoration puts identity back where it belongs.

“Therefore, if anyone is in Christ [the Messiah], he is a new creation.” — 2 Corinthians 5:17

A new creation means:

- No shared ownership
- No divided loyalty
- No lingering claims

Identity is not discovered.

It is **received**.

Inviting the Presence of the Holy Spirit

Deliverance removes what does not belong.

The Holy Spirit fills what does.

“Do you not know that your body is the temple of the Holy Spirit?” — 1 Corinthians 6:19

This is not symbolic language.

It is territorial.

Invite Him intentionally.

A Simple Prayer of Restoration

Pray slowly.

Mean every word.

“Holy Spirit,

I invite You to fill every place that has been cleansed.

Fill my body with Your presence.

Fill my mind with truth.

Fill my heart with peace.

I declare that this life belongs to You.

Restore what was stolen.

Heal what was wounded.

Reorder what was disrupted.

I receive my identity as a child of God.

I receive purity, clarity, and peace.

I am filled, not empty.

I am guarded, not vulnerable.

In Yahshua’s name, Amein.”

Pause afterward.

Presence settles gently.

Establishing New Order

Restoration also requires structure.

Not rigid rules—**rhythms**.

- Consistent prayer
- Regular Scripture intake
- Worship that invites God’s presence
- Boundaries that protect peace

“Set your mind on things above, not on things on the earth.” — Colossians 3:2

What fills your focus fills your house.

A Quiet Sign of Completion

After prayer, a woman once said softly,

“It feels... warm. Like I’m not alone anymore.”

That was not emotion.

That was **occupancy**.

When the Holy Spirit fills the house, peace becomes normal again.

Why This Step Makes Freedom Last

Here is the truth many overlook:

Deliverance removes the enemy. **Restoration keeps him out.**

Freedom is not fragile when identity is anchored and presence is established.

When order is restored, destiny can finally move forward.

This is what it means to be free—not just released, but **reclaimed**.

A Counseling Moment That Brought It All Together

After a congregation (church) service, a woman requested prayer.

Her voice trembled, but her words were clear.

“I don’t want this anymore.”

She described years of spiritual dreams—the same presence, the same exhaustion, relationships that never survived past a certain point.

As each step unfolded—revelation, repentance, renunciation—her posture changed. Her breathing slowed.

When authority was exercised, she wept. Not loudly. Freely.

Later, she said quietly, “It feels like something finally let go.”

That is what happens when contracts are canceled.

Freedom Is a Process—but It Has a Turning Point

Breaking a covenant is not complicated.

But it is **precise**.

It does not depend on emotional intensity.

It depends on spiritual order.

And when the order is right, heaven responds.

“Submit to God. Resist the devil and he will flee from you.” — James 4:7

Submission comes first.

Resistance follows.

Freedom flows.

The 6Rs of Biblical Deliverance: A Clear Framework for Lasting Freedom (Summary)

This section presents the **6Rs of Biblical Deliverance** as a clear, easy-to-follow progression. It is designed to help readers *see* how freedom unfolds step by step—not emotionally, but **biblically and orderly**.

The Progression at A Glance

ACCESS IDENTIFIED



1. REVELATION

(Light exposes the covenant)



2. REPENTANCE

(The door is closed)



3. RENUNCIATION

(The agreement is broken)



4. REBUKE

(Authority is enforced)



5. REMOVAL

(The intruder is expelled)



6. RESTORATION

(The house is filled and secured)

This is **not a formula**.

It is a **spiritual progression**.

Each step depends on the one before it.

Skipping steps weakens results.

Following the order brings **clarity, authority, and lasting freedom**.

Let's take another closer look at the 6Rs and how they work together.

1. Revelation — Light Comes On

You cannot break what you cannot name.

Revelation exposes the **legal ground** the enemy has been using. What stays hidden continues operating. What is exposed loses power.

“And you shall know the truth, and the truth shall make you free.” — John 8:32

Why this matters:

Trying to fight an unnamed problem is like treating pain without diagnosing the cause. Revelation is the diagnosis that makes healing possible.

2. Repentance — The Door Closes

Repentance is not shame.

It is **realignment**.

This step closes the door the enemy entered—whether through personal sin, ignorance, trauma, or inheritance.

“Give no place to the devil.” — Ephesians 4:27

Why this matters:

An open door invites return. Repentance shuts access, so the enemy has no right to stay or re-enter.

3. Renunciation — The Contract Is Torn

This is where many believers stop short.

Thoughts are not enough.

Agreements must be broken **out loud**.

“Death and life are in the power of the tongue.” — Proverbs 18:21

Why this matters:

If consent was given verbally, emotionally, or repeatedly, it must be withdrawn verbally. Silence once gave access—truth now removes it.

4. Rebuke — Authority Is Enforced

Yahshua (Jesus) already won the victory.

This step **applies** that victory.

Unused authority does nothing.

“Behold, I give you power ... over all the power of the enemy.” — Luke 10:19

Why this matters:

Demons do not leave because of insight. They leave when authority is exercised from the right position.

5. Removal — What Doesn’t Belong Must Leave

Breaking rights and removing presence are not the same thing.

Freedom is not theoretical.

It is **enforced**.

“And He cast out the spirits with a word.” — Matthew 8:16

Why this matters:

Canceling a lease does not remove a squatter. Removal clears what no longer has legal permission to remain.

6. Restoration — The House Is Filled

Deliverance without restoration leaves a vacuum.

Truth, identity, and the Holy Spirit must occupy the space that was cleared.

“I will restore to you the years that the swarming locust has eaten.” — Joel 2:25

Why this matters:

Freedom is maintained by fullness. Restoration secures what deliverance removes.

The 6Rs In One Sentence

Revelation exposes the door.

Repentance closes it.

Renunciation breaks the contract.

Rebuke enforces authority.

Removal clears the house.

Restoration secures lasting freedom.

Three Ways to Understand The 6Rs

- **A legal process:** case exposed → verdict enforced
- **A house cleansing:** inspection → eviction → refurnishing
- **A battlefield sequence:** intelligence → command → victory → occupation

Each picture explains the same truth: **Freedom follows order.**

Your Next Step: Don't Walk This Alone

Understanding the steps brings clarity.

Walking through them with guidance brings **transformation.**

A **one-on-one deliverance session** provides:

- Discernment to identify specific covenants
- Structured, biblical renunciation and prayer
- Authority-driven deliverance from spirit spouses
- Restoration grounded in Scripture and truth

This is not about effort.

It is about **enforcement.**

Book your one-on-one deliverance session here:

<https://www.thespiritandtruth.com/work-with-the-deliverance-minister/>

Some contracts cannot be ignored.

They must be torn up.

And freedom waits on the other side.

CHAPTER 9

Guarding the Gates: How to Walk Free—and Stay Free

“Watch and pray, that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.” — Matthew 26:41

Deliverance is powerful.

But freedom does not maintain itself.

Chains can break in a moment.

Walking unbound is a journey.

That truth is not discouraging—it is stabilizing. When you understand **how freedom is kept**, fear of relapse fades and confidence grows. Deliverance is not a performance. It is a **process**. And every process requires stewardship.

Why Freedom Often Feels Different After Deliverance

Many people expect fireworks after deliverance.

Sometimes that happens. Often, it does not.

What comes instead is quieter:

- Peace
- Clarity
- Stillness where noise once lived

That stillness can feel unfamiliar—almost exposed. Some even ask, *“Is this it?”*

Yes.

That is what **order** feels like.

“For God is not the author of confusion but of peace.” — 1 Corinthians 14:33

Freedom does not always shout.

More often, it **settles**.

Deliverance Is Not the Destination

This is where many people stumble.

They treat deliverance like a finish line instead of a doorway.

Scripture shows a different pattern. When Israel left Egypt, slavery ended in a day—but transformation unfolded in the wilderness. Freedom began instantly. Formation took time.

The same principle applies here.

What matters most is not how fast freedom comes—but **how well it is kept**.

Renewing the Mind: Where Battles Are Won or Lost

Deliverance clears spiritual ground.

The mind must be renewed intentionally.

“Do not be conformed to this world, but be transformed by the renewing of your mind.” — Romans 12:2

Old thought patterns do not vanish just because spirits leave.

For example:

- Self-blame may linger even after shame is broken
- Old fantasies may try to resurface even when desire has shifted

This does not mean deliverance failed.

It means the mind is **catching up to the spirit**.

Truth must now become the dominant voice.

Spiritual Discipline Is Not Legalism—It Is Protection

Discipline is not punishment.

It is **structure**.

Think of it like locking doors after an intruder leaves. You are not afraid—you are wise.

Freedom is protected through simple, consistent practices:

- Daily prayer
- Time in Scripture
- Regular fasting
- Worship that invites God's presence

“Watch and pray, lest you enter into temptation.” — Matthew 26:41

Prayer does not prevent freedom.

It **preserves** it.

Closing Doors Permanently

Some doors do not close automatically.

They must be **decided against**.

That includes:

- Media that reactivates old patterns
- Relationships that blur boundaries
- Habits that once felt harmless

Here is the counterintuitive truth:

Not everything that is allowed is healthy after deliverance.

“All things are lawful for me, but all things are not helpful.” — 1 Corinthians 6:12

Freedom changes tolerance.

Maturity chooses what **sustains peace**, not what tests it.

Intimacy With God Is the Strongest Safeguard

Rules can restrain behavior. Intimacy transforms desire.

When the presence of God becomes familiar, counterfeit intimacy loses its appeal.

“Draw near to God and He will draw near to you.” — James 4:8

Freedom deepens not through fear of falling back, but through love that draws you forward.

A Counseling Moment That Revealed the Difference

Weeks after her deliverance, a woman asked to speak privately. She was not distressed—just thoughtful.

“I’m free,” she said. “But I’m learning how to live that way.”

Old thoughts still tried to knock. But instead of panic, she prayed. Instead of isolation, she stayed connected.

Her words were simple: “I don’t feel hunted anymore.”

That is the mark of maintained freedom. Not perfection—**peace**.

Freedom Grows Faster in Community

Isolation does not just feel lonely.

It makes battles heavier.

- Resolve weakens
- Perspective distorts
- Freedom erodes quietly

That is why the enemy pushes silence and separation.

God’s design has always been different:

“Two are better than one... For if they fall, one will lift up his companion.” —
Ecclesiastes 4:9–10

Freedom is rarely sustained alone.

It is protected in **connection**.

Community does not replace deliverance.

It **guards** it.

Why Connection Matters More Than You Think

A faith-filled community provides what private prayer alone often cannot:

- **Accountability** — help staying aligned when old patterns try to resurface
- **Covering** — consistent prayer, not occasional support
- **Encouragement** — strength when faith feels thin

Freedom flourishes where truth is shared and no one is left to fight alone.

That is why the **Covered and Restored Prayer Community** exists.

A place to be covered, strengthened, and restored

This is a private, faith-based WhatsApp community for believers tired of carrying spiritual, emotional, and life battles alone.

It's a safe space.

A prayer-filled space.

A place where you're not judged, rushed, or overlooked.

Here, prayer isn't a one-time moment—it's ongoing.

Guidance isn't generic—it's biblical and practical.

Support isn't conditional—you're met where you are.

Think of it as a **spiritual support system** you can lean on when life feels heavy, confusing, or overwhelming—people who help you stand when your strength feels low.

Who This Community Is For

This community is for believers navigating:

- Spiritual attacks or repeated battles
- Emotional pain, rejection, trauma, or burnout
- Fear, anxiety, confusion, or heaviness
- Relationship, marriage, or family struggles
- Delays in marriage, fertility, or direction
- Financial pressure or uncertainty about calling
- Long-term sickness or unexplained challenges

If you're tired of praying alone and need **consistent spiritual support**, you belong here.

Why This Community Exists

Many people receive prayer—but lack follow-up, consistency, and covering.

This community exists to help you:

- Stay protected after breakthrough
- Gain clarity during seasons of confusion
- Receive strength during moments of weakness
- Experience healing that lasts

Just as regular checkups protect physical health, **consistent prayer and spiritual guidance protect freedom.**

An Invitation, Not Pressure

This is a **paid monthly community** to maintain focus, order, and spiritual seriousness.

Confidentiality and respect are strictly upheld.

And while this group supports your journey, it does not replace personal deliverance sessions.

Its purpose is simple:

To help you feel **covered, not exposed.**

Supported, not isolated.

Restored, not stuck.

Strengthened, not overwhelmed.

Join the Covered and Restored Prayer Community

If your heart is stirring and you sense that walking alone is no longer an option, you're invited to join us.

Click here to learn more and apply to join the Covered and Restored Prayer Community: <https://www.thespiritandtruth.com/covered-and-restored-prayer-community/>

Freedom doesn't have to be fought for in silence.

You were never meant to carry this alone.

When Challenges Still Arise

Freedom does not mean challenges disappear.

It means challenges no longer dominate.

Some days require resistance.

Others require rest.

If something tries to return, Scripture is clear:

“Resist the devil and he will flee from you.” — James 4:7

Flee—not linger.

Not negotiate.

Freedom now carries **authority**.

Walking Free Is a Daily Choice—and a Growing Joy

At first, freedom feels protected.

Later, it feels natural.

What once took effort becomes instinct.

- Peace becomes familiar
- Purity becomes normal
- Joy returns without guilt

That is not luck.

That is **alignment**.

Why Guarding the Gates Matters After Deliverance

Deliverance is powerful—but it is not the finish line.

It is the **beginning of a new responsibility**.

When a spirit spouse or any demonic presence leaves, a door has been cleared. But Scripture makes something very clear: **an empty, unguarded space is vulnerable**.

Freedom must be **kept**, not just celebrated.

Think of it this way.

If an intruder is forced out of your home, you do not leave the doors open. You inspect the house. You repair damage. You install protection.

Why?

Because you understand something important: **the intruder already knows the house**.

Spiritual deliverance works the same way.

Many lose freedom not because deliverance failed—but because **no guarding followed**.

The Silent Danger After Deliverance

This is the part no one prepares you for.

After deliverance:

- The prayers stop
- The attention fades
- The support disappears

- And suddenly, you are expected to “stay free” on your own

That is often when:

- Old dreams try to return
- Familiar fears resurface
- Confusion creeps in quietly
- Pressure builds without warning

Not always loudly.

Not always immediately.

But slowly—strategically.

The enemy doesn’t always rush back. Sometimes it **waits**.

And without guidance, accountability, and spiritual covering, many people begin to struggle in silence—wondering why the battle feels familiar again.

Freedom Is Maintained, Not Assumed

Yahshua (Jesus) warned that an unclean spirit seeks return—not to instill fear, but wisdom.

Deliverance removes bondage.

Guarding the gates keeps it from returning.

Guarding means:

- Staying spiritually alert
- Having support when pressure rises
- Receiving prayer when attacks attempt to resurface
- Getting guidance before confusion becomes setback

Ongoing support is not optional for serious seekers.

It is **essential**.

Why I Created THE FREEDOM LINE

I noticed a painful pattern.

People received real deliverance—then fought alone weeks later.

THE FREEDOM LINE exists to change that.

It is a **private, one-on-one WhatsApp prayer and spiritual support service** designed to help you:

- Guard doors after deliverance
- Stay spiritually covered
- Receive prayer when attacks try to return
- Gain clarity when decisions feel unclear
- Remain accountable while rebuilding in freedom

Think of it as **aftercare for deliverance**. Healing requires follow-up. Spiritual freedom is no different.

A Personal Invitation to You

If you have been delivered from a spirit spouse—or you know the battle is real—you don't have to carry the responsibility of guarding your freedom alone.

THE FREEDOM LINE was created for people like you:

- Those who value their freedom
- Those who don't want to repeat old cycles
- Those who understand that destiny must be protected

This is not a group.

This is not public prayer.

This is **direct, personal spiritual support.**

If your spirit is stirring as you read this, don't ignore it.

Click here to learn more and apply for THE FREEDOM LINE:

<https://www.thespiritandtruth.com/join-the-freedom-line>

Freedom is a gift—but **guarding it is wisdom.**

And wisdom keeps doors closed that should never open again.

CHAPTER 10

Your Freedom Isn't Private: How Delivered Lives Become Doorways for Others

*“You are the light of the world. A city that is set on a hill cannot be hidden.” —
Matthew 5:14*

Freedom does not end with you.

That may sound heavy at first—but it is actually hopeful. When chains fall off, something else awakens: compassion, discernment, courage.

You begin to notice what you once ignored. You hear pain beneath polite smiles. You recognize patterns you once lived inside.

That is not coincidence.

That is **purpose activating**.

Why Testimony Is More Powerful Than Teaching

You do not need a microphone to help others find freedom.

You need truth—and a life that carries it.

*“They overcame him by the blood of the Lamb and by the word of their testimony.”
— Revelation 12:11*

Notice the order:

- The blood establishes victory
- The testimony **enforces** it

A testimony does not glorify bondage.

It exposes it—and points to deliverance.

When people hear freedom described in real language, hope becomes reachable. They may not understand theology, but they understand *change*. They recognize truth when it sounds like their own story.

You Don't Need to Know Everything to Help Someone

This is where many people hesitate.

- *What if I say the wrong thing?*
- *What if I do not have answers?*

Here is the counterintuitive truth:

People do not need your expertise. They need your honesty.

Many believe it is shameful to admit they were once affected by spiritual bondage. Fear of judgment keeps them silent—even after freedom begins. But hiding the truth never protects healing. It delays it.

Another truth many miss:

Freedom grows stronger when it is brought into the light, not kept secret.

You are not called to fix people.

You are called to point them toward freedom.

Sometimes that looks like listening.

Sometimes it looks like praying.

Sometimes it sounds like, “*You are not alone—and this has a name.*”

That alone can shift everything.

Your testimony is a seed of hope. What God has done in your life can unlock freedom for others who are still searching for answers.

To share your testimony: <https://www.thespiritandtruth.com/testimonial-form/>

Helping Without Carrying the Weight

There is an important balance here.

Helping others does not mean absorbing their pain.

Yahshua (Jesus) healed many—but He also withdrew to pray. He carried authority, not emotional overload.

“Bear one another’s burdens, and so fulfill the law of Christ [the Messiah].” — Galatians 6:2

Bearing does not mean becoming burdened.

You help best when you stay **anchored**.

Healthy freedom knows when to engage—and when to release responsibility back to God.

A Quiet Conversation That Opened a Door

After a congregation service, a woman waited quietly. Her eyes scanned the room, cautious.

She did not begin with dreams or details. She began with one sentence:

“I heard you mention freedom—and something inside me reacted.”

As she spoke, fragments surfaced: night experiences, broken relationships, shame she could not explain. There was no pressure. No labels at first. Just space.

When clarity came, tears followed—not from fear, but relief.

“I thought it was just me,” she whispered.

That is the power of being visible in freedom. Sometimes your presence does what words cannot.

Discernment Grows With Compassion

One of the gifts freedom sharpens is discernment.

Not suspicion.

Sensitivity.

You begin to notice when struggles do not respond to advice alone. When prayer requires authority. When patterns point deeper.

“When He saw the multitudes, He was moved with compassion.” — Matthew 9:36

Compassion sees clearly.

Judgment blinds.

Helping others begins with posture, not power.

Pointing Others Toward Real Help

Not every conversation ends with instant freedom—and that is okay.

- Some people need time
- Some need guidance
- Some need deliverance they cannot walk through alone

Helping others includes knowing when to **refer**, not retreat.

“Plans fail for lack of counsel, but with many advisers they succeed.” — Proverbs 20:18

Freedom grows best in **community**, not isolation.

Your Story Continues to Speak

Even when you are not trying.

- How you carry peace
- How you respond instead of react
- How you guard your boundaries

These things preach.

“Let your light so shine before men, that they may see your good works and glorify your Father in heaven.” — Matthew 5:16

Light does not announce itself.

It reveals what was hidden.

Freedom Was Never Meant to Stop With You

Here is a truth many do not expect:

Deliverance often positions you as a bridge—not a destination.

You are not meant to replace God's work in others.

You are meant to witness it.

And often, helping someone else take their first step toward freedom deepens your own gratitude for what God has done.

If Someone You Love Is Still Bound

You may be reading this with someone in mind:

- A friend
- A spouse
- A family member

Pray.

Speak truth gently.

Point them toward help.

Freedom becomes contagious when it is **authentic**.

An Invitation to Continue the Work of Freedom

If your heart stirs not only for your own freedom, but for others, do not ignore that pull.

A **one-on-one deliverance session** is not only about breaking chains. It brings clarity, stability, and wisdom to walk free—and help others walk well.

If you or someone you love needs:

- Discernment around spiritual bondage
- Biblical deliverance from spirit spouses
- Guidance in walking free
- Support in taking the next step

Book a one-on-one deliverance session here:

<https://www.thespiritandtruth.com/work-with-the-deliverance-minister/>

Freedom multiplies when it is shared.

And when one life walks free, many others begin to believe they can too.

CONCLUSION

When the Night Finally Breaks—and Morning Knows Your Name

“Weeping may endure for a night, but joy comes in the morning.” — (Psalm 30:5)

Why You’re Here

If you’ve made it this far, it’s not by accident.

You didn’t read this book out of curiosity.

You read it because something has been *touching your life without permission*.

Something has been stealing:

- Rest
- Peace
- Dignity
- Clarity

Often in the dark.

Often in silence.

You may have asked:

- *Why does this keep happening?*
- *I love God—why am I still dealing with this?*
- *How long can I keep living like this?*

Let’s say this plainly, without drama and without shame.

You're not weak.

You're not crazy.

And you're not imagining this.

What you've been experiencing is real. And the exhaustion that comes with it—the mental fog, the emotional frustration, the physical weariness—that's real too.

Anyone who's been spiritually violated night after night knows the quiet despair that follows. The kind that doesn't always show on the outside. The kind that makes you function during the day but ache inside when you're alone.

You've carried questions you couldn't ask out loud.

You've prayed prayers that felt unanswered.

You've wondered if freedom was for everyone else—but not for you.

Yet here you are.

Still searching.

Still hoping.

Still reading.

That alone tells a story.

What This Book Was Meant to Do

This book wasn't written to scare you.

It was written to **name what's been unnamed**, to shine light where confusion lived, and to remind you of something essential:

Bondage is not your identity. Freedom is your inheritance.

You've learned that spirit spouse attacks aren't random.

That covenants can be broken.

That authority isn't theoretical.

That deliverance is **biblical, practical, and possible.**

You've seen that freedom doesn't come through willpower—but through **alignment.**

Not through shame—but through **truth.**

Not through silence—but through **action.**

And maybe, for the first time in a long time, something inside you has started to lift.

A little hope.

A little clarity.

A quiet but steady resolve that says, *"I don't have to live like this anymore."*

That's not emotion.

That's **awakening.**

The Truth That Must Settle Deeply

Here's the truth that deserves to land deeply before you close this book:

You were never meant to coexist with what God sent His Son to destroy.

Yahshua (Jesus) didn't die so you could manage torment.

He didn't rise again so you could tolerate spiritual violation.

He didn't give authority so you could remain silent.

He came to set captives free. **Fully. Completely. Permanently.**

And freedom isn't reserved for the spiritually elite.

It's for the desperate.

The weary.

The ones who are done surviving and ready to be restored.

That means you.

So let this be the moment where you stop asking, "*Why me?*"

And start declaring, "*Not anymore.*"

Let this be the line in the sand.

The turning point.

The night before the breakthrough.

You don't have to fight alone.

You don't have to guess your way forward.

And you don't have to wait for things to get worse before you act.

An Invitation—Not Pressure, Not Fear, Just a Door

If this book has put language to your pain...

If it's confirmed what you've been sensing...

If you're ready to stop enduring and start reclaiming your life—I invite you to join me in a **one-on-one deliverance session**.

Not as a spectacle.

Not as a formula.

But as a focused, prayerful, Scripture-grounded time to confront what's been confronting you—and to walk out with real freedom.

This is for your:

- **Deliverance** from spirit spouse attacks
- **Breakthrough** where resistance has lingered
- **Recovery** where damage was done
- **Freedom** that restores peace, identity, and destiny

Your life doesn't belong to the night.

Your body is not up for negotiation.

And your destiny is not delayed forever.

When you're ready, take that step here:

<https://www.thespiritandtruth.com/work-with-the-deliverance-minister/>

One decision can end years of torment.

One moment of courage can change everything.

The bond can be broken.

The chains can fall.

And your God-given destiny is still waiting for you—intact.

This isn't the end of your story.

It's the moment it finally turns.

Connect with the Author—Your Journey to Freedom Doesn't End Here

Deliverance is not a one-time event—it's a **journey of growth, revelation, and transformation.**

If this book has spoken to your spirit, know that help and fellowship are always within reach. I invite you to stay connected for continuous spiritual guidance, prayer support, and personal deliverance sessions designed to help you **walk in lasting freedom.**

Reach Out for Prayer, Fellowship, and Deliverance Breakthroughs

- **Website:** <https://www.thespiritandtruth.com/>
- **Email:** langmartey@gmail.com
- **WhatsApp / Call:** 00233 545 004 563



Visit the website for:

- In-depth teachings and deliverance resources
- Articles to strengthen your faith
- Guidance to help you live in total victory

Stay Connected

Facebook: <https://www.facebook.com/thespiritandthetruth>

Join the growing community of believers who are walking in freedom, learning truth, and sharing testimonies of victory. Together, we grow stronger.

Step Into Freedom: Transformative Support Programs to Break Every Bond

1. Break the Bond Completely — Step Into Personal Deliverance

Understanding the battle is important.

Ending it requires action.

If spiritual bonds, night attacks, or repeated cycles persist despite prayer, a **One-on-One Deliverance Session** provides focused, biblical intervention—customized to your situation, not a general or generic prayer.

This private session is designed to help you:

- **Identify and break ungodly covenants** and spiritual bonds
- **Remove spirit spouse influence** and related oppression
- **Close every open door** the enemy has used
- **Establish lasting freedom through prayer** and the authority of Yahshua (Jesus)

This is **not counseling alone**.

It is **biblical deliverance applied personally**.

Book your One-on-One Deliverance Session here:

<https://www.thespiritandtruth.com/work-with-the-deliverance-minister/>

Freedom is not a theory.

It is **enforced**—one decision at a time.

2. THE FREEDOM LINE: Ongoing Prayer Support for Those Who Refuse to Go Back

Deliverance breaks the bond—but freedom must be protected.

The Freedom Line is a private, one-on-one WhatsApp prayer and spiritual support service created for those who want to remain free and avoid returning to old cycles.

It offers ongoing prayer, guidance, and spiritual covering during vulnerable seasons after deliverance.

This is **not** a group.

This is **not** public prayer.

It is direct, personal support designed to help you safeguard what God has restored.

Apply to join THE FREEDOM LINE: <https://www.thespiritandtruth.com/join-the-freedom-line>

Freedom is a gift.

Guarding it is wisdom.

3. COVERED & RESTORED: You Don't Have to Walk in Freedom Alone

Freedom is not meant to be carried in isolation.

After breaking the bond, many believers realize that what they need most is **consistent prayer, spiritual covering, and steady encouragement**—not another crisis, and not another silent struggle.

The **Covered & Restored Prayer Community** is a private, faith-based WhatsApp community created for believers who desire ongoing prayer support, biblical guidance, and spiritual strength as they continue walking in freedom.

Inside this community, you receive:

- **Consistent prayer** and spiritual covering
- **Encouragement during challenging** or uncertain seasons
- **Biblical guidance** to help you remain grounded and restored
- **A safe, confidential space** where you are supported—not judged

This is not a place to perform or pretend.

It is a place to be **covered, strengthened, and restored.**

Join the Covered & Restored Prayer Community:

<https://www.thespiritandtruth.com/covered-and-restored-prayer-community/>

Freedom grows strongest where prayer is consistent—and no one fights alone.

Remember:

Freedom begins with **revelation**, but it is sustained through **connection.**

Stay close.

Stay prayerful.

And keep growing in the **truth that sets you free.**

Meet Apostle Anthony Langmartey—A Messenger of Deliverance and Destiny

Apostle Anthony Langmartey is a prophetic voice anointed by God to uncover the hidden roots of bondage and lead people into total freedom through divine revelation and deliverance. He is a deliverance minister and truth preacher with a divine mandate to help people discover the source of their spiritual problems and receive God's lasting solutions.

His ministry carries a powerful calling—to help believers discern the unseen battles shaping their lives and experience the transforming power of the Holy Spirit to break every yoke.

For years, Apostle Anthony has devoted his life to teaching the truth of deliverance with both simplicity and power. He has guided countless souls through deep spiritual healing—breaking demonic covenants, exposing hidden yokes, and dismantling generational curses that have hindered destinies. His compassionate, Scripture-based approach has restored lives, families, and callings across nations.

Through his books, teachings, sermons, and deliverance sessions, people around the world have discovered the root of their spiritual oppression and found lasting freedom in Yahshua the Messiah (Jesus Christ).

He is also the founder of [The Spiritual Messenger](#), a growing global YouTube channel where he teaches about spiritual warfare, divine revelation, and freedom from demonic oppression. Through his congregation and online ministry, he equips believers to understand the spiritual realm, overcome demonic attacks, and walk in their God-given authority.

Through his **books, programs, teachings, and deliverance sessions**, Apostle Anthony empowers believers to silence the enemy, reclaim their destinies, and live boldly in the freedom Yahshua (Jesus) provides. He is also a teacher, author, and mentor devoted to raising a generation who understand their spiritual authority and identity in Yahshua the Messiah.

Apostle Anthony continues to serve as an intercessor to those seeking wholeness and divine direction. His heart beats for the broken, the bound, and the weary,

carrying a relentless passion to see lives restored and destinies redeemed through the power of Yahshua the Messiah (Jesus Christ).

When he's not ministering or teaching, he spends time with his family, writing, and training believers in the deeper dimensions of prayer and deliverance.

His life's mission remains clear and unwavering: **To lead God's people from bondage to breakthrough—and from deliverance to destiny.**

Your Words Can Set Others Free—The Life-Changing Power of a Simple Book Review

Why Your Words Matter More Than You'll Ever Know

Every word of encouragement you share can reach someone standing where you once stood—confused, searching, and desperate for freedom.

When you take a few moments to write a review, you are not just giving feedback—you are becoming a **voice of light** that leads others toward deliverance and truth.

Let me explain why your review of this book—and others I've written—is so important, not just for me, but for **God's mission working through you.**

1. You Were Created for a Mission

God did not create you to live a self-centered life but a **purpose-driven** one. He invites you to partner with Him in transforming lives.

The Bible says:

“We then, as workers together with Him, also plead with you not to receive the grace of God in vain.” — 2 Corinthians 6:1

You are a **co-laborer with God**. Your ministry serves believers, and your mission reaches unbelievers.

Reviewing this book is one way to fulfill that mission—it helps you point others toward **freedom in Yahshua (Jesus)**.

Your words could be the bridge between someone's suffering and their deliverance.

A single review can:

- Build trust and encourage others to read the book.

- Help deliverance seekers find truth and hope faster.
- Strengthen faith in those struggling to believe that freedom is possible.

When you share how this book has blessed you, you are fulfilling God’s call to *“tell others about Him and set the captives free.”*

You become part of the **global testimony of His power at work.**

2. You Have the Privilege to Transform Lives

Your story matters. When you share your experience, you breathe **hope into others who feel hopeless.**

Your testimony might be the reason someone finally says, *“If God did it for them, He can do it for me too.”*

Each review becomes a **seed of transformation**—encouraging the broken-hearted, strengthening the weak, and inspiring those trapped in spiritual darkness to seek deliverance.

By reviewing, you are not just helping a book succeed—you are **helping souls succeed.**

That is one of the greatest services you can ever offer to God’s Kingdom.

How to Leave a Review (It’s Simple)

Step 1: Go to the online store where you bought the book (Amazon, Barnes & Noble, Apple Books, Everand, Kobo, etc.).

Step 2: Find the book and scroll down to the “Customer Reviews” section.

Step 3: Click “**Write a Customer Review.**”

Step 4: Give your star rating and briefly share your experience—what you learned, how it helped you, or what changed in your life.

Step 5: Click **Submit.**

That’s it! You’ve just **partnered with God to change lives** through your testimony.

Final Thought

Your review is more than a few sentences—it’s a **ministry.**

It tells the world that **Yahshua (Jesus) still delivers, heals, and restores.**

So before you close this book, take a moment to **sow your seed of encouragement.**

Your words may be the spark that ignites someone else’s journey to total deliverance.

Be the Light Someone Is Praying For

Before you move on with your day, pause and think about how this book touched your heart.

Someone out there is praying for the same breakthrough you just received. Your review might be the **answer to that prayer.**

Take a few minutes now to write your review—it’s simple, but it carries **eternal impact.**

When you share your testimony, you help set captives free, spread God’s truth, and give hope to the hopeless.

Your voice matters. Your story can heal.

Be the light someone is searching for—**leave your review today.**

Thank You for Choosing Freedom

Beloved,

Thank you for walking this journey through *Breaking the Bond*.

You did not arrive at these pages by accident. Choosing to read this book reflects a deep hunger for truth, healing, and lasting freedom.

If what you have read has brought clarity, conviction, or release, give glory to Yahshua HaMashiach (Jesus Christ)—the true Deliverer and Restorer.

Breaking the bond is not the end of your story.

It is the beginning of a new walk—one marked by awareness, authority, and peace.

What once operated in secrecy has now been brought into the light.

What once claimed access no longer has permission.

Freedom has been enforced.

Now it must be stewarded.

How to Walk Forward in Freedom

To remain grounded and protected:

- Revisit the prayers, teachings, and steps in this book whenever pressure or resistance appears
- Stay anchored in prayer, Scripture, and healthy fellowship
- Guard your spiritual boundaries with wisdom and consistency
- Share what you have learned with others who are searching for answers and relief

Freedom grows stronger when it is lived out intentionally.

Your Story Has Power

If this book has helped you see more clearly, stand more firmly, or walk more freely, consider leaving a review on the retailer's website.

Your words may be the confirmation someone else has been praying for.

Every testimony plants a seed of hope and points another life toward freedom.

Stay Connected

If you desire ongoing prayer, teaching, and spiritual support, you are welcome to stay connected:

- **Website:** <https://www.thespiritandtruth.com/>
- **Email:** langmartey@gmail.com
- **WhatsApp / Call:** 00233 545 004 563

May **Yahveh** guard your peace, strengthen your walk, and establish you in truth.

Walk boldly in the freedom you have received—because whom the Son sets free is free indeed.

With love and prayer,

Apostle Anthony Langmartey.

“Helping you walk in freedom, clarity, and peace of mind.”

Plant a Seed Into the Work That Helped Set You Free

“Give, and it will be given to you: good measure, pressed down, shaken together, and running over, will be put into your lap. For with the measure you use, it will be measured back to you.” — Luke 6:38, ESV

When a message brings healing, clarity, or breakthrough, one of the most meaningful ways to respond is to give back to the ground that nourished you.

If the prayers, teachings, or revelations in this book have strengthened your walk with God, consider planting a seed of gratitude and faith.

Your giving becomes more than support—it becomes a seed of deliverance that helps this ministry reach others who are battling in silence and longing for freedom.

Every seed you plant carries the message of hope, restoration, and Yahshua’s power to those still waiting for their breakthrough.

If you feel led, you can give or donate here:

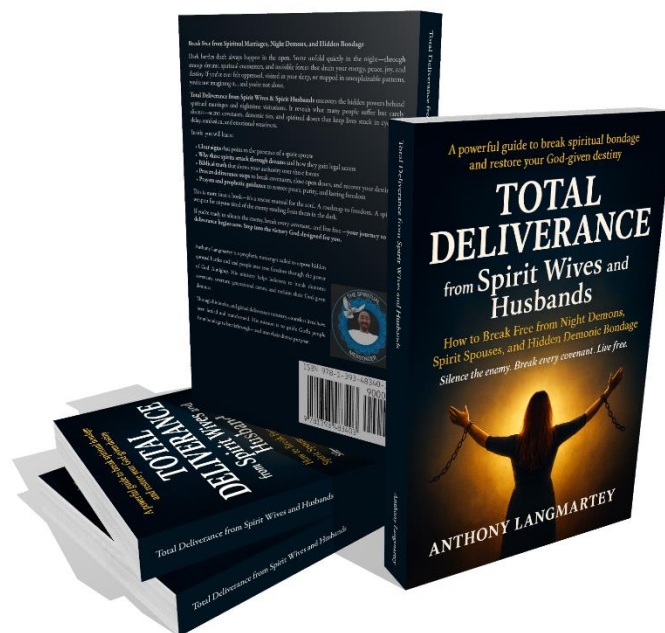
<https://www.thespiritandtruth.com/donate/>

When you sow into deliverance, you do more than give—you become part of someone else’s healing story.

Books That Break Chains, Heal Wounds, and Reveal Destiny

#1

Total Deliverance from Spirit Wives and Husbands: How to Break Free from Night Demons, Spirit Spouses, and Hidden Demonic Bondage



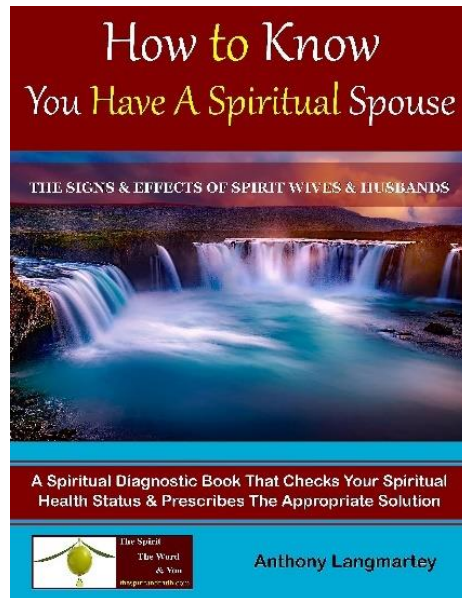
Strange dreams, sexual attacks in your sleep, and ongoing setbacks may be signs of spirit husbands and spirit wives—spiritual forces that bind people through hidden covenants and unseen ties. Many struggle for years without realizing the true source of these battles.

Total Deliverance from Spirit Wives & Husbands provides clear, biblical steps to break these powers, cancel ungodly covenants, and restore your peace. If you are ready for freedom, clarity, and lasting deliverance, this book will guide you on how to rise, recover, and reclaim your destiny.

Visit this link <https://books2read.com/u/3G96Wr> to learn more.

#2

How to Know You Have A Spiritual Spouse: The Signs & Effects of Spirit Wives & Husbands

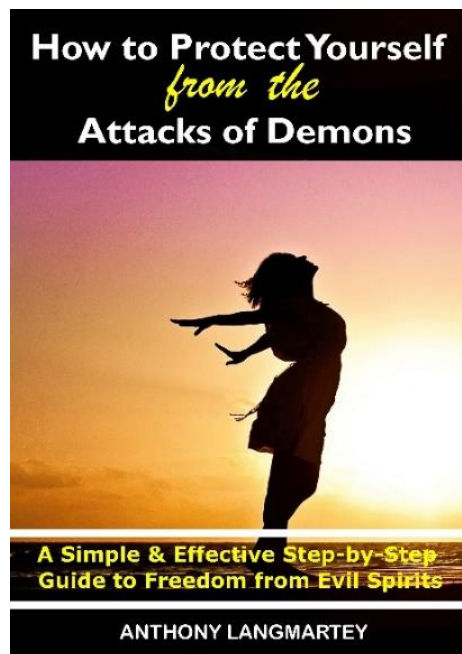


This is a spiritual diagnostic book that checks your spiritual health status and prescribes the appropriate solution. This book throws light on the struggle behind the scenes, lets you know if you have a spiritual spouse or not, unveils the effects or harm these sex demons of the night can bring to their victims, indicates the signs of a spirit spouse's presence and shows you how to get deliverance.

Visit this link <https://books2read.com/u/3LKAwN> to learn more.

#3

How to Protect Yourself from the Attacks of Demons: A Simple and Effective Step-by-Step Guide to Freedom from Evil Spirits

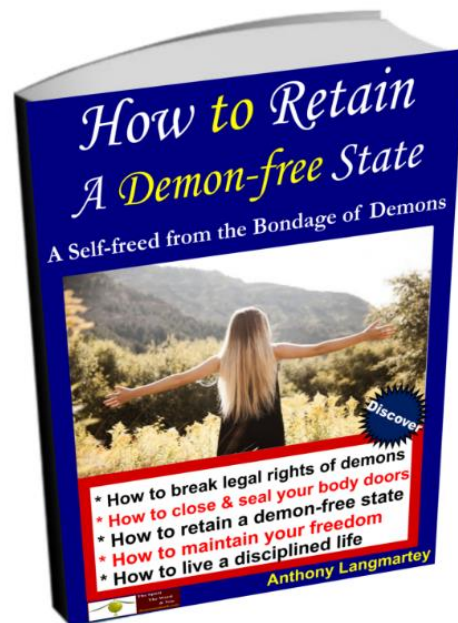


Many spiritual entities are searching for an energy source to attach to for nourishment. If you don't protect yourself, you could unknowingly pick up entities and demons that get sucked into your aura and drain you, making you feel tired, unmotivated, depressed, and exhausted. Order this book now and discover how you can protect yourself from the attacks and manipulations of Satan and demons.

Visit this link <https://books2read.com/u/bQyyAw> to grab your copy and discover how you can protect yourself from the attacks and manipulations of Satan and demons.

#4

How to Retain A Demon-free State: A Self-freed from the Bondage of Demons

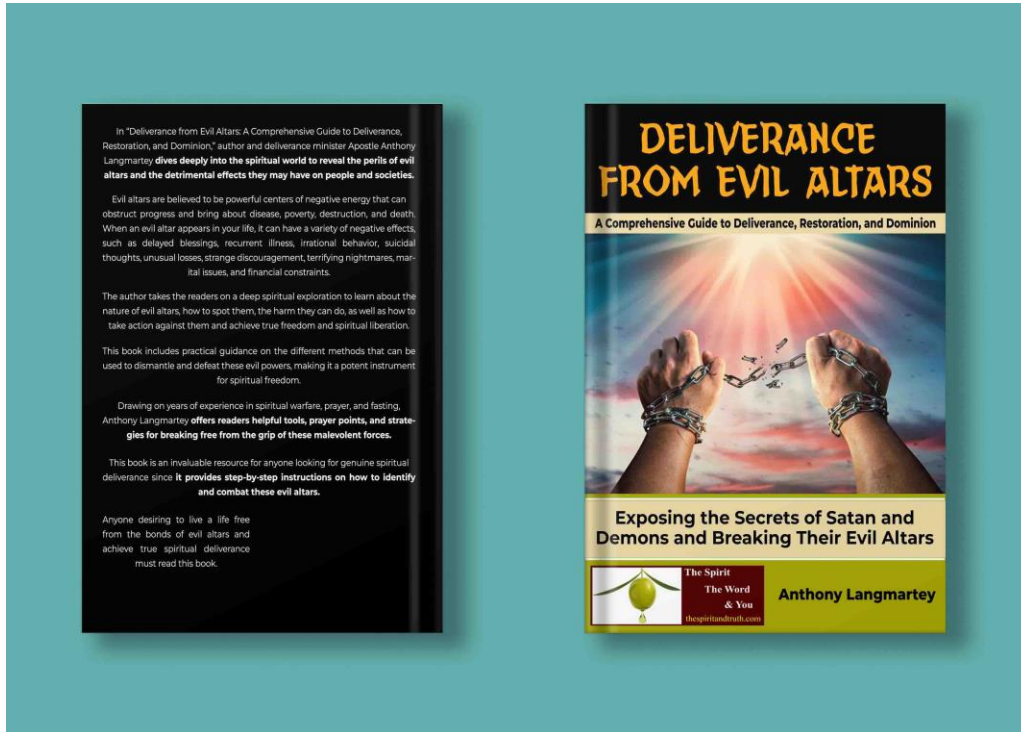


Are you in the bondage of demons? Are you suffering from the attacks of demonic spirits? Are you possessed by demons, incubus or succubus spirits, perverse spirits, or sexual marine spirits? Have you been hearing voices in your head? Have you been having dreams of seeing someone or a spirit having sexual intercourse with you? Grab a copy of this book and learn how to get deliverance from demons.

Visit this link <https://books2read.com/u/bwqzrv> to grab your copy and learn how to retain a demon-free state.

#5

Deliverance from Evil Altars: A Comprehensive Guide to Deliverance, Restoration and Dominion



Discover the power of spiritual deliverance with "Deliverance from Evil Altars: A Comprehensive Guide to Deliverance, Restoration, and Dominion" by Apostle Anthony Langmartey.

Drawing on years of experience in spiritual warfare, prayer, and fasting, the author offers readers a powerful guide to breaking the grip of malevolent forces and achieving true freedom.

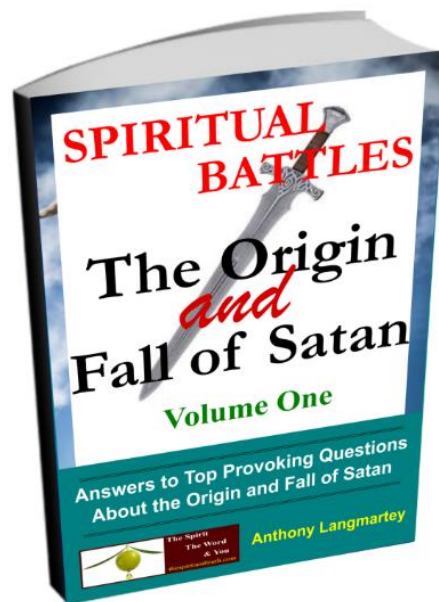
By taking an in-depth look at the spiritual world, this book reveals the perils of evil altars and how to spot them, the detrimental effects they can have on individuals and societies, and how to take action against them and attain spiritual liberation.

With practical guidance, helpful tools, prayer points, and strategies, this book provides step-by-step instructions on how to identify and combat these evil altars. Readers will benefit from this book by learning how to live a life free from the bondage of evil altars and experience true spiritual deliverance.

Visit this link <https://books2read.com/u/38Wn9L> to grab your copy and learn how to get deliverance from evil altars.

#6

Spiritual Battles (Volume One): The Origin and Fall of Satan



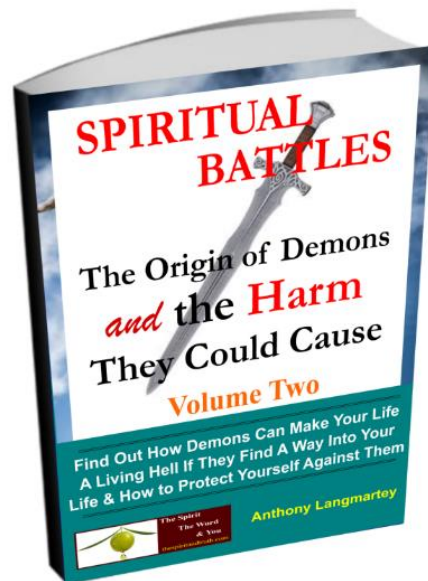
There is spiritual warfare ongoing that everyone is part of. Consciously or unconsciously, everyone is involved in this spiritual warfare. You have to win this spiritual battle going. Satan is our antagonist since the creation of humankind. Therefore, before getting to know how to win your spiritual battles over Satan, you

first have to know more about Satan and why he is here in the first place. is involved in this spiritual warfare.

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#7

Spiritual Battles (Volume Two): The Origin of Demons and the Harm They Could Cause

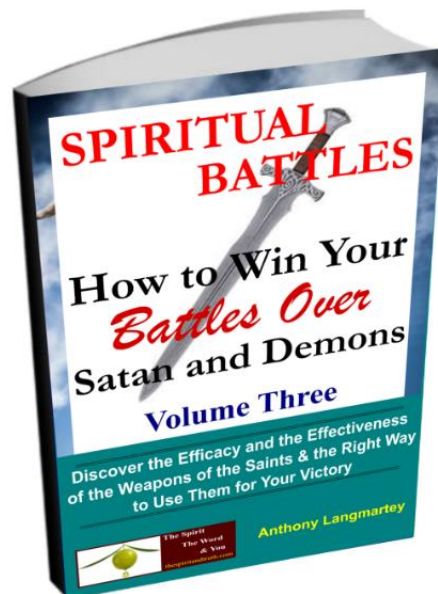


Are you sure you know who or what demons are? Do they exist at all? Have you been involved in “spiritual warfare,” where the more you focus on demons, the more warfare you actually get? You are not alone; I, too, have been through all kinds of “spiritual warfare” over the years. From the extensive study, personal experience, and insight into this subject, I want to share this knowledge with you.

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#8

Spiritual Battles (Volume Three): How to Win Your Battles Over Satan and Demons

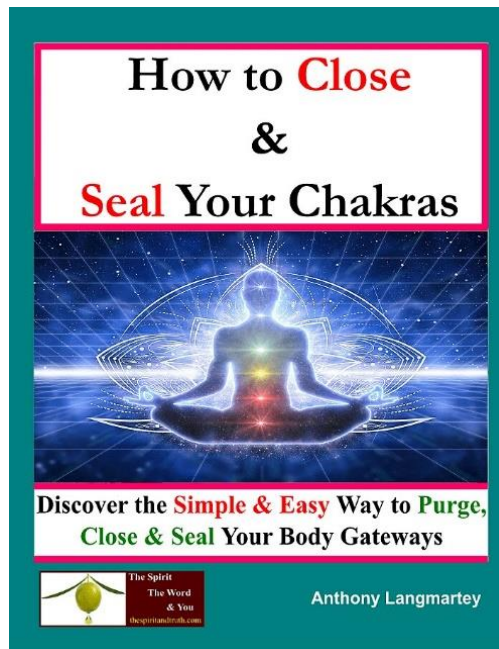


This book provides the guidelines to win your battles over Satan and demons. This book will prepare you for the battle. Spiritual Battles are best fought with the right weapons, and as a result, courage replaces fear, and victory takes the place of failure. “Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called... (1 Timothy 6:12).

Visit this link <https://books2read.com/u/bQaBzy> to grab your copy and discover how you can win your battle over Satan and demons.

#9

How to Close and Seal Your Chakras



If demons are harassing you sexually, chances may be that your body gateways may have been opened to them. If you are possessed by demons, chances are that one or more of your body doors have been distorted giving access to demons. This guide will help you purge, close and seal your body gateways so that demons may not have access to your body and soul again. Grab your copy now, and you'll be free.

Visit this link <https://books2read.com/u/mZrZVD> to discover how you can purge, close, and seal your opened body doors to deny demons' access.

Glossary

Words That Shape Your Faith: Clearing Out the Misleading Terms That Distort Scripture

Words influence what we believe, how we pray, and how we understand God. Yet many of the spiritual terms used by believers today never existed in the original Hebrew or Greek Scriptures. Over time, translators, traditions, and cultural influences introduced words that were unnecessary, misleading, or connected to beliefs outside the faith. These additions have quietly shaped modern Christianity in ways most people never notice.

The Bible warns us to handle spiritual language with care:

- **Exodus 23:13** instructs God’s people not to mention the names of other gods.
- **Hosea 2:16–17** shows God’s desire to remove the names of false gods from His people’s vocabulary.
- **Jeremiah 8:8** warns that scribes and translators have “handled the word falsely.”

These verses remind us why accuracy matters. Words carry power. When translations introduce terms that were never in the original text, they can distort meaning and weaken spiritual understanding.

Think of this section like turning on a bright light in a room you’ve walked through for years. The room hasn’t changed—but what you see has. When you learn the original meaning of key biblical words, your prayers gain depth, your study becomes clearer, and your faith becomes rooted in truth rather than tradition.

In this book, I’ve highlighted places where added or misleading terms may appear and provided what I believe are more accurate alternatives. Please read these notes carefully and pass them on to others who seek truth.

The Purpose of This Section

- Expose mistranslations and clarify confusing terms
- Reveal the true meaning behind the ancient Hebrew and Greek words
- Strengthen your understanding so your walk with God remains pure and uncompromised

As you continue, you'll gain clearer insight, stronger foundations, and a deeper connection to God's Word—just as it was originally given.

1. Abba/Av

According to Dictionary.com, *Abba* is the Aramaic word for “father,” used by Jesus and Paul as an intimate term to describe their personal relationship with God.

So, *Abba* is an Aramaic word that has also been adopted into modern Hebrew and is used to mean “father.” The Aramaic word *Abba* appears in three New Testament verses:

Mark 14:36: “And He [Yahshua] said, ‘**Abba**, Father’, all things are possible for You. Take this cup away from Me; nevertheless, not what I will, but what You will.”

Romans 8:15: “For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, ‘**Abba**, Father.’”

Galatians 4:6: “And because you are sons, God has sent forth the Spirit of His Son into your hearts, crying out, ‘**Abba**, Father!’”

Av: The formal, biblical Hebrew word for “father.”

2. Amen/Amein

Amein is the Hebrew word for “so be it,” “verily,” or “certainty” found in the Original Hebrew Bible, not “Amen” as translated in many Scripture versions. “Amein” is the correct transliteration based on Strong’s Concordance.

The substitution of “Amen” was likely influenced by the Egyptian sun deity named **Amen-Ra** (two deities—Amen and Ra), who was worshipped in Egypt for over 1,000 years before the time of Christ [the Messiah]. Ending prayers with “Amen” instead of the biblical “**Amein**” could unintentionally invoke the name of the Egyptian sun god rather than the God of Israel.

The Bible warns us not to mention the names of other gods: “*And in all that I have said to you, be circumspect and make no mention of the name of other gods, nor let it be heard from your mouth.*” (Exodus 23:13)

Smith’s *Bible Dictionary* describes **Amen** as an Egyptian divinity worshipped as *Amen the Sun*.

Source: <https://www.biblestudytools.com/dictionaries/smiths-bible-dictionary/amon-or-amen.html>

3. Christ

Christ was not originally a name but a title derived from the Greek word **christos**, which translates the Hebrew term **Mashiach** (English: *Messiah*), meaning “the anointed one.”

Source: <https://www.britannica.com/biography/Jesus>.

Chrestos literally means “good” or “good one.” The pagan gods Osiris and Mithras were both called **Chrestos**.

In antiquity, especially during the first few centuries CE, the terms **Christos** and **Chrestos** were often used interchangeably by both insiders and outsiders, and

manuscripts sometimes show variations in spelling. The earliest followers were even sometimes called **Chrestians** (“followers of the Good One”).

Therefore, they represent the same concept or name, with **Chreistos** being a variant spelling of **Christos**.

These gods—Adonis, Tammuz, Osiris, Mithras, and others—bore the titles **Christos** and **Chrestos** (or **Chreistos**) before the Savior Yahshua was given the title **Christos** (English: *Christ*).

The Savior of the world is not a Greek but a Jew. You must call Him by the name given to Him by His Father and not by any name later bestowed on Him by humans. *Christ* is not the Savior’s last name.

According to Frank Zindler: “Many Mythicists argue that a major early component of the braid that would become Christianity was a Heavenly Christ cult. (In *Bart Ehrman and the Quest of the Historical Jesus of Nazareth*, in my chapter ‘Bart Ehrman and the Crucified Messiah,’ I presented research to show that the Greek word for Christ (*Christos*) originally was spelled *Chreistos* or *Chrēstos* and was not the equivalent of the Hebrew *Mashiach* and did not mean ‘anointed.’ The early Christ Cult, then, would have had no obvious relation to Israelite religions ‘in the beginning.’ Later, after the great Greek vowel shift known as *itacism* or *iotacism* had taken place, *Chreistos* had become *Christos* (‘anointed’) and could carry messianic meaning. At that time, the Christ tradition could become intertwined with Jewish messianic threads of tradition.”

Source: <https://earlywritings.com/forum/viewtopic.php?t=2937>

4. Church

Church is the word used in most English Bible versions as a rendering of the Greek word **ekklesia**. The Greek word means “*a calling out,*” “*a meeting,*” or “*a gathering.*” **Ekklesia** is the Greek equivalent of the Hebrew word **qahal**, which means “*an assembly*” or “*a congregation.*”

The origin of the English word *church* is **kuriakon** or **kyriakon** in Greek. The meaning is a building (the house of Kurios, or Lord).

Dictionaries trace the English word *church* to the Anglo-Saxon root **circe**. Circe was the goddess-daughter of Helios, the pagan sun idol. The word *circe* is related to *circus*, *circle*, *circuit*, and *circulate*.

Circe was originally a Greek goddess whose name was written and pronounced **Kirke**. The word *church* appears in Scotland as **kirk**, in Germany as **Kirche**, and in the Netherlands as **kerk**."

5. Cross/Stake/Pole/Tree

The truth is that Jesus Christ [Yahshua HaMashiach] did not die on a cross. The Greek word commonly translated as “*cross*” is **stauros**, which basically means “*an upright pole or stake.*” The Companion Bible explains: “[*Stauros*] never means two pieces of timber placed across one another at any angle. There is nothing in the Greek of the New Testament even to imply two pieces of timber.”

In several passages, Bible writers use another Greek word for the instrument of Jesus’ death: **xylon** (Acts 5:30; 10:39; 13:29; Galatians 3:13; 1 Peter 2:24). This word simply means “*timber,*” “*a stick,*” “*a club,*” or “*a tree.*”

Explaining why a simple stake was often used for executions, Hermann Fulda wrote in *Das Kreuz und die Kreuzigung* (The Cross and the Crucifixion): “*Trees were not everywhere available at the places chosen for public execution. So a simple beam was sunk into the ground. On this the outlaws, with hands raised upward and often also with their feet, were bound or nailed.*”

The strongest support, however, comes from Scripture. The apostle Paul says: “*Christ purchased us, releasing us from the curse of the Law by becoming a curse instead of us, because it is written: ‘Accursed is every man hung upon a stake [‘a tree,’ King James Version].’*” (Galatians 3:13) Here Paul quotes Deuteronomy 21:22–23, which refers specifically to a stake, not a cross. Since this form of

execution made a person “*a curse*,” it would not be appropriate for Christians to decorate their homes with images of Christ on a cross.

There is no evidence that Christians used the cross in worship during the first 300 years after Christ’s death. In the fourth century, however, the pagan emperor Constantine converted to a corrupted form of Christianity and promoted the cross as its symbol. Whatever his motives, the cross had nothing to do with Jesus Christ. It is pagan in origin. The **New Catholic Encyclopedia** acknowledges: “*The cross is found in both pre-Christian and non-Christian cultures.*” Other authorities have connected the cross with nature worship and pagan fertility rites.

Why, then, was this pagan symbol adopted? Apparently to make it easier for pagans to accept “Christianity.” Yet the Bible clearly condemns the use of pagan symbols (2 Corinthians 6:14–18) and forbids all forms of idolatry (Exodus 20:4–5; 1 Corinthians 10:14). For this reason, true Christians do not use the cross in worship.

Reference: <https://www.jw.org/en/library/books/bible-teach/origin-cross-symbol-pagan/>

The word used in Scripture is *tree*. The original Greek terms are **staurō**, which can mean *a pole or stake*, and **xylou**, which means *tree*. This is why Christ, His disciples, and the early Church did not use a cross, with or without an image on it.

Reference: <https://medium.com/@Omokri/what-is-the-origin-of-the-christian-cross-84d4f6654042>

According to *The Companion Bible*, crosses were used as symbols of the Babylonian pagan sun idol. The evidence shows that Jesus was put to death on an upright stake, not on two pieces of timber placed at an angle.

The **Encyclopaedia Britannica** also states that, in the Egyptian churches, the cross was a pagan symbol of life borrowed by Christians and interpreted in the same pagan manner.

6. HaMashiach

HaMashiach is the Hebrew word for “the Messiah,” meaning “the Anointed One.” When paired with *Yahshua* (Jesus), the full phrase *Yahshua HaMashiach* translates to “Yahshua the Messiah” or “Yahshua the Anointed One,” signifying Yahshua as the promised Savior and King.”

7. Jehovah

The original Hebrew name for God is written as **YHVH**, a four-consonant name that contains no written vowels in ancient Hebrew texts.

The Masoretes:

Jewish scribes known as the Masoretes added vowel markings to the Hebrew text between the 6th and 10th centuries CE to help readers pronounce the words. To indicate that the name **YHVH** should not be spoken aloud, they inserted the vowels from the word **Adonai** (“My Lord”).

Later, Christian scholars who translated the Bible into Latin and other European languages combined the consonants **YHVH** with the vowels of **Adonai**, creating the new form “**Jehovah**.” This pronunciation became popular in English Bibles beginning in the 16th century. The letter **Y** was often replaced with a **J** or **I**, which was common in Latinized names.”

8. Jesus

Jesus” is a later form of the Messiah’s name that developed through several stages of translation. The Messiah’s true name, *Yahshua*, was first written in Aramaic as *Yeshua*, then in Greek as *Iesous*, and eventually the Latin form *Iesus* produced the English name “Jesus.” *Yahshua HaMashiach* (translation: Yahshua the Messiah) is the true name of the Son of God.

9. Sha'ul/Saul/Paul

The apostle Paul was originally known by his Hebrew name **Sha'ul**, which means “asked for” or “prayed for.” He was known by both the Hebrew name **Sha'ul** (English form: **Saul**) and the Latin name **Paulus** (English form: **Paul**) because he was a Roman citizen born in Tarsus, a city in a Roman province.

The belief that Sha'ul's name was formally changed by Yahshua (Jesus) at his conversion on the road to Damascus is a common misconception. The voice from heaven called him “**Saul, Saul.**”

Sha'ul was his Jewish birth name, likely given in honor of the first king of Israel—also from the Tribe of Benjamin. Paulus (meaning “small” or “little”) was his Roman name. Both names belonged to him long before his conversion to Messianic Judaism.

There was **no official name change**. The Bible does not record Jesus changing his name on the road to Damascus. Instead, Paul began using his Roman name more frequently during his ministry to the Gentiles.

Reference: Acts 13:9 — “Then Saul, who also is called Paul, filled with the Holy Spirit, looked intently at him.”

10. Yahshua

God announced through the angel Gabriel, “She will bear a Son; and you shall call His name Yahshua, for He will save His people from their sins” (Matthew 1:21).

Yahshua came to this earth, became a man, and lived among humankind to save His people from their sins. The name *Yahshua* means “Yah saves” (Yahveh saves, or Yahveh is salvation). Reference: <https://www.itsmidnight.org/daily-awakenings/yahshua-yahvehs-salvation>

The name begins with the Hebrew form *Yahshua*, which is made up of “Yah” (a shortened form of the four-letter name of God, YHVH) and “shua” (meaning “salvation”). During the 1st century, the more common Aramaic version of the name was *Yeshua*, which likely reflected how the name was spoken during Yahshua’s lifetime.”

11. Yahveh (YHVH)

The true, sacred, and powerful name of the Creator of heaven and earth is **Yahveh** (YHVH — Yod Hey Vav Hey). The shortened form of Yahveh is **Yah**, as in *HalleluYah*, which means “praise Yah.”

Reference: <https://www.itsmidnight.org/daily-awakenings/yahshua-yahvehs-salvation>”

According to **the Book of Jewish Knowledge Encyclopedia, by Nathan Ausubel**, page 44, “There is more than a tinge of irony for Jews in the thought that the first Biblical scholar to make the discovery that the Pentateuch was the composite product of at least two different documents was a French Roman Catholic, Jean Astruc (1684 – 1766), who thereby became the founder of modern Biblical criticism. He had arrived at his hypothesis in an interesting way. Nonplused by the obviously unnecessary repetitions and confusing chronology in the narrative portions of the Book of Genesis, he was even more puzzled to designate God. One was the ineffable Name. YHVH, which is pronounced “Yahveh” (in 1518 it was written for the first time as “Jehovah” by Peter Gallatin, the confessor of Pope Leo X). The other was the odd plural rendering Elohim (singular: El) — for God. From the appearance in the text of these two different names, Astruc deduced that there had been effected a fusion of two separate Scriptural documents in Genesis, most probably by Ezra the Scribe. Wherever the name Elohim appeared, Astruc ascribed the passage in which it was set to the documents that he named “Elohists,” and the passages in which YHVH occurred he attributed to the “Yahvist” version”

12. Yahweh (YHWH)

Yahweh is a close pronunciation to the true name “Yahveh,” but it is inaccurate. It is because there is no ‘w’ sound in the Hebrew language or ‘w’ letter in the Hebrew alphabet. Yahveh is the true name of the Creator. Yahveh is a Hebrew word, which means “I will be who I will be.” The word or sound “w” was loaned from the Arabic language by the modern Yiddish people of Israel, that’s why a lot of the Israelites call God, ‘Yahweh’. **Yiddish was particularly good at borrowing:** from Arabic, from Hebrew, from Aramaic and from anything with which it intersected. Source: <https://en.wikipedia.org/wiki/Yiddish>. The Arabic letter *waw* represents the /w/ sound, while in Hebrew and some Yiddish contexts, the letter *vav* (ו) represents a /v/ sound.

Shalom Aleichem (Peace be to you)