

## **Advice to the Delivered (After care)**

*Healing through deliverance by Peter Horrobin*

### **Ten major keys to staying free**

After surgery, a patient receives a list of things he should and should not do. In the same way, after deliverance ministry, there are things we can do to ensure that people grow strong again and are able to withstand the many ongoing attacks of the evil one. Satan does not give up territory lightly, and while he does have to bow the knee to the name of Jesus, he will usually try to regain ground that has been lost.

The following guidelines have proven helpful to people who are determined to walk in obedience to the Lord Jesus Christ. In reality, they are things that we should all be aware of as part of our normal Christian walk and experience.

#### **1. The Lordship of Jesus must be central in your life**

The number-one priority must be to ensure that Jesus is given His rightful place in every area of our lives. If there are things we think, say or do that cannot be shared with Jesus, then we are on dangerous ground that Satan will want to take advantage of.

#### **2. Be continuously filled with the Holy Spirit**

While the first time someone is baptized in the Holy Spirit is a very special experience, we must not limit our experience of being filled with the Spirit to this occasion. We need to be continuously filled with the Holy Spirit. The Holy Spirit is our counselor, comforter, exhorter and strengthener.

#### **3. Read the Word of God daily and allow it to minister to you.**

The scripture contains everything we need for godly living. It is a helpful discipline to follow a Bible-reading program on a daily basis, with some explanatory or devotional notes. But it is also important that we read through scripture for ourselves and allow God to speak to us directly through His Word.

#### **4. Wear the armor of God at all times.**

The armor is for our defense and protection. Study what Paul teaches in Ephesians 6:10-18 and remember that the Holy Spirit will enable us to maintain a godly stand against all the attacks of the evil one. If during the day there have been moments of failure, confess these immediately, ask God for forgiveness and repair the armor; ready for the next encounter. God does not condemn us for moments of failure, but He does expect us to use the means of grace available to us when we have made mistakes so that we can continue to talk tall and strong.

#### **5. Be on guard against the enemy's counterattacks.**

If we have taken ground from the enemy through receiving healing and deliverance ministry, then be sure that Satan will try to win back some of the ground as soon as possible. Regaining lost ground is one of the first lessons of warfare and Satan knows that only too well. Watch out for temptations, especially in the areas where sin has had to be radically dealt with prior to deliverance. We must ask others to pray

for us if we are feeling particularly vulnerable at any time. Be aware that habits need to be dealt with as well.

**6. Be in good fellowship with others.**

If we remain in good fellowship with other Christians, we will always have a body of believers around us to continue to minister to us when necessary. We also need help to see ourselves as others see us and to pinpoint any areas of our lives where we may be giving Satan some unnecessary leeway. Small fellowship groups within the life of the church are the ideal venue to grow stronger as faith develops. If no such group meets in your own church, see if there is an interchurch group meeting locally or a group from another church that might be willing to have you share in one of its midweek meetings.

**7. Allow the Holy Spirit to produce the fruits of the Spirit in your life.**

There is no law against godliness. The fruit of the spirit is the outworking of God's Spirit in our lives. If we allow Him to nurture and encourage us, we will quickly find that positive changes begin to happen in our lives. If we struggle with a particular area, then we can ask for further prayer, for there maybe another demonic stronghold that needs to be broken or more inner healing that is necessary to provide a foundation for progress.

**8. Walk continuously in forgiveness.**

There is no shortage of opportunities to forgive people. We must maintain a godly attitude toward all those who offend us and not let any more roots of bitterness grow up in our hearts.

**9. Praise God in all circumstances**

Praise is a vital part of Christian living. God does not change in His character, so there is no need to allow change in our circumstances to change our attitude toward Him. We should not fall into the trap of thinking we should praise God for everything that happens; otherwise we could find ourselves having to praise God for something that Satan has prompted someone to do against us. We should not be praising God for these things, as they are not His choosing for us. But we should never stop praising God for who He is.

**10. Keep the right company.**

The company we keep can strongly influence the things that we do. If a certain group of people has led us into a way of life that is bad for us, then we should think twice before renewing those relationships. We do not want to cut ourselves off from others, but there are times when, for a season until we are stronger, it may be necessary to be very disciplined as to our lifestyle, the company we keep and the places we go.