

Self Deliverance: Unforgiveness, Woundedness, and Trauma



Scriptures

- **John 20:21**

And Jesus said to them again, “Peace (Shalom) be with you; as the Father has sent Me, I also send you.” And when He had said this, He breathed on them and said to them, “Receive the Holy Spirit. If you forgive the sins of any, their sins have been forgiven them; If you retain the sins of any, they have been retained.”

Other Scriptures

- I John 3:8
- Revelation 19:14-15
- Matt. 21:12
- Matthew 6:12-15
- Matthew 18:34

Main Points

- A third of Jesus’ ministry in the New Testament involved setting people free from demons.
- We must face the enemy in order to enter into the freedom that is ours in Jesus.
- Demons can occupy a Christian’s space. They need to be confronted and driven out.
 - Spirits can be passed down through family trees.
 - The enemy can get a way into our lives through our personal sin.
- Shalom—a Hebrew word meaning wholeness.
- Holding on to grudges can block the peace of God from fully entering our lives.
- When we don’t forgive, we take ourselves outside of abiding in the Holy Spirit, and into a place where demons can attack.
- Unforgiveness keeps a door open for demons to enter into our space and torment us.
- We have to keep our eyes focused on Jesus in order to fully forgive others.
- Trauma can be an entry point for demonic influence in our lives.
- In a state of weakness we can become vulnerable to attack from the enemy.
- The problems that we deal with often originate from the realm of darkness.
- Summary: spirits can be passed through the family tree, through our personal sin, through our unforgiveness, and through brokenness and trauma.

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Discussion Questions

1. How important is forgiveness in keeping the enemy out of our lives? Did the illustration about it being a poison that we drink help provide understanding?
2. If you are a person who has experienced great hurt or great trauma at the hands of another have you fully released that person from your resentment and unforgiveness? This must be resolved to be free from torment yourself.
3. Have you forgiven God for any perceived hurt He allowed you to experience?