



SHAWANDABARNES

## Inner healing and Deliverance Ministry

### What to Expect

Please read the following information before completing our Deliverance Questionnaire.

Please understand that refusal to do so will prevent Shawanda Barnes, LLC and its representatives from facilitating inner healing and deliverance for you. Feel free to print a copy of this document for your records.

#### **What is inner healing?**

Inner healing is often required when ministering to somebody who has been abused, raped or has been exposed to a traumatic experience. Inner healing is a working of the Holy Spirit and is received as a person **RELEASES** the inner hurt and pain from past experiences and allows the process and is done by faith (even if you don't feel like you could ever forgive somebody for the damage they've done). Oftentimes, self-forgiveness needs to be received as the person is holding things against themselves which must be released.

#### **What is Deliverance?**

Casting out demons is where the demons are confronted in Jesus' Name and driven out of the person. This step is where the actual demons are expelled from the person. This step is where the actual demons are expelled from the person and can be overlooked in most cases. Even if you do feel a measure of freedom after tearing down strongholds and breaking up legal grounds, demons may still be present and need to be cast out.

#### **What you can expect during a deliverance?**

Sometimes you may manifest a demon, other times it seems like nothing happens when they are being expelled. These are some simple guidelines of what you can expect from your inner healing and deliverance session. Keep in mind that every person is unique –therefore, your deliverance experience will probably be different from someone else's. The point is not to focus on the experience; the point is to focus on the Lord and let Him give you Himself in the areas where you need Him.

Mild manifestations often involve coughing, spitting up phlegm, burping, deep yawning on sighting, pressure, or pain in areas of your body, shaking, screaming, etc. If you feel these things coming at you, don't resist them....let the demons manifest and come fourth Demons may use your vocal system to speak through you to the person who is ministering deliverance with you.

Stronger manifestations are usually found in cases where a person is being delivered from severe oppression, deliverance from occult involvement or satanism. You are often not conscience when these spirits manifest. They can cause your body to levitate, physically struggle with those present for the deliverance, cause a demonic convulsion, and so forth.

Feelings or emotions will often rise up as spirits are confronted. For example, if we are dealing with a spirit of grief, the person may experience deep levels of grief as it is manifestation and being driven out.

You may experience loss of consciousness or partial loss of consciousness. As the spirits manifest, some will suppress your conscious as they manifest. Sometimes you feel drowned out but are still aware of what is happening. Other times nothing happens along these lines and you are fully conscience... it is recommended to allow the demon to come to the surface where we can deal with it.

Demons may speak through you at times to the person assisting you with your inner healing and deliverance. Sometimes they will simply take control of your mouth and speak. You may or may not be aware of this when it happens, but do not try to prevent it. IF you hear yourself spewing out curses and foul language towards your facilitator, don't be ashamed it happens!

Sometimes spirits can be stubborn and require persistence to drive them out. If your minister repeatedly confronts the same spirit, do not worry... I often have to spend a little time just trying to get the demon to come to the surface, so I deal with it. Demons can resist our authority and therefore they require persistent pressure before they cooperate.

### **Things not to do during your session**

The enemy can try to bombard you with doubt, fear and make you feel like you will never be set free. I advise you to fight those feelings as much as you can. Saying to yourself, "I will never be set free" is doubting the work that God is trying to do for you and wages war against your faith. You might find it helpful to say to yourself something along the lines of, I resist those feelings and believe in the work that Jesus is doing in my life!

It is important not to be afraid of the demons. God is much more powerful, and His angels are here to assist! We may encounter some strong spirits that will resist our authority (that is why we need to be persistent), but your freedom has been paid for by the precious Blood of Christ, and we need to stand on that as we confront the battle the spirits at hand.

When demons are manifesting or being driven out of you, it is usually best not to do much talking. Spirits often leave through the person's mouth, and it is true that we can hold them back from coming out if we obstruct their passageway. If you feel something evil coming up your throat, don't try to stop it from coming out. let it come fourth! Hanging on to your bondages can literally keep you from being delivered. It is important to LET GO and allow the demons to be released. Trying to remove a spirit of fear while you are choosing in your mind to agree with it (being fearful) is not an easy task. You need to be determined to have faith in Jesus, which is the opposite of fear. Let those demons come out. Let them come to the surface and be ejected don't hold them back!

## **Keep your deliverance coach informed on what is going on**

Before your deliverance, while filling out the questionnaire, did you experience any uncomfortable feelings, nervousness, shaking, etc. while trying to answer certain questions? If so, let your deliverance coach know what the questions were because it is likely arousing a spirit in you that does not want those legal grounds to be broken.

Throughout the deliverance session, the Holy Spirit may bring to your remembrance a past sin or situation that may have opened the door to demons. Tell your minister about this right away so they can help you remove any legal grounds to the spirits. If you feel the Holy Spirit sharing anything with you during your deliverance, do not hesitate to share it with your minister.

You are often going to experience things that your minister cannot perceive or know about. For example, physical pain in an area of your body indicates a spirit manifesting. If the deliverance coach knows where it is, he or she may place a Bible over that area of your body and confront the spirit. If you feel any discomfort, pain or pressure in your body or confusion, headache, racing thoughts, irrational emotions, etc. rising up in your mind, then it can be very helpful to let the deliverance coach know what is going on. If you experience any feelings of anger, hate, rage, rebellion, the desire to run out of the room, etc., I recommend telling the deliverance coach about what is happening. Always try to keep her posted on what is going on the inside of you, unless they are right in the middle of casting it out and you feel it is coming out of your mouth (I mentioned above not to talk or obstruct your airways as the demons are being expelled).

You are often the best person to determine whether the spirit has left. Did you feel a release or relief as if something has left you? Let the deliverance coach know. Sometimes they can go into hiding (to trick you into thinking they are gone) and other times there are additional spirits to be driven out, but keeping the deliverance coach updated on what is happening is helpful. Normally speaking though, when you feel a RELEASE, it means that spirit(s) had departed.

**Have questions? Do not HESITATE to ask!**