The 8 Rs to Freedom A Guide to Self Deliverance
Dr. Henry W. Wright

1. Recognize - You must recognize what it is.

2. Responsibility - You must take responsibility for what you recognize.

3. Repent - Repent to God for participating with what you recognize.

4. Renounce - You must make what you recognize your enemy and renounce it.

5. Remove it - Get rid of it once and for all.

6. Resist - When it tries to come back, resist it.

7. Rejoice - Give God thanks for setting you free.

8. Restore - Help someone else to get free.

#1 Recognize
You must recognize what it is

Recognize the problem - have discernment. Isaiah 5:13 says: (God said) my people have gone into captivity because they have no knowledge. They had no discernment. Hosea 4:6 says: (God said) my people perish for lack of knowledge. They had no discernment. Hebrews 5:14 tells us: but strong meat belongs to those that are full aged, even those that by reason of use have their senses exercised to discern both good and evil. Not just good, you must be able to discern evil also.

Therefore my people are gone into captivity, because they have no knowledge: and their honourable men are famished, and their multitude dried up with thirst. Isaiah 5:13

My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children. Hosea 4:6

But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil. Hebrews 5:14

You say, "Pastor, I'm afraid of evil." Shame on you. Where did you get that from? Watching too much of the Exorcist? Why would you be afraid of evil? Are you
telling me Satan is greater than God? "Well, Pastor, something bad might happen to me." Yeah, it might. So what? Why are we afraid of evil?

If I told you that you had a particular disease because you had a root of bitterness against someone and had not resolved it, what would I have given you? Discernment.

If I told you that your Breast Cancer is because you hated your Mama, what would I have given you? Discernment.

All right, so what's going on if you have hatred toward Aunt Sally? The principality that brought the hatred into play was Bitterness. Hatred is one of the fruits of bitterness.

If you have somebody who is angry and hostile, what can you tell them? "You have a root of bitterness." If you find someone who has resentment, what could you tell them? "You have a root of bitterness." When you see that, you can also tell them this: "that if you don't get this under control in your life, the chances of you getting a disease as a bad fruit of this is very likely in your lifetime."

Now what have you given them? Wisdom. Knowledge to put into action.

There are two gifts of the Holy Spirit taught in 1 Corinthians 12. One is the gift of Wisdom and the other is the gift of Knowledge. What am I giving you now? I'm operating in the gift of Knowledge and the gift of Wisdom in your life right now. I'm also operating in the gift of Faith, Discerning of Spirits, Knowledge, Wisdom and if needs be I can operate in the gift of Healing and the gift of Miracles.

Do you know that every believer should be participating at some lever in this area? 1 Corinthians 12 teaches that the Church is designed to heal the Church. Ephesians 4 says that, as a pastor, I'm supposed to equip you and bring you to the place where you can do that (regarding the body of Christ healing itself). I first have to be able to demonstrate it. Knowledge ties the past to the present but Wisdom takes the presence and moves it to the future.

We're taking your past, and bringing it to the present so you can see what in the world is going on in your present state. Then God, through Wisdom, can take you into the future to change your circumstances. Now it's going to take Faith and the work of the Holy Spirit to do the rest of it, but we have to be able to teach first because faith comes by hearing and hearing by the word of God (Romans 10:17).

So then faith cometh by hearing, and hearing by the word of God.

Romans 10:17

Remember that in Jeremiah 3, God said He would give you pastors according to His heart that would teach you, lead you, and give you understanding.

And I will give you pastors according to mine heart, which shall feed you with knowledge and understanding. Jeremiah 3:15

I am a pastor; you are the sheep of His pasture and I'm an under-shepherd that cares for you just as much as He does. I'm not here to fill your head with a bunch of knowledge. I came here to break the power of the devil over your lives and release you. Your freedom was paid for 2,000 years ago on the cross, and the power of God was released into your life so you can get on with it. He wants you to be free.
I've found many people like being sick because it is the first attention they have received in their life. Do you want to be well? Do you want to be sane? GOOD! If I come along and put my finger on that stuff that's making you sick, those creatures from Hebrews 4:13, what are you going to do with it? You say, "Pastor, that was a nice time, I'll see you" and you walk out the door and take all those crispy critters with you. It's a lot of work keeping up with a zoo like that!

Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do. Hebrews 4:13

#2 Responsibility

You must take responsibility for what you recognize

After you recognize, the Holy Spirit comes to convict you from discernment and then the second "R" is take Responsibility. Not everybody wants to take responsibility after discernment. It really bugs me when somebody says to me after discernment, "Well, Pastor, bless God, that's just the way I am." What happened to the scripture that says, "From glory to glory we're being changed?" (2 Corinthians 3:18).

But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord. 2 Corinthians 3:18

"Well, that's for somebody else, Pastor. If God wants to change me He's just going to have to do it." God couldn't do it if He tried. You won't let Him.

"Bless God I'm angry, I always have been angry, and I always am going to be angry, and if you don't like it, I'll eat you for lunch." Are you going to lock yourself into, "Well I'll forgive them if they forgive me first." What are you going to do?

For I acknowledge my transgressions: and my sin is ever before me. Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest. Psalm 51:3-4

 Somebody's going to have to get spiritual. Do you think the other person needs to get spiritual first, or do you need to get spiritual first? Take responsibility.

#3 Repent

Repent to God for participating with what you recognize

Repent is the third "R" that you need to be free. Acts 3:19 says:

Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord; Acts 3:19

Do you want the times of refreshing to come from the Lord in your life? Are you tired of the blistering heat of disease? Are you ready for that oasis? You won't get there unless you go here first - repent.
Therefore I will judge you, O house of Israel, every one according to his ways, saith the Lord GOD. Repent, and turn yourselves from all your transgressions; so iniquity shall not be your ruin. Ezekiel 18:30

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

And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the iniquities of their fathers. Nehemiah 9:2

Remember from whence thou art fallen, and repent and do the first works; or else I will come upon the quickly:

Remember therefore from whence thou art fallen, and repent, and do the first works; or else I will come unto thee quickly, and will remove thy candlestick out of his place, except thou repent. Revelation 2:5

Repent or else I will come quickly:

Repent; or else I will come unto thee quickly, and will fight against them with the sword of my mouth. Revelation 2:16

And I gave her space to repent of her fornication and she repented not.

And I gave her space to repent of her fornication; and she repented not. Behold, I will cast her into a bed, and them that commit adultery with her into great tribulation, except they repent of their deeds. Revelation 2:21-22

Remember and hold fast, and repent:

Remember therefore how thou hast received and heard, and hold fast, and repent. If therefore thou shalt not watch, I will come on thee as a thief, and thou shalt not know what hour I will come upon thee. Revelation 3:3

As many as I love, I rebuke and chasten. Be zealous therefore and repent.

As many as I love, I rebuke and chasten: be zealous therefore, and repent. Revelation 3:19

#4 Renounce

You must make what you recognize your enemy and renounce it.

After you have repented, which means taking responsibility after recognition and discernment, the next step is to Renounce. A lot of people repent but they don't mean it. A lot of people have remorse but they don't change on the inside. To renounce literally means to "turn away from." There are many scriptures in the Bible where God said - get away from idols and heathen practices because they will be your ruin.
Ye cannot drink the cup of the Lord, and the cup of devils: ye
cannot be partakers of the Lord's table, and of the table of devils.
Do we provoke the Lord to jealousy? are we stronger than he? 1
Corinthians 10:21-22

Get away from evil, renounce it as fast as you can. Develop a perfect hatred for
evil in your life. Separate yourself from evil. Love yourself, but hate the evil. Love
your neighbor, but hate the evil he does. Learn to separate yourself and others
from their sin.

#5 Remove it
Get rid of it once and for all.
The fifth “R” to Freedom is Remove what you have renounced. I can bring you to
a place of recognition (which is discernment) responsibility, repentance and
renouncing openly what evil stands for in your life, but have you removed it?
Removing sin is this: not only do I renounce you, but you and I cannot exist at the
same place at the same time together. I'm removing you; you have to go.

In Ezekiel 18, God’s people were complaining that it was not fair that God would
bless and forgive the unrighteous that repent, yet but not forgive them, the
chosen ones. After all, they were the children of covenant. They also continued
to live in their sin. They were wondering why God did not bless them. God’s
response to them was very clear.

“Cast away from you all your transgressions, whereby ye have transgressed, and
make you a new heart and a new spirit: for why will ye die O house of Israel?”
Ezekiel 18:31

That is: remove it. Get it out of your face and make yourself a new heart and
spirit.

#6 Resist
When it tries to come back, resist it
Number six of the 8 "R's" to freedom is to Resist. James 4:7 says, "Submit
yourself, therefore to God. Resist the devil and he will flee from you."

Submit yourselves therefore to God. Resist the devil, and he will
flee from you. James 4:7

What comes first? Resist the devil and he will flee or submit to God. Submission
to God first; then you have power over your enemies, not before.
Remember, earlier I quoted from 2 Corinthians 10:6; "Having a readiness to
avenge all disobedience after your obedience is fulfilled." Do you remember what
Samuel told Uncle Saul? 1 Samuel 15:23 - "Obedience is better than sacrifice,
for rebellion is as the sin of witchcraft, and stubbornness is as idolatry." (Self-will,
self-exhortation, witchcraft and idolatry." That's a tough scripture isn't it?
"Obedience is better than sacrifice."
What you have dealt with will try to come back. That is why we need God and each other.

When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest; and finding none, he saith, I will return unto my house whence I came out. Luke 11:24

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 Resist it

 *in the name and authority of the Lord Jesus Christ*

*Excerpted from the Guide for Self-Deliverance,*

"The following is a guide for the extraction and maintenance of unclean spirits of all types. It is designed to assist people during moments of critical spiritual attack and its aftermath. If followed, it will deliver you from the attacks of unclean spirits and put you under the covering and protection of the Lord Jesus Christ.

If you are being attacked in a dream or in person by a demon, devil, incubus, succubus, Satan, unclean spirit, unclean bird or alien, immediately cry out the name of the Lord Jesus Christ. If you have the mind, say the following:

"The Lord Jesus Christ rebuke you. The Lord Adonai rebuke you. I declare the Blood of the Lamb, the shed Blood of the Lord Jesus Christ that you leave. In the Name of Jesus be gone." Repeat until it leaves. It will leave.

If you don't have the mind, let's just say you are in a complete panic or overwhelmed with a total oppressive terror, say: "Jesus, Jesus, Jesus, Jesus..." Repeat for effect. This will absolutely work.

Quoting scripture has also been known to work quite effectively.

Never say the following: I rebuke you, I command you, or I adjure you. This will only make it personal and it may cause you more attack. Try to leave the narcissism out of it. Don't be lazy, learn this prayer of adjurement.

Remember that Jesus quoted scripture. In Matthew Chapter 4 when He was tempted (attacked) by the devil he said:

"It is written, Man shall not live by bread alone, but by every word that proceeds from the mouth of God."

"It is written again, You shall not tempt the Lord your God."

"Away with you Satan, for it is written, 'You shall worship the Lord your God, and Him only you shall serve."
It should also be noted that calling on the name of Solomon, Mohammed, Buddha, Krishna or 'god help me' is not effective. You must be specific. Use the name above all names: Jesus Christ the lamb of God. Trust me on this one. An exorcism is not the place to be experimenting with names. Use Jesus Christ. He will help you.

Another very effective passage in the Bible for any kind of demonic, devil, goddesses, satans, Satanic, or 'Wicked Hosts in high places' activity is Psalm 91.

I recommend that every believer memorize this passage or at least parts of it, then the Holy Spirit will recall these verses to your mind when needed.

Psalm 91

"He who dwells in the secret place of the Most High. Shall abide under the shadow of the almighty.
I will say of the Lord, 'He is my refuge and my fortress; My God, in Him I will trust.
Surely He shall deliver you from the snare of the fowler (Schemes and wiles of the Devil) and from the perilous pestilence. He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and arm guard. You shall not be afraid of the terror by night, Nor the the arrow (accusations) that flies by day. Nor of the pestilence (disease) that walks in darkness, Nor of the destruction that lays waste at noonday.
A thousand shall fall at your side, And ten thousand at your right hand; But it shall not come near you. Only with your eyes shall you look, And see the reward of the wicked.
Because you have made the Lord, who is my refuge, Even the most High, your habitation. No evil shall befall you, Nor shall any plague come near your dwelling; For He shall give His angels charge over you, To keep you in all your ways. They shall bear you up in their hands. Lest you dash your foot against a stone. You shall tread upon the lion and the cobra, The young lion and the serpent you shall trample underfoot. Because He has set His love upon Me, Therefore I will deliver him; I will set him on high, because he has known My name. He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him.
With long life I will satisfy him,
And show him My salvation."

Praise is our first line of defense in an attack. No matter what the incident, do not forget to "Praise the Lord!" Remember that no matter what the devil has planned for you, God can turn it around.

"But where sin abounded, grace abounded all the more..." Romans 5:20

"Resist the devil and He will flee you." James 4:7

"Faith comes by hearing, hearing the Word of God." Romans 10:17- Read your Bible.

"Therefore God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee shall bow, of those of heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father."
Philippians 2:9-11

Believe on the Lord Jesus Christ and you will be delivered and so shall your household." Acts 16:34

*Courtesy of Pastor Chris Ward, Logos Christian Fellowship*

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**#7 Rejoice**

**Give God thanks for setting you free**

The next "R" is Rejoice. Give God glory for your freedom. Give God thanks that a piece of dust like you could experience grace and mercy from a living God that loves you. He's worthy of your praise. The greatest song of worship and power and majesty is in Isaiah 35:1-10

The wilderness and the solitary place shall be glad for them; and the desert shall rejoice, and blossom as the rose. It shall blossom abundantly, and rejoice even with joy and singing: the glory of Lebanon shall be given unto it, the excellency of Carmel and Sharon, they shall see the glory of the LORD, and the excellency of our God. Strengthen ye the weak hands, and confirm the feeble knees. Say to them that are of a fearful heart, Be strong, fear not: behold, your God will come with vengeance, even God with a recompense; he will come and save you. Then the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped. Then shall the lame man leap as an hart, and the tongue of the dumb sing: for in the wilderness shall waters break out, and streams in the desert. And the parched ground shall become a pool, and the
thirsty land springs of water: in the habitation of dragons, where each lay, shall be grass with reeds and rushes. And an highway shall be there, and a way, and it shall be called The way of holiness; the unclean shall not pass over it; but it shall be for those: the wayfaring men, though fools, shall not err therein. No lion shall be there, nor any ravenous beast shall go up thereon, it shall not be found there; but the redeemed shall walk there: And the ransomed of the LORD shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away. Isaiah 35:1-10

Give Him thanks that pieces of dust like us can be redeemed for His glory.

### #8 Restore

**Help someone else get free**

Isaiah 42 talks about restoring others. After you have received the blessings of God, the eighth "R" is the fruit of the gospel and that is you helping others; restoring them.

But this is a people robbed and spoiled; they are all of them snared in holes, and they are hid in prison houses: they are for a prey, and none delivereth; for a spoil, and none saith, Restore. Isaiah 42:22

Part of restoring is bringing the gospel to those you love, instructing those sinners that are being separated from the refreshing of the Lord, discipling them.

Restore unto me the joy of thy salvation; and uphold me with thy free spirit. Then will I teach transgressors thy ways; and sinners shall be converted unto thee. Psalm 51:12-13

### The Challenge:

Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins. Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God. Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Isaiah 58:1-4

The fast we are called to:

Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD? Isaiah 58:5

Reach out to a stranger. Make a difference to your family.
Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Isaiah 58:6-7

Benefits of restoring others:

Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward. Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day: And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in. Isaiah 58:8-12

Bear one another’s burdens:

Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. Bear ye one another's burdens, and so fulfill the law of Christ. For if a man think himself to be something, when he is nothing, he deceiveth himself. Galatians 6:1-3

The members should have care one for another:

That there should be no schism in the body; but that the members should have the same care one for another. And whether one member suffer, all the members suffer with it; or one member be honoured, all the members rejoice with it. 1 Corinthians 12:25-26