

# Sexual Immorality Releasement Guide

*First, skim through the entire guide to gain a perspective on what will be discussed.*

## INTRODUCTION

Sexual intercourse is a natural activity that is critical to the survival of humanity and much of the animal kingdom. However, sexual expression requires responsibility. Without it, there can be serious consequences, including sexually transmitted diseases, unwanted pregnancies, unnecessary heartache and missed opportunities.

Sexual immorality, frequently referred to in religious and ethical contexts by the Greek term *porneia*, generally encompasses any sexual activity outside the boundaries of a committed marriage between a husband and a wife. For a comprehensive study from the biblical point of view, I have collected hundreds of scriptures related to many of the topics we will discuss in this guide. Check out the video series “Sex from a Biblical Perspective” and download the scriptures at: [theresacrabtree.com/bible-studies/](https://theresacrabtree.com/bible-studies/)

The purpose of this document is to warn readers about the potential for creating “open doors” to demonic interference through certain sexual behaviors. Demons are rebels *with* a cause. Their primary agenda is to lure humans away from the Creator. Knowledge is power. When a person becomes aware of the demonic realm, they are better equipped to recognize and resist its traps.

Using the categories outlined below, we will explore various ways in which humans—and demons—can lure victims through sexual means. It is important to note that with each specific sexual behavior, vulnerability increases when additional factors are present, such as substance abuse, fear, false beliefs, and unresolved emotional trauma. These may include low self-esteem, trust issues, and unforgiveness, all of which can further weaken personal and spiritual defenses.

### Key Understanding

God is not the author of abuse. He stands against it. For perpetrators, freedom requires repentance, accountability, and submission to lawful consequences. For victims, freedom comes through safety, support, compassionate care, and the gradual restoration of identity and authority. No trauma is beyond God’s power to heal. No darkness has the final word.

Sexual violence invites demonic interference not because victims are guilty, but because evil seeks to compound suffering.

To stop demonic interference, it is essential to heal areas of vulnerability and address any negative effects. It is important to do “inner work” to determine if your current choices are a reflection of unresolved emotional trauma.

## STEP ONE

If possible, print this document and use it to make notes. When ready to begin, take a few long, deep breaths until you feel calm. Prayerfully and slowly, circle any of the “Effects of Sexual Immorality” that relate to you. Add additional behaviors or experiences that come to mind now, or add those that surface later.

If emotions begin to arise, pause and allow them to release naturally—this is a normal and important part of the healing process. Make a note of any unresolved memories or trauma connected to each item. You may choose to stop and process an item immediately, or return to it at a later time.

***Once you have completed your list, proceed to Step Two.***

### EFFECTS OF SEXUAL IMMORALITY

Emotional Trauma	Emotional Imbalance	Loss of Career
Anxiety	Mental Imbalance	Legal Repercussions
Depression,	Lack of Clarity	Internal Desolation
Loss of Trust	Promiscuity	Lack of Peace
Unwanted	Dissociation	Paranoia
Pregnancy	Deception	Desensitization
Sexually	Betrayal	Ungodly Soul-Ties
Transmitted	Compulsions	Demonic Interference
Diseases	Obsessions	Financial Consequences
Divorce	Self-Harm	PTSD
Broken	Addiction	Chronic Fear
Relationships	Despair	Worthlessness
Unforgiveness	Guilt	Physical Injuries
Anger	Shame	Depression
Bitterness	Hatred	Suicidal Ideation
Destructive	Unforgiveness	Flashbacks
Patterns	Loss of Control	Nightmares
Family	Loss of Self-Esteem	Eating Disorders
Disintegration	Self-Gratification	Substance Abuse to cope
Emotional	Pride	Hypervigilance
Bondage	Violence	Revictimization
Loss of Integrity	Unworthiness	Sexual Dysfunction
Community	Loss of integrity	Sexual Aversion
Disruption	Damaged Reputation	Chronic pain
Loss of	Lack of Moral	Social isolation
Boundaries	Sensitivity	Withdrawal
Confusion	Hardened Conscience	Sleep Disturbances
Sexual Addiction	Loss of Intimacy	Loss of Innocence
Helplessness	Divorce	Identity Confusion
Fear	Loneliness	Emotional Numbness
	Double Life	Apathy

## STEP TWO

### UNDERSTANDING THE SPIRITUAL NATURE OF SEXUALITY

Sexuality is a spiritual reality; what involves the body echoes in the soul. Sexual immorality occurs when desire is expressed outside of God's framework for covenant and honor. When we move away from restraint, we create spiritual "open doors." These are not signs of a demon's power, but of their opportunism—they seek out secrecy, strong appetites, and the "agreements" we make with our wills.

#### The Path to Healing

**Identify:** Circle each type of sexual immorality in the list below that resonates with you, whether you were the victim or the perpetrator. Include any others where you feel "off-balance."

**Evaluate:** If you disagree with a specific topic's morality, take it to prayer. Ask the Creator: "Does this behavior align with Your design? Does it leave me vulnerable?"

**Reflect:** Center yourself. Focus on one—or a few—related items from your list. Prayerfully ask your Inner Spirit to gently reveal any emotions, behaviors, beliefs, or patterns related to the sexually related experiences in your life. Invite insight into the underlying experiences, wounds, or unmet needs that allowed it to develop.

**Renounce:** If you are suffering from demonic interference, it is essential to heal areas of vulnerability and close any doors that may have been opened through sexual means. In Step Four, you will renounce these ties through prayer.

**Release:** Allow emotions to surface without judgment. Healing requires acknowledging that a past "protection" or "coping mechanism" may no longer serve your higher purpose. Pray for clarity and a new perspective that will allow healing, growth, and freedom. As much as possible, bring the root cause toward closure. This may include forgiving yourself and others involved, releasing shame, and choosing compassion over self-condemnation.

**Resolve:** Healing is not about excusing harm, but about freeing yourself from its grip. To help keep this door closed, begin setting practical steps in motion, choosing items from the "**Healing Tips**" section.

### TYPES OF SEXUAL IMMORALITY

**Adultery** is consensual sexual intimacy between a married person and someone other than their spouse, violating the sacred covenant of marriage. From a spiritual perspective, it is viewed as a "work of the flesh" and a profound betrayal that opens the door to demonic influence by legally granting dark spirits access to an individual's life through willful, unconfessed sin. These spiritual entities, often described as spirits of lust or deception, capitalize on the broken trust and emotional destruction to create strongholds, fostering further addiction, bondage, and generational curses.

**Bestiality** is the act of having sexual relations with an animal, a practice that is illegal in most jurisdictions and considered a form of severe sexual perversion and animal abuse. In theological contexts, it is regarded as an "abomination" that violates the natural order and defiles the human, often acting as a gateway for spiritual oppression. Demons are understood to gain access or "legal right" to a person through this act by capitalizing on the deep moral violation, unconfessed sin, and the invitation of darkness, which can lead to severe spiritual bondage. Engaging in such acts, which degrade the unique status of humanity, is seen as creating a stronghold that invites spiritual, emotional, and psychological harassment.

**Bisexual (Attraction to more than one gender)** Bisexuality is viewed in this context as a "spirit of confusion" or a "double-minded" state that causes instability in sexual identity. Demonic access is gained through the encouragement of uncontrolled lust and the rejection of boundaries, leading to an open door where a person is continually tempted to act out in diverse, "unnatural" ways that break down moral, heterosexual restrictions.

**Dominance and Submission** involves a consensual, unequal power exchange within defined safety limits. While built on trust, this dynamic poses significant spiritual risks if practiced outside the protective boundary of marriage. Demonic interference is more likely when participants have unresolved trauma, addiction, or underlying narcissistic tendencies, as these weaknesses offer spiritual access. When the "Dominant" acts with excessive aggression or the "submissive" acts from unworthiness, it can lead to unhealthy emotional dependencies and demonic oppression that persists beyond the encounter. Compulsive BDSM behavior—often overlapping with pornography or addiction—weakens spiritual defenses through guilt, shame, and unholy soul ties, increasing susceptibility to demonic influence.

**Fantasy Sex Role Play** is an erotic, consensual activity where partners act out detailed, non-real-life scenarios—such as supernatural, mythical, or taboo themes—to enhance intimacy, break down inhibitions, and explore fantasies. Within the context of spiritual or occult-based roleplay, demons are believed to gain access or "open a door" through intense focus on sexual immorality, deliberate summoning rituals, or deep involvement in dark fantasies that "invite" spiritual entities in. In these frameworks, the focused, obsessive, or "forbidden" nature of the roleplay acts as a psychological or spiritual conduit for negative energy or entities.

**Fornication** is generally defined as voluntary sexual intercourse between two individuals who are not married to each other, often regarded in theological contexts as sexual immorality that desecrates the body. Demons are believed to gain access to a person's life through this act by exploiting the "one flesh" union, which forms an ungodly soul tie that transcends physical barriers. This sexual sin acts as a legal open door or portal, allowing evil spirits associated with lust, perversion, or, in some beliefs, those already inhabiting a partner, to transfer and attach themselves to the soul, often resulting in heightened temptations, emotional bondage, and addictive cycles of behavior.

**Gay (Men attracted to men)** Demonic access is frequently attributed to early childhood trauma, such as sexual abuse, or lack of fatherly affirmation, which allows demons to enter and attach to the individual's identity. The resulting shame or, conversely, pride in this identity is believed to perpetuate the demonic influence.

**Group Sex**, defined as sexual activity involving more than two participants simultaneously or in succession, is frequently characterized in certain theological and spiritual perspectives as a "doorway" for demonic access. From this viewpoint, engaging in sexual behavior outside the boundaries of biblical marriage—often deemed sinful or perverted—creates "soul ties" or ungodly spiritual bonds between participants. It is argued that these emotional and spiritual ties, combined with the loss of spiritual protection, allow demons to attach themselves to individuals, transfer between partners, and foster addictions or intense guilt.

**Human trafficking** is a crime of exploitation where perpetrators target vulnerable individuals with false promises and manipulation, primarily for forced labor or commercial sexual exploitation. Traffickers often exploit those experiencing poverty, homelessness, or a lack of strong social support systems, using coercion, threats, and debt bondage to maintain control. Demons or malevolent forces gain access by leveraging these deep human vulnerabilities, such as unmet emotional needs, a desire for belonging, or a history of trauma, effectively trapping victims in cycles of abuse and fear that separate them from sources of hope and support.

**Incest** is sexual activity, ranging from fondling to intercourse, between close blood relatives or family members, such as parents and children, or siblings. From a spiritual perspective, incest is considered a severe form of sexual immorality and a "heinous sin" that functions as a deep "open door" or legal entry point for demonic influence and bondage. These demonic entities gain access through the trauma, shame, and brokenness caused by the abuse, as well as through the "one flesh" spiritual bond created by the sexual act, which invites negative spiritual attachments to hook into the individuals involved. Additionally, such acts can initiate generational curses, allowing spirits to affect not only the participants but also their bloodline for multiple generations.

**Lesbian (Women attracted to women)** Same-sex desire among women can be influenced by "familiar spirits" that exploit deep-seated emotional wounds, abandonment issues, or past abuse. Demons are thought to gain access by suggesting or magnifying feelings of unworthiness, creating emotional dependencies, or encouraging a rejection of traditional gender roles, thereby opening a door to spiritual oppression that distorts natural affection.

**Love and Sex Spells** aim to influence romantic destinies by manipulating energy or the free will of another person, often involving rituals, candles, and personal items to attract a specific partner or boost existing affection. Sex spells are designed to provoke intense sexual desire or to seduce someone into a strong, often unhealthy, energetic bond. Demons gain access to a person's life through the manipulation of lust, sexual sin, and the direct invitation of occult practices. When someone utilizes love or sex spells, they are engaging in a form of spiritual rebellion that opens the door for demonic entities to enter, often resulting in obsessive, dysfunctional, and controlling relationships. These spirits feed on the low-vibration energy of lust, using it to gain a foothold, which can lead to further spiritual oppression, emotional turmoil, and the loss of personal autonomy.

**Lust** is an inordinate, consuming, or uncontrolled desire—often sexual, but also for power or possessions—that objectifies others, disregards God's will, and seeks self-gratification above all. It acts as a form of "spiritual bait" or a "hook," allowing demonic entities to gain access by exploiting the mind through prolonged, forbidden thoughts, habitual sinful actions, or voluntary submission to temptation. Once a foothold is established through persistent lustful behavior or entertainment of unclean fantasies, these influences can create strongholds, shifting a person's focus from God to immediate physical, emotional, or sensory pleasure.

**Masochism** refers to obtaining satisfaction, gratification, or sexual pleasure from receiving pain, humiliation, or subjugation. This behavior can range from consensual, controlled, and safe sexual practices to, in more pathological cases, a deep-seated, self-destructive, or "moral" compulsion to suffer as a way to manage guilt or seek validation. When masochism manifests as severe self-hatred, compulsion toward self-harm, or a desire for self-destruction, it can create an entry point for demonic torment, as these acts align with the enemy's desire to corrupt and destroy human life.

**Pornography**, intended primarily to induce sexual arousal, often transforms intimate human sexuality into a commodified, voyeuristic, or degrading spectacle. From a spiritual standpoint, pornography is viewed as an "open door" for evil, as it distorts the divine purpose of human connection into a, often, dark, addictive, and self-serving act. Demons gain access to users by exploiting the intense lust, secrecy, and shame associated with its consumption, which creates a "foot-hold" in the mind and heart. This engagement with darkness acts as a spiritual contract, allowing demonic entities to influence, manipulate, and ultimately enslave the user's will, leading to deep spiritual, psychological, and relational decay.

**Prostitution** is the act of engaging in sexual activity, typically with someone who is not a spouse or friend, in exchange for immediate payment in money or other valuables. From a theological perspective, such acts of sexual immorality are believed to create "open doors" or legal grounds for demonic access to a person's life. By participating in habitual, unrepented sin—which violates the body as a temple—individuals can experience spiritual bondage, as the act is often interpreted as joining oneself to an evil influence. Furthermore, because prostitution frequently involves underlying issues like abuse, trauma, or the occult, these avenues can provide opportunities for spiritual oppression.

**Public Indecency** removes sexual behavior from privacy and reverence, normalizing exposure. "Public indecency" is a legal term defining the knowing or intentional exposure of intimate body parts, engagement in sexual acts, or lewd conduct in a public place where such behavior is likely to be observed and cause offense. Spiritually, demons are believed to gain access to a person—often described as opening a "door" or "portal"—through persistent, unconfessed sin, deep trauma, or involvement in occult practices. These actions allow evil spirits to establish influence, particularly when individuals indulge in habitual immoral behavior or harbor intense emotions like fear, hatred, and rage.

**Queer or Questioning (Fluid, non-conforming, or exploring)** This category is sometimes perceived as a deliberate challenging of established divine order, which invites spiritual influence. Access is achieved by promoting a prideful, intellectual, or moral rejection of biblical sexuality, often starting with doubt or confusion that progresses into adopting a "queer" identity, which is seen as a "new age" or modern idol-worshipping, opening the self to demonic control.

**Rape** is a profound violation that, beyond its severe physical and psychological devastation, is often viewed in spiritual contexts as a traumatic breach of a person's sanctity, creating a "crack" in the soul or a "legal right" for spiritual oppression. Demonic entities are believed to gain access to victims through the intense fear, helplessness, and emotional chaos produced by the trauma, rather than through any fault of the victim. This traumatic experience can open a doorway for spirits of fear, shame, and despair, which then work to deepen the victim's emotional wounds, creating ongoing torment, such as nightmares or deep feelings of worthlessness. Furthermore, the resulting emotional aftermath—such as unexpressed anger, unforgiveness toward the perpetrator, or a crisis of faith in God—can strengthen these spiritual attachments, requiring deep emotional and spiritual healing to close the access point.

**Ritual Abuse** is a form of systematic, organized, and often intergenerational trauma where individuals, frequently children, are subjected to prolonged physical, sexual, and psychological abuse within a cultic or occult context. This type of profound, intentional trauma shatters a person's inner defenses, creating severe emotional wounds and psychological dissociation that act as "open doors" for demonic influence and bondage. Demons are thought to gain access through the intense fear, helplessness, and forced participation in evil acts, allowing them to gain a foothold or "legal right" to harass, torment, and control the victim. Additionally, perpetrators intentionally perform these rituals to invoke evil spirits and intentionally implant them into victims as a means of gaining demonic power.

**Sadism** is a psychological trait and behavioral pattern characterized by deriving pleasure, gratification, or sexual arousal from inflicting physical or psychological pain, humiliation, or suffering upon another person. It involves a lack of empathy and a desire for dominance, spanning from "everyday" instances—such as bullying or internet trolling—to more severe forms like sexual sadism disorder. Acts involving intense cruelty and the dehumanization entices demonic influence, as it mirrors the goal of evil to debase and destroy the image of God in people.

**Sex Addiction** is a compulsive, obsessive pattern of sexual thoughts and behaviors—such as pornography use, infidelity, or excessive masturbation—that persists despite severe negative consequences to an individual's life, health, and relationships. From a spiritual perspective, this condition is often seen as a form of bondage, where, according to spiritual teachings, "spirits of addiction" or demonic influences gain access through "open doors" created by intentional, habitual sin, unaddressed trauma, or intense lust. These influences capitalize on the person's brokenness, using the addiction to feed on the low-vibrational energy generated by immoral sexual activity and to foster further spiritual disconnection.

**Sexual Abuse** is a profound violation that often leaves victims grappling with deep emotional and spiritual wounds. Such trauma is a breach of a person's spiritual boundaries that can create "open doors" for malevolent spiritual influences. The intense pain, shame, and fragmentation caused by abuse can provide an entry point for demonic entities to attach themselves to a person's soul, exacerbating feelings of worthlessness or despair.

**Sexual Exploitation by Demons**, often referred to as incubus or succubus attacks, involves entities targeting individuals to drain spiritual, emotional, or physical vitality. These experiences often occur during sleep or in states of paralysis, where victims feel violated, used, and filled with fear. Beyond physical sensations, this exploitation is believed to establish "unholy soul ties," causing lasting emotional trauma, confusion, and a compulsion toward further sexual immorality or perversion. Specific entryways include deep-seated fear, unforgiveness, involvement in the occult and habitual, unrepentant sexual sin. In addition, trauma—particularly childhood abuse—creates profound emotional wounds that demons use to "enter" and set up strongholds, often requiring intentional deliverance to close the door.

**Sexual Perpetrators**, driven by a lack of moral grounding or demonic influences, often fall into cycles of destructive, compulsive behavior fueled by greed, cruelty, and deception. Psychological perspectives highlight factors like trauma, cognitive distortion, and lack of empathy. Regardless of whether the framework is spiritual or psychological, these acts—particularly ritual abuse and trafficking—represent severe violations that open doors to deeper spiritual darkness. The perpetrator bears full, personal responsibility for their chosen evil, and intervention is essential to halt further harm.

**Survival Sex** refers to the desperate exchange of sexual acts for basic necessities like food, shelter, or safety, often engaged in by homeless, runaway, or marginalized individuals. From a spiritual perspective, this extreme desperation and resulting traumatic exploitation creates "open doors" for demonic influence, as the body is subjected to intense violation and degradation. Demons gain access through the resulting trauma, fear, and unhealed wounds, using these low-vibration states to form "soul ties" or bind individuals, often strengthening their hold through continued, coerced sexual activity.

**Transgender (Gender identity differs from sex assigned at birth)** Demons are believed to access a person's life by fostering profound discomfort with their own body, utilizing lies that suggest the individual was "born wrong," or by encouraging them to seek physical alterations that disrupt their innate biological identity.

**Voyeurism** is the act of obtaining sexual gratification or stimulation by secretly observing unsuspecting, non-consenting individuals in private, intimate, or nude situations. In a spiritual context, this behavior is viewed as a "work of the flesh" that acts as an open door for demonic influence. Demons gain access through the legal grounds created by unrepentant sin and habitual lust, as the act violates God's commandments regarding purity and respect for the human body. By engaging in this forbidden, surreptitious observation, the individual voluntarily invites, or "gives place to," the enemy, allowing malicious spirits to foster deeper addictions, shame, and further torment within their lives.

## STEP THREE

*Scroll through the **Healing Tips** . Circle or highlight any suggestions you feel may be helpful. Begin implementing them gradually, following a manageable timeline. Avoid making too many changes at once so you do not become overwhelmed.*

## HEALING TIPS

**SELF-DISCOVERY** *Understanding patterns, triggers, identity, and purpose*

- \* Identify specific behaviors you want to heal from and name them honestly.
- \* Journal regularly about thoughts, urges, victories, setbacks, and insights.
- \* Distinguish between God-given sexual desire and compulsive or destructive behavior.
- \* Explore unmet needs the behavior may be masking (connection, comfort, affirmation, safety).
- \* Examine beliefs you hold about sex, intimacy, self-worth, power, and control.
- \* Identify patterns of secrecy, escalation, rationalization, or minimization.
- \* Ask what the behavior promises versus what it actually delivers.
- \* Begin redefining your identity apart from past behaviors.
- \* Identify seasons of life or emotional states where temptation increases.
- \* Reflect on family-of-origin messages about sex, intimacy and emotions.
- \* Examine whether perfectionism, shame, or fear fuels secrecy or relapse.
- \* Identify environmental cues (time of day, location, devices, isolation).
- \* Notice how loneliness, boredom, or stress manifests in your body.

- \* Observe how self-talk influences decisions and urges.
- \* Identify early warning signs of relapse.
- \* Clarify personal values around intimacy, boundaries, and self-respect.
- \* Ask what healthy intimacy would look like for you.
- \* Acknowledge progress without dismissing it.
- \* Separate curiosity from compulsion.
- \* Write a personal mission statement for healing.
- \* Reassess goals regularly as healing progresses.
- \* Practice Inner Child Healing by reassuring wounded parts of yourself that they are valued and safe.  
(Free instructions available at: [theresacrabtree.com/inner-child](http://theresacrabtree.com/inner-child))

**EMOTIONAL HEALTH** *Healing the heart and learning emotional regulation*

- \* Be patient with yourself—healing takes time and unfolds in layers.
- \* Journal emotions regularly rather than suppressing them.
- \* Avoid media, environments, or conversations that escalate emotional instability.
- \* Step away from escalating situations and revisit them when calm.
- \* Communicate feelings respectfully without blame; listen for understanding.
- \* Use calming sensory tools when overwhelmed.
- \* Challenge catastrophic thinking and stay grounded in the present.
- \* Track emotional patterns that precede loss of control or urges.
- \* Avoid major conversations or decisions when tired, hungry, or overwhelmed.
- \* Stay focused on resolving current issues rather than revisiting old conflicts.
- \* Practice healthy self-soothing (prayer, music, walking, breathing).
- \* Address unresolved grief, betrayal, or trauma.
- \* Replace shame with compassion and accountability.
- \* Forgive yourself as part of healing.
- \* Sit with uncomfortable emotions without escaping.
- \* Cultivate joy through non-sexual, life-giving activities.
- \* Build routines that promote emotional safety.
- \* Practice assertive communication.
- \* Learn to receive comfort without sexualizing it.
- \* Release resentment and emotional numbing patterns.

**MENTAL HEALTH** *Renewing thought patterns and strengthening self-control*

- \* Stay present; redirect your mind when dwelling on the past or future.
- \* Use prayer and reflection to uncover unmet needs beneath urges.
- \* Interrupt rumination by intentionally shifting focus.
- \* Replace negative “old tapes” with truth-based affirmations.
- \* Release grudges and unforgiveness that fuel resentment.
- \* Respond to mistakes with accountability, not shame.
- \* Challenge distorted beliefs such as “I can’t change” or “This defines me.”
- \* Replace fantasy with truth and purpose-driven imagery.
- \* Limit exposure to sexually stimulating content.
- \* Use grounding techniques or Scripture to interrupt obsessive thoughts.
- \* Plan ahead for temptation before it happens.
- \* Practice tolerating discomfort without acting on urges.
- \* Use mindfulness to stay present rather than dissociating.
- \* Identify lies and write counter-truths.
- \* Strengthen decision-making through small daily disciplines.
- \* Address intrusive thoughts without shame.

**PHYSICAL HEALTH** *Supporting healing through care of the body*

- \* Engage in regular physical activity to release stress and tension.
- \* Practice muscle relaxation, stretching, and breathwork.
- \* Participate in enjoyable activities (dance, boxing, walking, nature).
- \* Use massage, chiropractic care or salt baths for relaxation.
- \* Reduce or eliminate alcohol and drugs that weaken self-control.
- \* Monitor caffeine intake if it increases anxiety or irritability.
- \* Prioritize adequate sleep and consistent routines.
- \* Eat balanced, nourishing meals.
- \* Create technology boundaries, especially at night.
- \* Use movement or grounding activities during urges.
- \* Stay hydrated and attentive to body signals.
- \* Create physical distance from triggering environments.
- \* Maintain hygiene and self-care as acts of self-respect.
- \* Balance work, rest, and recreation to prevent burnout.
- \* Treat your body as a partner in healing.

**SPIRITUAL HEALTH** *Restoration, alignment, and identity in God*

- \* Begin each day with prayer and gratitude.
- \* Invite God into the healing process consistently.
- \* Confess struggles honestly without hiding or minimizing.
- \* Meditate on Scripture related to purity, renewal, and identity.
- \* Ask God to heal root wounds, not just behaviors.
- \* Renounce shame, lust, and false comfort through prayer.
- \* Practice repentance as turning, not self-condemnation.
- \* Declare your identity as redeemed and loved.
- \* Cultivate intimacy with God to replace counterfeit intimacy.
- \* Practice stillness and surrender.
- \* Engage in worship to realign desires.
- \* Pray intentionally during moments of temptation.
- \* Study biblical stories of restoration and grace.
- \* Break generational patterns through prayer.
- \* Invite conviction without condemnation.
- \* Trust God's patience with your process.
- \* Rest in God's love apart from performance.

**SEEK SUPPORT** *Healing through accountability and community*

- \* Build a safe, supportive network.
- \* Share struggles with trusted, mature individuals.
- \* Seek loving, consistent accountability.
- \* Join support or recovery groups when available.
- \* Work with a licensed therapist or pastoral counselor.
- \* Seek professional counseling if compulsive patterns persist.
- \* Avoid isolation, which strengthens compulsive behavior.
- \* Establish regular accountability check-ins.
- \* Allow others to challenge patterns lovingly.
- \* Receive help without defensiveness or shame.
- \* Celebrate progress openly, even small victories.
- \* Commit to long-term support rather than quick fixes.
- \* Seek mentorship from spiritually mature individuals.
- \* Establish emergency support contacts.
- \* Attend meetings consistently, not only in crisis.
- \* Become a support to others when ready.

**Closing Encouragement** Healing is not linear, but it is possible. Freedom grows through truth, grace, community, and consistent steps forward. You are not alone in this journey.

## STEP FOUR

When you have processed one or more of your circled items related to sexual behavior, adapt the prayer below as a way to declare your release and rejection of what no longer serves you. Read through the prayer first so you know what is involved. Then state the following out loud, with conviction. Remember to include each of the items you circled in the Effects and the Types of Sexual Immorality lists.

### PRAYER FOR RELEASE AND HEALING FROM SEXUAL IMMORALITY

*Creator of heaven and earth, Source of life, truth, and mercy, I come before You with humility and honesty. You formed my body, my soul, and my spirit with purpose and dignity. You designed intimacy to be sacred, honorable, and life-giving. Yet I acknowledge that in my life there have been experiences, wounds, choices, or violations that have distorted this design and caused pain in my heart, mind, and relationships.*

*You see every part of my story. You see the places where I was wounded, betrayed, or violated. You also see the places where I made choices that were not aligned with Your wisdom. Nothing is hidden from You, and nothing is beyond Your ability to heal.*

*Creator, I bring before You every memory, behavior, and experience connected to sexual immorality, exploitation, abuse, addiction, lust, shame, confusion, or broken relationships. I place before You the emotional pain connected to these experiences—fear, anxiety, guilt, shame, anger, bitterness, despair, loneliness, loss of trust, and confusion.*

*Where I have sinned through my own choices, I acknowledge it before You and ask for Your mercy and forgiveness. Where I have been harmed or victimized by others, I bring that pain to You and ask for Your healing and justice. I ask You to reveal any wounds, false beliefs, unresolved trauma, or unmet emotional needs that have influenced my thoughts, behaviors, or vulnerabilities. Bring truth into every hidden place within my heart.*

*Creator, I release the burdens I have carried—the shame, the guilt, the regret, the anger, the bitterness, and the self-condemnation. I refuse to allow these burdens to define my identity any longer. I forgive those who harmed, deceived, or betrayed me. I also choose to forgive myself for the mistakes I have made. Help my heart to let go of resentment and to receive the freedom that forgiveness brings.*

*In Your authority as the Creator of heaven and earth, I renounce every unhealthy sexual bond, every ungodly soul-tie, and every destructive pattern connected to past relationships and experiences. I reject every agreement I have made—knowingly or unknowingly—with lust, deception, addiction, exploitation, shame, or sexual confusion.*

*I close every spiritual door that was opened through sexual sin, trauma, manipulation, fear, occult practices, or destructive behaviors. I reject all forms of demonic interference, oppression, and influence that may have attempted to gain access through these areas of my life.*

*Creator, cleanse my mind from images, memories, and fantasies that do not honor You. Restore clarity to my thoughts and peace to my heart. Heal every wound within my emotions and restore the dignity of my body and soul. Break every chain of addiction, compulsion, obsession, and destructive pattern. Restore my integrity, my boundaries, and my sense of self-worth. Where there has been trauma, bring comfort. Where there has been confusion, bring truth. Where there has been shame, bring restoration. Where there has been despair, bring hope.*

*Teach me to honor the sacredness of my body and the bodies of others. Strengthen my ability to choose wisdom, restraint, purity, and healthy relationships. Help me to walk in honesty, accountability, and integrity. Restore what has been broken in my life— my peace, my identity, my relationships, and my future.*

*Fill every empty place within me with Your light, Your truth, and Your Spirit. Guard my mind, my heart, and my desires so that I may walk in freedom.*

*Creator of heaven and earth, thank You that no darkness is stronger than Your power to heal. Thank You that my past does not define my future. Thank You that restoration is possible. From this day forward, I choose healing, truth, and life. Amen.*

## WAYS TO WEAKEN DEMONIC INTERFERENCE

As freedom increases, resistance may also intensify. Demons may attempt to hide or discourage you through intrusive thoughts, disturbing dreams, physical sensations, anxiety, heaviness, distraction, or unexplained fatigue. Avoid fixating on these experiences. Stay grounded and continue the inner work of healing wounds and closing any “open doors.”

A common tactic is excessive sleepiness or mental fog to slow your progress. When this happens, pause and pray, asking the Creator for strength, clarity, and protection. Maintain healthy balance—engage in activities that bring joy and peace. Do not let the struggle consume your focus. Be patient and discerning. Not every method works the same for everyone. Keep applying different strategies until you find what is most effective. Consistency, courage, and balance are essential.

1. **Renounce known sin** clearly and sincerely, without self-condemnation.
2. **Practice regular repentance**, keeping your conscience clear.
3. **Forgive yourself and others fully**, closing doors opened by shame and self-hatred.
4. **Break unhealthy soul ties** through prayer and conscious detachment.
5. **Reject lies immediately** when intrusive or condemning thoughts arise.
6. **Speak truth aloud**, using Scripture or affirmations aligned with God’s Word.
7. **Stay grounded in your body** (deep breathing, movement, rest) to reduce fear-based influence.
8. **Limit fixation on, stop communication with demons**; focus instead on God, healing, and growth.
9. **Establish consistent prayer time**, not just crisis prayer.
10. **Read Scripture regularly**, especially passages emphasizing identity as a child of God.
11. **Remove occult or spiritually compromising objects** from your environment.
12. **Guard what you watch, read, and listen to**, especially fear-based, sexual or violent content.
13. **Get adequate sleep**, as exhaustion lowers mental and spiritual resilience.
14. **Reduce fear-based thinking**, since fear amplifies perceived interference.
15. **Strengthen a relationship with the Creator**, focusing on love, trust and reliance.
16. **Stay connected to healthy community** and trusted spiritual support.
17. **Practice gratitude daily**, which shifts focus from oppression to abundance.
18. **Avoid isolation**, where intrusive thoughts gain strength.
19. **Sing and listen to songs of worship or praise, Gregorian chants** which redirects attention.
20. **Set clear boundaries** in thoughts, habits, and relationships.
21. **Ask for divine guidance**, not just deliverance—wisdom weakens interference.
22. **Discern patterns**, noticing what precedes interference (stress, triggers, beliefs).
23. **Refuse dialogue with intrusive thoughts**—do not argue or negotiate.
24. **Strengthen emotional regulation**, learning to sit with feelings without panic.
25. **Live a balanced life**, including joy, creativity, and rest.
26. **Affirm your free will**, reminding yourself you are not powerless.
27. **Persist patiently**, knowing resistance often weakens just before it breaks.

## **POSITIVE AFFIRMATIONS**

*Add others that inspire you.*

- \* I am worthy of love, respect, and safety.
- \* What happened to me does not define who I am.
- \* I choose compassion for myself as I heal.
- \* My body belongs to me, and I honor it with care.
- \* I am allowed to set healthy boundaries without guilt.
- \* Healing is a journey, and I give myself grace along the way.
- \* I release shame and welcome truth and freedom.
- \* I am not broken; I am becoming whole.
- \* I forgive myself for coping in ways I needed to survive.
- \* I deserve relationships rooted in trust and respect.
- \* I am learning to feel safe in my body again.
- \* I can choose healthier patterns starting today.
- \* I am stronger than my past experiences.
- \* I release what no longer serves my healing.
- \* I am allowed to say no and to change my mind.
- \* I treat myself with patience and kindness.
- \* My worth is not measured by my past choices or experiences.
- \* I am reclaiming my sense of dignity and peace.
- \* I deserve joy, intimacy, and connection without fear.
- \* I am learning to trust myself again.
- \* I am not alone in my healing journey.
- \* I give myself permission to rest and recover.
- \* I honor my emotions without judging them.
- \* I am growing in wisdom, clarity, and self-respect.
- \* I choose truth over secrecy and light over darkness.
- \* I am free to build a healthier future.
- \* I respect my body and listen to its needs.
- \* I am more than what was done to me or what I have done.
- \* I release self-blame and embrace understanding.
- \* I am learning what healthy love looks like.
- \* I am courageous for facing my healing.
- \* I can create new habits that honor my well-being.
- \* I am gentle with myself on difficult days.
- \* I deserve peace in my mind and heart.
- \* I am restoring trust in safe, healthy ways.
- \* I am allowed to heal at my own pace.
- \* I choose self-respect over self-punishment.
- \* I am becoming more whole with each step forward.
- \* I acknowledge my pain without letting it control me.
- \* I am worthy of forgiveness, including my own.
- \* I can learn from my past without living in it.
- \* I am reclaiming my power and identity.
- \* I deserve to feel clean, safe, and valued.
- \* I am not defined by secrecy, shame, or fear.
- \* I am open to healing, growth, and renewal.
- \* I honor my journey, even when it is difficult.
- \* I choose hope, healing, and wholeness today.

## COMFORTING SCRIPTURES

**Isaiah 41:10** “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

**Psalms 147:3** “The Lord heals the brokenhearted and binds up their wounds.”

**Isaiah 43:18-19** “Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?”

**Psalms 51:10** “Create in me a pure heart, O God, and renew a steadfast spirit within me.”

**1 John 1:9** “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

**Romans 8:38-39** “For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers... will be able to separate us from the love of God.”

**Isaiah 61:1** “He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.”

**Matthew 11:28** “Come to me, all you who are weary and burdened, and I will give you rest.”

**Hebrews 4:16** “Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”

**Ezekiel 36:26** “I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.”

**John 1:5** “The light shines in the darkness, and the darkness has not overcome it.”

**Psalms 9:9** “The Lord is a refuge for the oppressed, a stronghold in times of trouble.”

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

**Isaiah 40:31** “But those who hope in the Lord will renew their strength.”

**Psalms 30:5** “Weeping may stay for the night, but rejoicing comes in the morning.”

**Nahum 1:7** “The Lord is good, a refuge in times of trouble. He cares for those who trust in him.”

**Psalms 91:4** “He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.”

**2 Timothy 1:7** “For God has not given us a spirit of fear, but of power, love, and self-discipline.”

**1 Peter 5:10** “After you have suffered a little while, will himself restore you and make you strong, firm, and steadfast.”

**Psalms 46:1** “God is our refuge and strength, an ever-present help in trouble.”

**Matthew 5:8** “Blessed are the pure in heart, for they will see God.”

**Psalms 37:23-24** “The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the Lord upholds him with his hand.”

**Isaiah 12:2** “Surely God is my salvation; I will trust and not be afraid.”

**Psalms 27:1** “The Lord is my light and my salvation—whom shall I fear?”

**Psalms 55:22** “Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.”

**Hebrews 12:11** “No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace.”