

This is an outline of several chapters in my upcoming book: *The Tribal Heart*

## **Common Demonic Strategies and How to Counter Them**

The number one reason that demons attack humans is found in Psalm 14:4; Psalm 53:4; Proverbs 4:17; Proverbs 30:13-14; 1 Peter 5:8, and Isaiah 42:22.

These scriptures reveal that demons require sustenance. Because they are spirit only, they are not able to obtain energy by eating natural food. So, what do they eat?

Researchers have determined that the human heart emits measurable electrical energy. The sine, or wave patterns, of this energy varies according to the emotions being experienced. Peaceful, grateful, joyful emotions are recorded in energy patterns that are harmonious. Angry, sad, fearful emotions are recorded as disharmonious patterns.

It is this discordant energy that demons seek to devour as sustenance. These kinds of beings are very invested in maintaining humans in one of the big negative emotional states because, when we are in such a state, we produce the kind of energy that they are able to devour. Here are the six big negative emotions as listed by Dr. Jim Wilder: *sadness, anger, fear, shame, hopeless despair, and disgust*. I am going to add confusion and frustration to this list since unresolved confusion creates anxiety and unresolved frustration produces anger and despair. I suppose that confusion and frustration are precursor emotions to the big six.

Entire families, people groups, cultures, and nations have been groomed by demonic entities so that they exist in a state of angry, anxious despair. This sustains the existence of the demonic realm. It is the fuel of the kingdom of darkness.

Please keep in mind that all demonic attacks and intrusions are motivated by creating and maintaining a supply of negative energy. Once you have become proficient in countering the following demonic strategies, you will cease being a source of supply and become, instead, a threat to that supply. Once that happens, the demonic will shift to more subtle tactics designed to keep you as ineffective as possible.

Here is a list of the most common demonic intrusions and attacks that are designed to keep us in one of the big negative emotions. Please bear in mind that I am confining this list to the common tactics I have experienced personally or with another person in ministry. There are probably other tactics of the devil and there will be variations on the following tactics. Stick close to the Holy Spirit.

**Disclaimer #1:** *I do **not ever** talk to demons beyond what I explain in the counter-strategies. I **never** ask demons for information. Any information a demon offers is suspect at best. I simply tell demons NO and what the consequences will be if they fail to obey me.*

*I depend on the Holy Spirit for information. If the Holy Spirit does not answer my questions, then I wait until He does.*

*I also do **not** carry on conversations with holy angels. I tell them what I want done and deploy them to do it. I do say thank you for a job well done.*

**Disclaimer #2:** *No explanation of spiritual realities is ever complete or thorough enough. My prayer is that the following explanations will provide an outline or set of tools for you to explore, implement, hone, and build upon. By no means, is this the end of the conversation.*

### **What to keep in mind as you read the counter-strategies.**

Before going into the counter strategies, please keep in mind that the purpose of these attacks and intrusions is to produce and maintain a steady supply of negative energy. As you overcome one demonic strategy, be on the lookout for a different kind of attack.

Keep in mind that you will be taking enemy spirits by surprise. They are not accustomed to Christians telling them no and setting boundaries. They are not accustomed to Christians sending their angels into this kind of warfare. This means that you may have to repeat yourself a time or two until the demonic realizes that you mean business. Remind your angels to punish any evil spirit that violates the boundaries you set.

### **Structure of this document is as follows:**

I explain a demonic strategy first, then under it, I explain a counter-strategy that I have found effective.

#### **Demonic Strategy #1**

Memories – The demonic realm seeks to harvest and store all of your memories in what appears to be a memory bank. Whenever supply is running low, an entity will access the memories stored under someone’s name, select the one most likely to cause the person emotional pain, and bring it to that person’s attention. This is the most common way that the enemy will create and access negative emotional energy.

These memories are any that cause emotional pain. They may contain unresolved trauma or may be the memories of a mistake that was made, an injustice that was suffered, or a sin that was committed.

The enemy also steals and blocks access to good memories. When we cannot access what is good in our past—when it all looks dark—negative energy supply is increased.

#### **Counter Strategy #1**

Memories – The enemy has no legal right to your memories. In my opinion, the devil has no legal right to anything, but others will argue that point, so let’s move on to this: The demonic realm has no legal right to believers’ memories. Memories are the personal property of the individual. In addition, the life of the believer is under the blood of

Christ. But since the enemy is a brazen thief, he ignores that boundary and must be told to stop. Here is how to do that. Please modify as the Lord leads.

Speak directly to the demonic realm and its inhabitants.

“In the name of Jesus, my memories are off-limits to you, everything and everyone captured by you, controlled, or influenced by you. My past, my present, and my future are off-limits. You will no longer gather my memories. You will no longer store a copy of my memories. I forbid it.”

I then deploy my angels. I have found that sending my angels to do certain kinds of tasks works very well for me, so I am going to write here how I do that. If you are uncomfortable deploying your angels, you can ask God to do the work for you. Just substitute the Lord and change from command mode to asking mode.

“Angels. I send you into the demonic realm to erase any of my memories that have been stored by the demonic. Make it so that they are completely unaware of my past. While you are doing that, gather up all the good memories they have stolen and restore them to me. Then enforce the boundary I set. My memories belong exclusively to me. They are permanently off-limits to the demonic.”

Then I offer my memories to the Lord, inviting Him to join me there.

“Lord, I give my memories to You. I invite You to join me in my memories, both the challenging ones and the happy ones. Let us remember together.”

## **Demonic Strategy #2**

Present Circumstances – If we are distressed by any present circumstance, personal or occurring in the world, the enemy will keep us reminded of what we are worried about so that a supply of negative emotion is produced. It is like waving a red flag in front of a bull. He waves our fears and concerns in front of us in the hope that we will respond emotionally.

## **Counter Strategy #2**

Present Circumstances – The enemy will monitor our circumstances, store what he learns, and use it to keep us emitting painful emotions. The counter strategy is very much the same as the one we use for memories.

Speak directly to the demonic realm and its inhabitants.

“In the name of Jesus, my life circumstances are permanently off-limits to you, everything and everyone captured by you, controlled, or influenced by you. My concerns and prayers are off-limits. You will no longer monitor the things that I bring to the Lord or discuss with others or even think about. I forbid it.”

“Angels. I send you into the demonic realm to erase any record of my prayers or concerns that has been stored by the demonic. Make it so that they are completely unaware of my circumstances. Then enforce the boundary I have set. My life circumstances are off-limits to the demonic. I forbid all eavesdropping on my prayers and conversations.”

“Lord, I give my circumstances to You. I invite You to join me in my circumstances, both the challenging ones and the happy ones. Let us do life together.”

### **Demonic Strategy #3**

The Sin of Others – When someone is angry, jealous, or vengeful AND wants the object of their rage to suffer, demonic beings will use this sin as permission to attack the other person. In most cases, the angry person is unaware that the demonic is leveraging their sin, but in some cases, people are aware and they are intentionally directing demons against another person.

### **Counter Strategy #3**

The Sin of Others – These kinds of attacks may feel super-charged, but they are easily countered once you realize what is happening. A clue to help recognize this particular tactic is that the demonic being will “feel” like the person who is angry. Let’s say your brother is jealous and angry because he believes that your parents favor you over him. If he desires for you to suffer, the demons, who are using his sin as permission to hurt you, will “feel” like your brother. The attacks take on the flavor of the human they originate from. The following counter-tactic works against these kinds of attacks coming from an individual or an organized group.

Speak directly to the demons who are leveraging human sin to attack.

“In the name of Jesus, I separate you from the human whose sin you are using as permission to attack me. His/her/their sin does not give you permission to come against me in anyway. And you know that. I break any assignment you have to that person(s) and I reassign you to the feet of Jesus. Angels. Take these evil beings there now.”

Address the demonic realm directly.

“You will no longer use the sin of others as an excuse to attack me. I forbid it. Only what is human — legally embodied on earth — is allowed to interact with me.”

“Angels. Gather up any evil words that have been spoken against me. Have those words destroyed. Enforce the boundary I have set. Punish any evil spirit that violates the boundary.”

#### **Demonic Strategy #4**

Intrusion – Demonic spirits will wrap into the personality of someone and hide there, pretending to be that person. The person hosting the spirit will, in all likelihood, be completely unaware that they have been invaded. They will think that they have a terrible temper or some other odd personality quirk. These kinds of intrusions are the result of certain inner vows. For example, a child who is bullied because she looks different may vow to never feel shame again. A spirit attaches to that vow and whenever she is embarrassed in ANY WAY it will activate the vow and compel her to punish whoever is the source of that embarrassment. This may lead her to abuse her loved ones if they ever do anything (no matter how innocent or small) that causes any feeling of embarrassment. After such an acting out, the spirit will turn on its host and punish her for acting out.

#### **Counter Strategy #4**

Intrusion – This strategy is designed to remove these kinds of spirits which may have slipped past your personal radar. I also explain how to power down these kinds of spirits that are manifesting through someone else. Notice that when the demon is pretending to be you, you have the right to remove it completely. When the demon is hiding within someone else, you may try removing it and you may have success. But I recommend that you use the following tactic to shut it down first. Then, lean into the Holy Spirit for His advice on whether to remove it or not. Either way, make it clear that no demon is allowed to manifest in your presence.

Here are two counter strategies depending where the demon is hiding

1. When the demon is hiding with the self.

You may wonder if there is a spirit attached to some childhood vow that is pretending to be you. The strategy in cases like these is to simply ask the Lord to show you. If there is demon intruding on you in this way, break the inner vow that you made and then speak directly to it like this.

“I reject you and any help you offered me. I renounce any benefits gained by having you here. I break your assignment against me. I reassign you to the feet of Jesus. Angels, take it there now.”

Then ask the Lord to clean up any detritus left behind.

“Lord, please remove any junk of any kind, including defilement and demonic emotions that is the result of that spirit being here. Make me clean and align me with Your kingdom and Your will. Please destroy any habits that are in place because of this spirit.”

2. When the demon is hiding within someone else.

If you feel strong emotions (fear, rage, revulsion, confusion, hopelessness, intimidation) and/or experience strong reactions around someone then that person may be manifesting a demon that is pretending to be the person. You may notice the person's countenance changing whenever the demon surfaces. Remember that this kind of spirit hides by pretending to be the person.

Speak directly to the demon. You do not have to be in the physical presence of the person. It is probably better to do this away from that person.

"Demon pretending to be this person. You are no longer allowed to manifest in my presence. You are no longer allowed to speak to this person about me, give ideas about me, thoughts about me, or feelings about me. I forbid any acting out of any kind when I am with this person or in communication with him or her. Only the person's humanity is allowed to relate to me."

Angels. Watch the demon and punish it if it even thinks about manifesting in my presence."

#### **Demonic Strategy #5**

Amplification of Painful Heart Beliefs – The physical human heart stores early childhood experiences as patterns. These patterns become our belief system. For many, this belief system is composed of painful beliefs about the self, others, and life in general. Like the memory bank that stores our memories, the demonic has a record of our heart beliefs. When supply is wanted or needed, the spirit will remind us of something we believe that is emotionally painful.

#### **Counter Strategy #5**

Amplification of Painful Heart Beliefs – The counter to this kind of attack is very like the one for memories. The enemy has no legal right to your heart beliefs, but because he is a conscienceless thief, he records our heart beliefs, stores them, and uses them against us. It is our responsibility to learn what we have stored within our hearts and to work with the Lord to remove the pain-filled lies and replace them with His goodness. That is a work in progress that the enemy likes to hijack for the purpose of gaining supply. He does not have the right to do that. Put a stop to it like this.

Speak directly to the demonic realm and its inhabitants.

"In the name of Jesus, what I believe within my heart (my heart-level belief system) is off-limits to you, everything, and everyone captured by you, controlled, or influenced by

you. You will no longer access what I believe and turn it against me. You will no longer store a copy of my belief system. I forbid it.”

“Angels. I send you into the demonic realm to erase all copies of my heart-level belief system that have been stored by the demonic. Make it so that they are completely unaware of what is within my heart. While you are doing that, gather up all the righteous beliefs they have hidden from me and restore them to me. Then enforce the boundary I have set. My beliefs belong exclusively to me. They are permanently off-limits to the demonic.”

Then I offer all of my beliefs, good and bad, to the Lord, inviting Him to join me there.

“Lord, I give all my beliefs to You. I invite You to join me there to resolve the wrong beliefs and to strengthen the righteous beliefs. Let us do this work together.”

### **Demonic Strategy #6**

Emotional Mud-slinging – This tactic is used whenever people are gathered together. The spirits scoop up a handful of someone’s negative emotion (usually some kind of anxiety) and flings it at another person. This means that the target begins to feel a negative emotion that is not his own. It is impossible to process someone else’s emotions, so now the target is confused about what he is feeling and will become absorbed in trying to figure it out. Heart beliefs and unresolved memories are likely to surface which results in more negative emotion that can be gathered up and slung at someone else.

Another way the enemy will emotionally mud-sling is whenever someone in melt-down mode dumps, or off-loads, his emotions onto someone else. Once that happens, the target become caught in the loop of trying to process someone else’s emotions.

### **Counter Strategy #6**

Emotional Mud-slinging – The enemy is well aware that it is impossible for us to process the emotions of other people. He also knows how much distress we feel when we experience inexplicable emotions. It is common for us to attend a service, seminar, or gathering and return to our place buzzing with uncomfortable, inexplicable emotions. And, I am sad to say, it is common for people who have no better coping mechanism to offload their painful emotions onto other people whenever they are emotionally overwhelmed. Most often, this is accomplished by emotionally or mentally abusing another person. Even picking on someone until they get upset can be a way of dumping emotion.

1. When the emotions are randomly gathered and slung on you while in a gathering of people.

You will recognize what is going on when you begin to feel emotions that appear out of nowhere and for no reason.

Speak directly to the demons that are gathering up and slinging people's emotions.

"In the name of Jesus, you are not allowed to sling anyone's emotions on me. I forbid it."

"Angels. Enforce that boundary. Punish any spirit that violates it."

"Lord. Please remove any emotions that are not mine. Make me clean."

2. When emotions are being offloaded by another person directly onto you. (See Counter Strategies 3 and 4).

Before you speak, you may need to leave the room. When it is not possible for me to speak out loud, I speak these things silently into the spirit realm. After practicing these strategies for quite a while, I learned that the demons will obey me whether I speak silently or out loud.

Unleash Counter Strategy 3 and 4. Then speak directly to the spirit motivating the person to offload.

"In the name of Jesus, you are not offloading those emotions on me. I forbid it."

"Angels. Enforce that boundary. Punish any spirit that violates it."

"Lord. Please remove any emotions that are not mine. Make me clean."

Go be dangerous!

God bless,

Susan

*And Jesus said to them, "I watched Satan fall from heaven like lightning.*

Luke 10:18