

# Exposing the Hidden Agenda of Darkness

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Session 3

## Eating the Elephant One Bite at a Time

Before you get started, there are a few important principles to keep in mind:

**It is best to complete the Flushing exercise before starting the Eating the Elephant exercise.** Everyone has experienced pain, hurt, and loss at the hands of others. Rather than fully facing and processing what happened, we tend to “box it up”, try not to think about it, and go on. That is like putting toxic waste in cardboard boxes that we store in our bedroom closet and wonder why we are sick all the time. Unfinished business from the past is interfering with your daily living and will sabotage your tomorrows more than you recognize.

**This is a process, not an event.** With both Flushing and Eating the Elephant you will not “get to everything” in one sitting and you will not “find time” for this work. Schedule several blocks of time over the next few months to engage these exercises. Plan on going through Eating the Elephant at least three to five times. The roots of what you desire to overcome are much deeper than you think, and well hidden by Darkness. When something you have already identified resurfaces, ask God to show you what more you need to know, understand and do.

**Do not hurry or rush through this exercise.** You are purposing to be honest and open to what God is saying and doing in your life. Choose a time and place that you can be alone with Him. Do everything possible to ensure privacy and eliminate interruptions (turn off cell phones). Ask God to temporarily move aside anything and everything that would interfere with your ability to hear His voice clearly and do the work necessary. Read some of your favorite passages of Scripture. Worship and praise music can also help you prepare for the time.

**Prayer support is HUGE!** Ask friends to pray for you during this time. Suggest they pray what you are praying – that you hear clearly from God, and that Darkness is not effective in seeking to hinder your work.

**Do not expect some kind of mystical experience.** This is a time of focusing on what God has to say to you personally, trusting that what He says is true (regardless of how you feel), and choosing to act on what He says.

**This should be done out loud.** Once something is said, it is no longer just a thought or idea. Now it is a matter of record. You have declared your intentions to yourself, your Lord, and the enemy. This gives clarity, certainty, and resolve to your commitment.

**Some of this process will be painful to do, difficult to do, and you will not want to do.** Do it anyway.

1. Start by being honest concerning doubts you have about God, His love, that this exercise will help, etc. Tell God you want to hear from Him. If you are not sure you have a personal relationship with God, pray something like this, “Lord Jesus, if you are already in my life, thank you. Forgive me for doubting. If I have never asked you to come into my life and forgive my sin, I ask you to do so right now. From today forward I want to know that you live in me. Thank you that you will never leave me nor forsake me. I put my trust in you alone. Amen.”

2. Agree with God that your sin is sin, and ungodly strongholds exist in your life as a result. Reject them and repent - determine to remove them, replacing them with godly living. Use the \**“Thoughts, Feelings...”* Inventory to help you identify strongholds. Listen to God and do not limit what He says to this inventory.

3. If you have already completed the \*Flushing exercise, redeclare that you choose to forgive those who hurt you. If you have not completed or begun that exercise, commit to the Lord that you will, and that you choose to forgive anyone he brings to your mind. Forgiveness is a choice. Releasing resentments, healing hurts, and dumping disappointments is for you, not those who sinned against you. You are not letting them go free; you are letting yourself go free! You did not choose what happened, but you can choose to no longer be controlled by what happened. Once you **choose to forgive**, you must process the pain of your past **and remove the power of the memories** to control you, or you will not experience the freedom of forgiveness that God intends.

4. We often have difficulty breaking free from people, places, and things because we are “tied to them”. Ask God to break any unhealthy, sinful, or wrong bonds and connections (physical, psychological, emotional, sexual, spiritual, etc.) you currently have or have had in the past with any person, place, or thing (music, media, movies, books, possessions, etc.). Then remove from your life anyone or anything He tells you to remove.
5. Ask God to reveal and remove any spiritual weakness resulting from sin in your family systems, through birth, marriage, adoption, or guardianship. Be aware that the generational junk from previous marriages remains active after a divorce until removed. Begin with a general declaration breaking any ungodly ties to generations past or present and declaring your allegiance to God alone (Joshua 24:14-15). Then, since there is no way you could know all the generational junk, using the \**“Thoughts, Feelings...”* Inventory, reject everything on the list. It is all there. Ask God to reveal anything specific that you need to be aware of and pay attention to. Some of this you have “bought into” and allowed to grow. Some has not worked with you but will be used with others in your future generations. When dealing with the generational piece, we are often impressed to renounce things that make no sense to us. We have no idea why. God does. He is exposing generations of junk that spiritual evil desires to continue using to oppress you and your future generations.
6. Ask God to reveal and remove: the lies you have been believing; the unrighteousness that has been covering your heart; the confusion, condemnation, and accusation covering your mind; the fear, terror, or torment that controls your everyday living; the doubt and unbelief that is blocking God’s truth; the curses and words of Satan that have been hampering you down.
7. Ask God to cleanse you and heal your hurts. (Psalm 51:7, Psalm 147:3)
8. Ask God to place His armor on you. Visualize and think about each piece. (Ephesians 6:14-17)
9. Ask God to clothe you in His righteousness. Think about what that means. (Isaiah 61:10, Philippians 3:9)
10. Read \**“I Am a Child of the King”* out loud as a personal declaration of who you are in Christ. Ask God to help you see yourself as He sees you, and to know that it is true.
11. Tell God that you want him to see to it that everything that needs to be removed is removed, everything that needs to be rescued is rescued, everything that needs to be restored is restored, and everything that needs to be done is done for you, and your generations. Ask Most High to execute the appropriate judgements concerning all spirits of Darkness that are to be removed at this time, sending them where He chooses, not to return. Ask that their rights and access be terminated. Declare your gratitude and thanksgiving. Ask Him to affirm for you that the spirits judged have been removed. Ask if you need to hear anything else from Him at this time.
12. Ask the Holy Spirit to fill every part of your body, soul, and spirit with Himself. Write down what God has done and is showing you. Take time to praise him and thank him.
13. Take a week or two to process what God has revealed to you and done for you. Then, go through the exercise again. Ask God to show you more. Do not stop until you get to the roots. Remember, this is a process, not an event. Spiritual junk is layered in over time, and time with God is required to expose and remove it.
14. Ask God to continually show you anything you need to get rid of or change. Do so.
15. You are a Child of the King. \**“I Choose”* will help you how know to live as one!

\* The “Flushing” exercise, as well as “I Am A Child Of The King”, “I Choose”, “Eating The Elephant One Bite At A Time”, and the “Thoughts Feeling Inventory” are available as a free download at [ImpactCounseling.com](http://ImpactCounseling.com) under Client Resources

## Thoughts, Feelings, Attitudes, Problems, Loss, Harm, Behaviors, Choices, Difficulties and Decisions I Want to Get Past

Mark All That Apply

Abandonment	Depression	Hate	Mutilation	Sadness
Abuse	Desecration	Headache	Neglect	Sarcasm
Abortion	Despair	Heartache	Nervous	Satanism
Accusation	Destruction	Heaviness	New Age	Secret Societies
Addictions	Devalued	Helpless	Nicotine	Secularism
Adultery	Discontent	Humiliation	No Mercy	Seduction
Against God	Discouraged	Hurt	Not Good Enough	Self-Hate
Alcohol	Disgust	Hyperactive	Not Loved	Self-Pity
Alone	Disobedience	Hypocrisy	Not Wanted	Self-Righteous
Anger	Disrespect	Idolatry	Oaths	Selfishness
Anorexia	Distrust	Ignored	Obsession	Sensitivity
Apathy	Divorce	Impatient	Occult Games	Sexting
Argument	Dominance	Immorality	Occult Practices	Sexual Abuse
Arrogance	Doubt	Impure	Overeating	Sexual Confusion
Betrayal	Dread	Inadequate	Overwhelmed	Sexual Impurity
Bitterness	Driven	Incest	Paganism	Shame
Blame	Drugs	Incompetent	Pain	Shy
Blasphemy	Easily Distracted	Indecision	Passivity	Sickness
Blood Covenants	Embarrassment	Indifference	Perfectionism	Skeptical
Blood Sacrifices	Emotional Abuse	Inept	Perversion	Social Media
Blood Oaths	Entitlement	Inferior	Phony	Sorrow
Bondage	Envy	Infirmity	Physical Abuse	Spiritual Abuse
Bribery	Escape	Insecure	Pornography	Stealing
Broken Promises	Exaggeration	Insomnia	Possessiveness	Strife
Bulimia	Exploitation	Intellectualism	Poverty	Stubborn
Bullied	False Religion	Intolerant	Powerless	Suicide
Burden	Fantasy	Irritable	Pressure	Suspicion
Cheated	Fatigue	Jealousy	Pride	Temper
Compromise	Faultfinding	Judged	Procrastination	Tension
Compulsive	Fear	Judging	Prostitution	Terror
Confusion	Fear of Failure	Lack of Focus	Quarreling	Threatened
Condemnation	Fear of Rejection	Laziness	Racism	Timid
Contracts	Fear of Future	Legalism	Rage	Torment
Control	Fighting	Loneliness	Rape	Torture
Covet	Foolish	Lost	Rationalization	Trapped
Criticism	Forgetfulness	Luciferian	Rebellion	Ugly
Crying	Fraud	Lust	Reckless	Unbelief
Cruelty	Fractured	Lying	Rejection	Unforgiveness
Cursed	Frigidity	Manipulation	Religion	Vanity
Cutting	Frustration	Malicious	Resentment	Violence
Darkness	Gambling	Materialism	Restless	Vows
Daydreaming	Gluttony	Masturbation	Retaliation	Wicca
Death	Gossip	Mental Abuse	Revenge	Witchcraft
Deceit	Greed	Mockery	Rituals	Withdrawal
Defeated	Grief	Molested	Ruined	Worry
Dependency	Guilt	Murder	Sacrifices	Worthless

## Taking Darkness to Court

In order to deal more appropriately and effectively with the intrusion and harassment of spiritual evil there are several fundamental principles we need to pay attention:

First and foremost, we must focus on our relationship with Jesus, not the intrusion of spiritual evil. The only authority we have concerning Darkness comes from Jesus.

Spiritual evil hopes we are uninformed and unaware of their activity and our spiritual options concerning their activity. If we become aware, they hope we will either be freaked out or fascinated, making assumptions and decisions based on partial or inaccurate information.

Every day spiritual evil lies to us (Gen 3:1), tempts us (1 Thess. 3:5), and looks for ways to deceive us (2 Cor. 2:11). This should be understood as a typical, routine day (1 Peter 5:6-8).

Spiritual evil must operate according to the rules set in place by Most High God. One of those rules is they do not have the authority to make us do anything – they need our cooperation. Their rights come through sin, past and present – personal and generational.

When we choose to sin, spiritual evil now has a right to intrude and harass us - this is part of our reaping the bitter fruit of having our own way and experience the full terror of the pathway we have chosen (Prov. 1: 29-33, Gal. 6:7)

God is a just God, so he must take action concerning sin. Darkness uses this to their advantage and literally goes to court, accusing us before God day and night (Rev. 12).

Therefore, daily and continually, we must agree with what God says about our sin and selfishness (confess); take immediate action to remove the sin (repent); choose to forgive; and intention to live as a child of the King (seek God with our whole heart). If we do not, we will be powerless to defy the work of Darkness and prosecute them in court.

While condemnation no longer carries weight in the Supreme Court of Heaven before Holy God as a result of our confession and repentance, unless we accept forgiveness from God and extend forgiveness to ourselves and others, Darkness will continue to effectively leverage it with us.

A basic misunderstanding is that we are to battle spiritual evil. This is exactly what they want. I am not saying we never engage them. I am saying there is an important step that we miss. Before we engage them in conflict, we are to take them to the Supreme Court of Heaven to be prosecuted by Most High God Himself.

Dealing with Darkness is literally a court case.  
Spiritual evil must do whatever God demands of them.

## **Intercession and Spiritual Intrusion**

Praying for someone (intercession) is “going to court” on their behalf and asking for God’s intervention in the matter of spiritual intrusion. I cannot save someone else and I cannot free someone else – everyone must personally ask God to do that for themselves. However, I have the privilege of asking for “temporary restraining orders and gag orders” concerning the obstruction of Darkness. Since I do not have the authority to permanently remove spirits that are harassing someone else, the request is for a temporary order. This is an ongoing request as the person continues to walk in sin, because they are continuing to grant spiritual evil a right to intrude.

Please note that spiritual evil will always rub in your face what they were able to accomplish in spite of your prayers. They will never reveal to you what you were able to interfere with or stop.

You can be certain of this – had you not interceded; things would be much worse than they are!

## **Daily Protocols Concerning Intrusion**

I talk with God all day long about anything and everything. However, there are a few requests that I make dozens of times every day concerning intrusion. I call these my daily protocols. These are a few of mine. Spend time with Jesus and determine yours.

**I submit myself to Your plans and purposes this day**

**Please grant me Your divine revelation and wisdom in all things.**

**Please cleanse and make holy the places you have me at work today**

**Please require any spirit that gained access to this space through others to leave**

**Please expose the thoughts and feelings coming from Darkness**

**Please grant temporary orders as needed concerning the**

**spirits harassing those you have me talking with and helping today**

**Please disallow all retaliation from Darkness as a response to my obedience.**

**Please supply whatever angelic assistance and support is needed and necessary.**

## **Pray It Forward Praying Generationally**

As a teenager I heard someone say that I should be praying for the person I would one day marry – unless God intends for me to be single. That made a lot of sense to me, so I began praying for my wife, several years before we met.

After marriage, it occurred to me that I should be praying for the children we would one day have, unless God intended otherwise. I began to pray for our children, long before I even knew their names.

As a parent, I then began to pray for those my children would date, their close friends, those my children would marry, and their families. I later expanded my requests to extend thru the next four generations.

God desires to bless a thousand generations those who love him and keep his commandments. (Deut. 20:6).

Jesus said, “If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. By this my Father is glorified, that you bear much fruit and so prove to be my disciples.” (John 15:7-8)

James writes, “You do not have because you do not ask. You ask and do not receive, because you ask wrongly, to spend it on your passions” (James 4:2-3).

Now, as I intercede for the generations, I am asking God’s favor concerning the requests for me, my wife, our families; my children, their spouses and their families; my grandchildren and their future relationships, spouses, and family systems throughout all our generations until Christ returns.

I am also including those we disciple, the church ministries I lead, and the staff I supervise in this request. While I do not have generational authority over them, I am making my requests for them as a spiritual father.

I have interceded in different ways and with different requests thru the years. Often, I would focus on a verse or passage of Scripture for an extended time. In the late 1990’s I was given a copy of Stormie Omartian’s book, The Power Of A Praying Parent. She had thirty chapters on various topics, with thoughts on those topics, supporting verses, and some specific ways to pray. I started using those thirty topics as a template of how to think and how to pray, modifying and add to that template each year. For Christmas 2016 I gave my children and their spouses a copy of Omartian’s book and invited them to join me in praying generationally.

What follows is how I am currently interceding regularly for our present and future generations.

I find it remarkable and amazing that I have the privilege to ask God’s grace and favor not only for this day and this generation, but forward for the generations to come as well!

I invite you to do the same!

Most High God –

I am asking the following requests, in perpetuity, for myself, (name those in your immediate family), my present and future family members and family systems, and (any others you want to include).

May we see and experience unprecedented movement of your spirit throughout all our generations, exceedingly abundantly far beyond our highest hopes and wildest imaginations.

To this end may we choose to:

Go all in with You, because You are all in with us,  
fully embracing our true identity – we are a child of the King!

Make time with You our highest priority so this can become our deepest joy  
Trust, treasure, meditate on, and take seriously Your words, careful to keep them  
Fear You alone, worship You alone, rejecting and removing all other gods and idols  
Bring much glory, honor, respect, praise, and blessings to Your Great Name  
Grow in implicit faith, trusting Your sovereignty regardless of the look of things

Be intentional disciple makers, modeling and reproducing righteousness and godliness  
Reject common, casual, convenient, and comfortable Christianity driven by ease  
Embrace an uncommon relationship with You, defined by unconditional surrender

Be bold, unashamed, unafraid, and discerning, listening to You at all times  
Have the courage and determination to take on giants You tell us to face  
Stand when and where You say, moving, fleeing, or engaging only at Your command  
Not question, debate, negotiate, or hesitate to take action when you speak

Believe that choosing to sin is always dangerous and ultimately deadly  
Be vigilant in guarding our heart, rejecting any thought that does not align with You  
Learn from Your discipline, demanding that stubbornness yield to obedience  
Intentionally train up our children and our generations in Your ways

Flush past hurts, not allowing what happens to define us  
Engage fully the present, making the most of every opportunity  
Focus on Kingdom purposes, and not be distracted by other things  
Walk humbly, rejecting and defying pride, arrogance, and rebellion against You

Be keenly aware of the reality, presence, work and words of spiritual evil  
Trust our authority in You Jesus, and not be intimidated or bullied by spirits  
Recognize and avoid the traps of Darkness, making no alliances with them

Be spiritually street smart, not overestimating nor underestimating evil  
Not be outwitted, outsmarted, outplayed, or outworked by Darkness  
Be delivered from evil, and graciously protected from violence, abuse, and divorce

Destroy all generational bondage that has invaded since last exposed and removed  
Attack, tear down, and remove all ungodly strongholds we have allowed to grow  
Consecrate and dedicate daily our spaces, places, and things to You

Develop no interest or fascination with ungodliness, impurity, and evil  
Not buy into the lies, deceit, enticements, and seductive traps of any sexual sin  
Stay attracted to, drawn to, and greatly desire holiness and purity  
Work aggressively to build and maintain healthy, great family relationships  
Be godly friends and role models, not giving into peer pressure

Reject council from the ungodly, the foolish, the scornful, and the scoffer  
Be people of integrity, keeping our promises, and walking with the wise  
Stay in the eye of the storm, our minds clear, stable, peaceful and uncluttered  
Set our focus and attention on You, guided by Your revelation and wisdom

Be diligent and disciplined stewards, not giving into excess or sloth  
Deliberately embrace generosity and consciously defy selfishness  
Unleash and develop the gifts, talents, and abilities You give us

Feel loved, valued, treasured, accepted, wanted, and needed  
Be thankful, faithful, generous, loving, kind, merciful, just, trustworthy, honest

Pay attention to and develop healthy habits of body, soul, and spirit  
Not abuse or misuse our bodies, but take proper care of them  
Avoid all addictions, not allowing the appetites, interests, or roots to grow

Be strong and courageous, rejecting fear and refusing to worry  
Not give into Pity Parties, play the Blame Game, or visit the Shame Show  
Stay the course, not quitting or giving up when things become hard or difficult

Intentionally work to find ways to be at peace and make peace with others  
Give no ground nor place to division, strife, disunity, enmity, or hostility  
Live life unencumbered by unforgiveness, anger, resentment, or bitterness

Be quick to listen, slow to speak, careful and thoughtful with words  
Intentionally reject prejudice and express genuine hospitality to all  
Treat others with dignity, honor, and respect, defending the defenseless

Endure well the suffering You allow, so we develop godly character  
Enjoy happiness when it happens, but pursue growing our hope in You  
Intention success, but pursue significance and build a Kingdom legacy  
Be joyful, knowing Your peace in the midst of difficulties and problems

Only be married if You choose, to the one You choose, when You choose  
Relentlessly pursue strong, faithful, unbroken, thriving, joyful, loving marriages

Pray, think, choose and live strategically, intentionally, and generationally

## **Spiritual Intrusion Resources**

I am often asked what books have been helpful to me in my journey to better understand spiritual intrusion. While these authors provide commentary on Biblical truth, as well as personal insights and experiences based on Biblical truth, never forget that **THE** definitive resource and final word is always God's Word! Spend most of your time there!

### **Biblically Based Fiction**

Cosmic Christmas, Max Lucado  
The Screwtape Letters, C. S. Lewis

### **Research Oriented Resources**

The Handbook for Spiritual Warfare, Dr. Ed Murphy  
The Unseen Realm  
Recovering the Supernatural Worldview of the Bible, Michael S. Heiser

### **Application Oriented Resources**

The Adversary, Mark I. Bubeck  
The Bondage Breaker, Neil T. Anderson  
Raising Lambs Among Wolves, Mark I. Bubeck  
Taking the Devil to Court, Marjorie Cole  
The Invisible War, Rob Randall  
The Rules of Engagement, Charles H. Craft and David M DeBord

### **Prayer Oriented Resources**

Moving Mountains, John Eldridge  
Praying Through the Names of God, Tony Evans  
The Power of a Praying \_\_\_\_\_ Series, Stormie Omartian