

James 3:13–18 (ESV)

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Common Myths about Demons

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1. **People are Possessed by Demons**

There's a difference between demonization and possession.

Possession is very rare.

Demonization, however, is common.

Common Myths about Demons

2. **Deliverance Always Entails a Fight.**

This is one of the lies of the enemy. Deliverance can come quietly and peacefully. Key to a calm deliverance is weakening the demonic through inner healing and repentance.

Common Myths about Demons

3. **Demonization is Simply Psychological Illness.** The Bible is clear that demons are personalities.

Matthew 8:31 (ESV)

³¹ And the demons begged him, saying, “If you cast us out, send us away into the herd of pigs.”

Mark 1:34 (ESV)

³⁴ And he healed many who were sick with various diseases, and cast out many demons. And he would not permit the demons to speak, because they knew him.

Luke 4:41 (ESV)

⁴¹ And demons also came out of many, crying, “You are the Son of God!” But he rebuked them and would not allow them to speak, because they knew that he was the Christ.

Common Myths about Demons

4. **The Demonized Are Guilty of Spiritual Rebellion.** Demonization can come from damaged emotions, pre-conversion sin, or even family spirits that have nothing to do with spiritual rebellion.

Common Myths about Demons

5. **Problems Are Either Demonic or Psychological.** Our culture likes a “one or the other” mentality. It’s possible that there are demonic causes behind psychological illnesses, or that they simply use those illnesses to confuse and further destroy.

Common Myths about Demons

6. **All Emotional Problems Are Caused by Demons.** Most of the time what's necessary is crucifying the flesh, not deliverance from demons.

Common Myths about Demons

7. **Only Those with Special Giftings Can Cast Out Demons.**

All Christians are indwelt by the Holy Spirit and can be used by God to cast out demons. God does the work, not us.

Common Myths about Demons

8. **Demonization is Uncommon in the West.** Demons like to stay hidden, as we've seen. They want us to think they are uncommon in the west, but they are prolific everywhere outside of the church and in some circumstances in the church.

Common Myths about Demons

9. **The Demonized Speak in a Different Voice.** Demons can speak in other voices or language, but this isn't common because it reveals them. They like to stay hidden. Demons can be a "behind the scenes" influence on people to cause disruption.

Common Myths about Demons

10. **Inner Voices are Sure Evidence of Demonization.** Inner voices that cause torment and disorientation could be identity disassociate disorder (DID). These can be related to demonic activity but not necessarily so. All humans have different aspects of their personality that bring different perspectives into situations. This is common. It is cause for concern when the voices are harassing or tormenting the individual or disrupting daily life.

1. Get into the presence of Jesus (means of grace)

Means of Grace: Bible study, Christian fellowship, worship, fasting, prayer, solitude, simplicity, preaching, service to others.

2. Ask the Holy Spirit to reveal areas needing healing

Indicators: anger, bitterness, anxiety, fear, sadness, shame, areas of temptation and weakness

3. Ask the Holy Spirit to show you who and what to pray for (strongholds)

Indicators: where is your burden? who comes to mind? Where are there hindrances? Where are the distractions?