WALKING IN FREEDOM & HELPING OTHERS

What to Do When Old Struggles Return

When an old struggle returns, stand again in the authority of Jesus Christ. Bring sin into the light, reject the enemy’s accusations, renounce renewed agreement with darkness, and pursue freedom with decisive obedience.

Scripture study: KJV | Original teaching and prayer | Prepared with AI assistance

Go to the prayer • Brief prayer • Read online

Biblical foundation

1 John 1:5-2:2 - John calls believers to walk in God’s light, confess sin, and rely on Jesus Christ’s advocacy. His purpose is holy living joined to confidence in the Savior’s mercy.

James 1:13-25 - James explains how temptation can develop through desire into sin and calls believers to act on the Word. Truth received must become truth obeyed.

James 4:7-10 - Submission to God, resistance to the devil, repentance, and humility form a united response. The call to spiritual resistance is inseparable from turning toward the Lord.

Ephesians 6:10-18 - Believers are summoned to stand in God’s strength against demonic schemes, holding faith, truth, righteousness, salvation, and the Word while persevering in prayer.

Hebrews 3:12-14 - The church must take departing unbelief seriously and encourage one another against the hardening effect of sin. Continuing faith and mutual exhortation matter.

1 Peter 1:18-23 - Peter joins redemption through Christ’s blood, His resurrection, purified obedience and love, and new birth through God’s enduring Word. Christian resistance begins with belonging to this living Savior.

Original teaching

Return to the foundation of faith

When an old struggle returns, begin with Jesus Christ. He shed His blood for sin and rose with authority over darkness. Renew your trust in Him and stand in the new life His Spirit gives. Bring the actual situation into the light: temptation you are resisting, a sin you willingly chose, or spiritual oppression you are confronting. An unwanted thought is not the same as consenting to it. Answer the present need with truth and faith.

Repent, forgive, and renounce renewed agreement

If you have returned to a known sin, confess it plainly and stop defending it. Where resentment or revenge has taken root, choose forgiveness or ask God to make you willing. Reject known ancestral occult allegiances and connected curses. Examine the commitments you have renewed: an occult practice, an ungodly vow, a family allegiance to darkness, or a sinful relational tie. Reject the specific agreement and end your participation. Preparing for Deliverance and the Renunciation Guide can help you put an honest response into words.

Stand against the spiritual work in Jesus' name

Torch of Christ affirms deliverance from demonic oppression through Christ's authority. After yielding yourself to God, address the demonic work you are confronting in Jesus' name. Command unclean spirits seeking to exploit the renounced agreement to leave. Reject accusations that invite you either to hide sin or abandon hope. Keep your confidence in Jesus' finished work and continue obeying the truth. The prayer expresses faith and surrender; it does not certify that every possible spiritual question has been discovered.

Fill your life with what strengthens obedience

Ask the Holy Spirit to fill you afresh. Return to Scripture, worship, prayer, and fellowship. Make practical changes around the actual temptation, such as ending secret contact or removing access you have used to pursue sin. Invite a mature believer to pray and hold you accountable. Repair harm you have caused as appropriate. Hebrews 3 calls for persevering faith and mutual encouragement; let this battle deepen that response rather than drive you into isolation.

Preparation for prayer

Prepare for deliverance

Begin with surrender to Jesus Christ, repentance, forgiveness, and a decisive break with ungodly allegiances. Use the preparation guide and personal renunciation prompts, then pray specifically about the matter before you.

Preparing for Deliverance in Jesus' Name

Personal Renunciation Guide: Beliefs, Practices & Allegiances

• Reaffirm your faith in Jesus Christ and surrender yourself to the new life and lordship He gives.

• Name actual willing sin; distinguish temptation or unwanted thoughts from choices you made.

• Forgive those against whom you have held resentment, or ask God for willingness to forgive.

• Reject known ancestral occult allegiances and connected curses. Identify any occult practice, vow, or ungodly attachment you willingly accepted or renewed; renounce that agreement and decide how you will end participation.

A complete prayer

Pray in faith, trusting Jesus Christ and the authority of His Word.

Father, I turn toward You through Jesus Christ. I believe He shed His blood for my sins, died, and rose again. I place my trust in Him as Savior and Lord. Establish me in the new life Your Spirit gives and in the truth that I belong to You. I bring this returning struggle into Your light and surrender my will afresh.

Where I have knowingly returned to sin, I confess it without excuse. Forgive me and cleanse me through the blood of Jesus Christ. Show me the specific conduct I must end and strengthen my resolve to obey. Where I am resisting temptation rather than choosing it, help me stand without agreeing with it. I reject both the pride that excuses sin and the accusation that tells me to abandon hope.

I bring before You any resentment that I have allowed to grow. I choose to forgive those who have wronged me and entrust judgment to You. Where that choice is difficult, give me grace to become willing and remain obedient. Remove revenge from my desires. Teach me to walk in truth and wise boundaries while refusing the bitterness that keeps drawing my heart backward.

I reject every known ancestral occult allegiance and curse connected with it. I renounce the known sinful agreements I have renewed. Where I have returned to occult practices, ungodly vows, family allegiances to darkness, or sinful attachments and soul ties, I withdraw my agreement and turn away. I reject curses and dedications claiming authority over me. No person or evil spirit becomes my owner through such a claim. My life and allegiance belong to Jesus Christ.

In the name of Jesus Christ, I command every unclean spirit seeking to exploit these renounced agreements or drive this oppression to leave. Release your hold and depart. I resist your deception, your pressure toward the sin I am forsaking, and your accusations against my hope in Christ. Father, overthrow every evil work directed against me and strengthen my stand under Your Son’s authority.

Holy Spirit, fill me afresh with Your presence and power. Renew my thinking through Scripture, establish holy desires, and strengthen the obedience that must follow this prayer. Help me remove what I have renounced, confess honestly to trustworthy believers, and make appropriate repair where I have harmed others. Teach me to watch, pray, and persevere in faith. Let lasting fruit grow from this renewed surrender. In Jesus’ mighty name, amen.

A brief prayer

Father, I trust Jesus Christ's blood, death, and resurrection and surrender this returning struggle to Him. Forgive my willing sin and strengthen me to forgive others. I renounce every known sinful agreement or attachment I have renewed and reject its claim over me. In Jesus' name, I command spirits exploiting that bondage to leave. Holy Spirit, fill me, renew my mind through Scripture, and establish decisive obedience. Help me stand in faith with truthful fellowship around me. Amen.

Walk in freedom

• Return to faith in Christ, repent of actual sin, forgive, and renounce any known agreement you have renewed.

• End the specific practice, contact, or access through which you have been feeding a known sin.

• Pray against demonic oppression in Jesus' name after surrendering your own will to God.

• Ask a mature believer to pray with you and support concrete obedience, accountability, and continuing discipleship.

Continue in the library

Resisting Temptation and Recurring Sin • Continuing in Discipleship and Freedom • Preparing for Deliverance in Jesus' Name • Personal Renunciation Guide: Beliefs, Practices & Allegiances