

# **THE 3R's OF SELF DELIVERANCE**

1. **R**ECOGNISE – Discern, Identify.

2. **R**ENOUNCE – Make a list of all the manifestations.

Do the 'renouncing prayer' for each one on the list.

3. **R**EBUKE – Engage in Spiritual Warfare using the 2 other prayers. (Authority Prayer & 2. Deliverance Prayer)

**R**ECOGNISE – Identify the spirit by its manifestation.

Name the spirit by its manifestation.

Eg. Feelings of fear, name it 'a spirit of fear'

OR

Give a description of 'what it did'

Eg. "the spirit that touched my arm while I was praying"

**If any specific manifestation comes back after being renounced,  
use all 3 prayers against it again.**



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