



### **Non-Christian/Occult Spiritual Activities**

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We have been created with hunger/longing for spiritual experience and connection, and this is rightly fulfilled through relationship with the Lord. People who do not have a living relationship with the Lord will search desperately for anything that will satisfy their spiritual hunger. This is painfully evident in the post-modern emptiness and longing that so many are experiencing today. The enemy is rushing to satisfy these people as he tailors New Age and other connection/fulfillment occult activities to appeal to this hunger and longing. These occult activities are designed to divert us from a relationship with the Lord into the spiritual dead end of non-Christian/occult spiritual counterfeits.

Most (all?) of us also desire power and control – we want to be able to protect ourselves from harm and to get the things we want. Power/control occult activities appeal to these desires. The person involved in power/control occult activities, rather than studying God’s creation and cooperating with God’s will, is attempting to manipulate and control spiritual knowledge and power for his own purposes. When Christians speak of the power of the Holy Spirit, and even doing ministry in the power of the Holy Spirit, it is never from the perspective of controlling the Spirit. We do not control God, even for “good reasons.” God asks us to cooperate with Him in the work of His kingdom, and gives us free will regarding this choice. The Christian working in cooperation with God will never need to resort to any involvement in magic, sorcery, or occult practices to accomplish God’s will.

My own experience can illustrate how easily the enemy tempts us with the seductive pull of occult knowledge, power, and experiences. I felt chronically unsafe in my childhood neighborhood. The Lord graciously protected me from getting involved in occult practices, but I longed for and fantasized about special powers that would enhance my abilities to defend myself and to defeat my enemies. The Lord is notoriously uncooperative with those who try to use Him as a magical power-tool or weapon. I discovered this early in my childhood, much to my disappointment. Part of me wanted to know the Lord and to do His will, but another part (the one that felt unsafe on the playground every day?) was much more drawn to heroes with practical, usable special powers. This included the good magicians in Tolkien’s Middle Earth trilogy and also the Jedi Knights in Star Wars. I longed for magical spells that I could know and control, I longed for a “Force” that I could channel and use. This is exactly the kind of special knowledge and power that the enemy offers us in the world of the occult, but I never even realized that I was longing for occult spiritual knowledge, power, and experiences until I was working on this essay. Even though I have never dabbled in magic or any other occult practices, it is significant to note that I experienced manifestations<sup>1</sup> of spiritual conflict when I prayed to confess and renounce my longstanding desire for magical/spiritual forces that I could control and use.

It is important to watch for wounds, lies, and possibly also internal dissociated parts underneath the person’s non-Christian/occult involvement. Anything less than complete internal unity in

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<sup>1</sup> Spontaneous, involuntary physical phenomena that occur consistently when we encounter demonic infection and/or opposition in my healing work. Usually sudden, compulsive yawning, coughing, and gagging.

going through these prayers indicates there is something underneath that needs to be addressed. My experience certainly illustrates this. My desire for special powers came directly from underlying wounds and lies (not being safe, I can't trust anybody else – including God – to protect me, and also wounds and lies about not being special or important enough to get the love/connection that I needed). I wanted special powers so that I could be safe, loved, and connected. This is very similar to my experience with wanting special anointing so that I could heal people without having to depend on a God who I feared would disappoint me. Just as with that situation,<sup>2</sup> I perceive that I will need to deal with the underlying wounds, lies, and internal dissociated parts in order to be truly free from demonic infection and any other negative spiritual consequences attached to my desire for special powers.

It is important to remember that the Biblical concept of sin includes anything that “misses the mark” of God’s best plan. The wrong things we do in innocence and ignorance can still hurt us. All occult involvement brings spiritual confusion, and is therefore sin. Also, looking to any spiritual resource other than God violates the first commandment and is idolatry. The good news is that God’s way of healing us through confession and forgiveness works for unintentional sin just as effectively as for willfully defiant sin. So we must confess and receive forgiveness for our occult involvements whether they were done in willful disobedience or in innocence and ignorance.

I have compiled the list below from a number of books, seminars, handouts,<sup>3</sup> presentations, and also my own experience.<sup>4</sup> I want to be humble as I present this list of possible non-Christian/occult activities. There is still much in the world that is not understood, and there is not consensus in Christian ministry circles regarding the danger of many of these activities. For example, some feel that much of alternative medicine and phenomena like ESP and telepathy come out of science that is simply not yet understood, while others feel that they are inherently occult and dangerous. It might provide helpful perspective to think about what would have happened if you had demonstrated a light bulb, a transistor radio, and a microwave oven to the puritans in New England several hundred years ago. My guess is that you would have bought yourself a quick trip to the stake and a bonfire. Pope Urban VIII threatening Galileo with torture

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<sup>2</sup> See “Deceiving Spirits and Counterfeit Manifestations: How Wounds, Lies, Internal Parts, Repression, and Denial Can Give Them a Place,” available as free download from the “Kclehman Website Archives” section of the Resources page of our Immanuel Approach website: <https://www.immanuelapproach.com/kclehman-com-website-archives/>.

<sup>3</sup> Most ministry teams involved in prayer for emotional healing and/or deliverance have discovered the importance of confessing and renouncing any non-Christian/occult spiritual activities. See, for example, Francis MacNutt, *Deliverance from Evil Spirits*, [1995], pp. 203-222), Neil T. Anderson, *Helping Others Find Freedom In Christ* (1995), chapter 7: “Exposing the Lies,” pp. 139-156, and Peter Horrobin, *Healing Through Deliverance*, Vol.2, (1995), pp. 74, 100-105, 220-223, 271-308.

<sup>4</sup> Some lists presented as “occult activities” are actually lists of activities and/or experiences that can open a person to demonization. For example, any pattern of addictive behavior, areas of persistent sin, being the victim of sexual abuse, and being the victim of violence are all activities and/or experiences that can open a person to demonic infection, but they are not non-Christian/Occult spiritual experiences. I think it is helpful to address non-Christian/occult spiritual activities separately and specifically, especially since non-Christian/occult spiritual activities need to be explicitly confessed and renounced as sin. (Whereas some things that make one vulnerable to demonic infection, such as being the victim of sexual abuse of violence, obviously do not need to be explicitly confessed and renounce as sin.)

and excommunication if he did not renounce Copernicus's "dangerous" and "heretical" theory that the earth orbits around the sun is a true story example of misguided Christian caution attacking something that turned out to be legitimate science.

My current perspective is that some of these practices are inherently non-Christian/occult spiritual activities, and that others are *not necessarily, inherently* spiritually dangerous, but *can be* if the practitioner is operating out of non-Christian/occult spirituality or the desire for spiritual experience/power/knowledge apart from the Lord. It is especially important to ask the Holy Spirit for discernment as you review this list. It is important to avoid fear, judgment, and false accusation towards phenomena, activities, and techniques that are actually spiritually neutral. It is also important to avoid denial and deception regarding whether a given activity is truly sinful and dangerous. You can use the "Prayer for activities that may be problematic" for any activities that you don't have clear conviction about.

A particularly cost effective way to use this tool is to make a copy for clients. As a homework assignment, have them pray through the list, asking the Holy Spirit to recall to their minds every activity that needs to be confessed as sin and renounced, and then write down everything that comes to their minds. They can then pray with the therapist/ministry team, including the listed items at the points indicated in the sample prayer (or pray as you feel lead, addressing specifically the items on their list).

### Non-Christian/Occult Activities: Check List

Sample prayer for guidance during use of checklist: “Lord Jesus, please reveal to me any involvement I have had, knowingly or unknowingly, with any non-Christian/occult religion, activity, power, or source of guidance. Please protect me from fear and erroneous judgment. Protect me also from denial and deception.”

Have you ever, just for fun, out of curiosity, or in earnest:

Occult games, activities:

- Attended a seance or spiritualist meeting?
- Participated in fortune telling (tea leaves, palm reading, crystal ball, tarot cards, etc.)?
- Participated in astrology (read or followed horoscopes, or had a chart made for yourself)?
- Studied or been involved in Kabbalah?
- Played with a Ouija board, magic eight ball, tarot cards, crystal ball, table tipping/lifting, automatic writing, levitation (lifting bodies), speaking in a trance, visionary dreams?
- Had a reincarnation reading (about what you were in some previous existence)?
- Consulted a medium, numerologist, handwriting analyst?
- Invited and/or interacted with ghosts?
- Possessed occult objects?
- Read or possessed occult literature (Book of Shadows, Secrets of the Psalms, Sixth and Seventh books of Moses, books about any of the occult activities mentioned above?)

Psychic experiences, metaphysics:

- Practiced mind control over anyone?
- Sought psychic experiences?
- Had a spirit guide?
- Participated in psychic games or activities (ESP, telepathy, telekinesis, hypnotism, self hypnosis,<sup>5</sup> clairvoyance, clairsentience, healing magnetism)?
- Received or participated in psychic healing or psychic surgery?
- Received or participated in non-Christian faith healing?
- Practiced soul travel, Astral travel, or Astral projection?
- Read or been interested in psychic writings (Edgar Cayce, Jean Dixon, Nostradamus, etc.)?
- Read or possessed books about psychic phenomena?

Alternative medicine:

- Received or participated in acupuncture, acupressure, aromatherapy, Bach flower remedies, colour therapy, crystal therapy, faith healers (non-Christian), homoeopathy, hypnotherapy, iridology, kinesiology, magnetic healing, new age medicine, past lives therapy, pyramid healing, radiesthesia, rebirthing, reflexology, zone therapy?<sup>6</sup>

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<sup>5</sup> With ESP, telepathy, telekinesis, hypnotism, and self hypnosis, it is especially important to remember that activities that are *not necessarily, inherently* spiritually dangerous *can be spiritually dangerous* if the practitioner is operating out of non-Christian/occult spirituality and/or the desire for spiritual experience/power/knowledge apart from the Lord.

<sup>6</sup> With alternative medicine activities, such as acupuncture, acupressure, and hypnosis, it is especially important to remember that activities that are *not necessarily, inherently* spiritually dangerous *can be spiritually dangerous* if the practitioner is operating out of non-Christian/occult spirituality and/or the

Fantasy/Science Fiction:<sup>7</sup>

Have you been deeply immersed in books and/or movies involving magical powers/forces?  
Do you desire and/or fantasize about having magical and/or spiritual powers that you can channel/control (for example, channeling and using the “Force” as the Jedi in Star Wars)?

Magic, white or black:

Attended, participated in wiccan (white witch) activities, church?  
Attended, participated in witchcraft or voodoo activities?  
Cast a magic spell?  
Sent a curse against somebody, spoken a curse against somebody?  
Participated in chain letters where there was a curse against those who did not participate?  
Used a charm of any kind for protection?  
Participate in, entered into blood pacts?  
Sought healing through magic spell or charms, through Christian Scientist or spiritualist?  
Practiced water witching, “dowsing,” rod and pendulum to find water/where to dig a well?  
Read or possessed books about magic, spells, witchcraft?  
Played Dungeons and Dragons, especially using spells and magic as a part of the game?

Satanic:

Made a pact with Satan or been involved in or witnessed satan worship?  
Listened to hard rock or acid rock music with satanic influence (KISS, etc.)?  
Possessed any satanic symbols, objects?  
Invited, participated with sexual spirits (incubi and succubi)?  
Watched, read, been interested in occult horror stories/movies (*Exorcist*, *Rosemary’s Baby*, *Bridey Murphey*, *The Omen*, *Helter-Skelter*, *Amityville Horror*)?  
Read or possessed books about Satanism?

Cult, false religions:

Possessed any pagan religious objects?  
Visited a heathen temple?  
Had a spirit guide?  
Participated in Non-Christian or cult religious activities?: yoga,<sup>8</sup> Zen Buddhism, Hare Krishna, Bahaim, Rosicrucianism, Science of Mind, Science of Creative Intelligence, Hinduism, Transcendental Meditation, Eckankar, Roy Masters, Silva Mind Control, Father Divine, Theosophical Society, Islam, Black Muslim, Christian Science, Unity, Scientology, The Way International, Unification Church, Church of the Living Word, Mormonism, Jehovah’s Witnesses, Children of God, Swedenborgianism, H.W. Armstrong (Worldwide Church of God), Unitarianism, Masons, New Age, Fetishism (practices using objects of worship/idols)

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desire for spiritual experience/power/knowledge apart from the Lord.

<sup>7</sup> With science fiction and fantasy it is especially important to remember that activities that are *not necessarily, inherently* spiritually dangerous *can be spiritually dangerous* if the practitioner is operating out of the desire for spiritual experience/power/knowledge apart from the Lord.

<sup>8</sup> With respect to yoga, it is again especially important to remember that activities that are *not necessarily, inherently* spiritually dangerous *can be spiritually dangerous* if the practitioner is operating out of non-Christian/occult spirituality and/or the desire for spiritual experience/power/knowledge apart from the Lord.

Mind altering drugs: Have you ever used mind altering drugs as a spiritual activity?<sup>9</sup>

Humanism: Have you accepted the fallacy that human kind is self sufficient and does not need God?

Other: Are you aware of anything else that you should confess and renounce?

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<sup>9</sup> Drug use can be a non-Christian/occult spiritual activity when mind altering drugs are used with the desire “to reach something,” and/or the intent to welcome, facilitate, or create a religious, psychic, or “mind expanding” experience. This kind of non-Christian/occult activity in the context of drug use is especially concerning, since mind altering drugs can make the mind medically/biologically more vulnerable to demonic deception and infestation. Hallucinogens (LSD, mushrooms, PCP, Peyote, mescaline) seem to be especially dangerous with respect to removing the mind’s normal protection.

## Non-Christian/Occult Activities: Sample Prayers

### Sample Prayer to Confess and Renounce Non-Christian/Occult Activities:

“Lord, I confess (name them all) as sin. I confess these activities as idolatry. I ask your forgiveness for all of these non-Christian/occult spiritual activities. I repent of these activities. In the name of the true Lord Jesus, I now renounce (name them all).

“In the name of the true Lord Jesus, I/we command that the demonic strongholds and all other strongholds of (name them all) be torn down in \_\_\_\_\_’s body, mind, and spirit.

“In the name of the true Lord Jesus, I/we command that all demonic spirits of (name them all) be bound in \_\_\_\_\_’s life. In the name of our Lord, Jesus Christ, I/we command all demonic spirits of (name them all) to go directly and immediately to the feet of the true Lord Jesus Christ. You will not touch or harm anyone or anything on the way. He will deal with you as He sees fit. You will never return and you will never send anything in your place.

“In the name of the true Lord Jesus, I/we command that all curses coming from, connected to, or associated in any way with (name them all) must now be broken, nullified, and rendered powerless, null, and void in \_\_\_\_\_’s life.

“With the sword of the spirit, the word of God, I/we cut \_\_\_\_\_ free from every bondage to the occult world. I/we close the door between \_\_\_\_\_ and the occult world and seal it with the blood of Jesus.”

### Sample Prayer to Address Activities that May be Problematic:

“I confess<sup>10</sup> my involvement with (name it, describe it). I ask your forgiveness for any part of my involvement with (name it) that is not in the center of Your perfect will. I repent of any part of my involvement with (name it) that is not in the center of Your perfect will. In the name of the true Lord Jesus, I renounce any part of my involvement with (name it) that is not in the center of His perfect will. And Lord, I ask that you would give to me, now and in the days to come, any further understanding about the true nature of (name it) that I need, in order to be completely free of all influence of evil and of sin and of anything that dishonors You.”

The remainder of the prayer can be the same. If the activity is actually not a problem, there won’t be strongholds, spirits, and curses, but going through the prayer for “any strongholds..., any spirits..., any curses” won’t hurt anything.

Note: If you know of any relatives or ancestors who have been into any of these activities, use the prayer for generational sins, strongholds, spirits, and curses to address the specific activities involved.

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<sup>10</sup> Simply acknowledging it and describing it.