

# Spirit of Heaviness

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Isaiah 61:3 - To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified.

## Often Works with:

- Spirit of Fear
- Spirit of Death
- Spirit of Rejection
- Spirit of Infirmary

## Feels Like:

- Heavy
- Dark
- Hopeless
- Intense Shame
- Extreme Sorrow/Grief
- Dark Cloud over head
- Pressure on Shoulders or back
- Heavy in that it's hard to breathe
- Dreary
- Oppressive feeling
- Faithless
- No Purpose in Life

## It's Mission:

- Isolate you
- Steal love, purpose, time, life, peace
- Keep you from hearing God
- Depress and kill vision

## Sounds Like:

- Hopelessness
- Doubt and Fear
- Accusing thoughts or repetitive thoughts of past mistakes, trauma or unpleasantness.

## Looks Like:

- Countenance Dark, Sad
- Droopy
- No energy – No Life
- Smile doesn't reach eyes
- Secluded

## Typical Manifestations when Leaving:

- None
- Yawning (often deep and repetitive)
- Belching
- Weeping
- Coughing

**Bill Sudduth has the following manifestations and fruit listed under the Spirit of Heaviness:** (From the Deliverance Manual by Bill Sudduth)

Sorrow & Grief	Self-Pity	Embarrassment	Shame
A Broken heart	Elf-hatred	Insomnia	Loneliness
Suicidal thoughts	Injustice	Excessive mourning	False responsibility
Dejection and hopelessness	Inferiority and low self-esteem	Results of sexual abuse	Lack of praise and unpacified emotions
Inner hurts and a torn spirit	Self-mutilation and self-punishment	Regrets form the unfairness of Life	Chemical Imbalance
Familiar spirit of heaviness	Gluttony, bulimia and anorexia	Heaviness and Depression	Discouragement and despair
Suppressed emotions: (fear, anger, rage, violence, and hatred)		Rejection – insecurity and abandonment	

**Some symptoms that a spirit of heaviness may be in operation:**

I am not familiar with Scott Boyd, but I did get many of these symptoms below from one of his writings from [www.fnireival.com](http://www.fnireival.com)

- ✓ Having no sense of purpose in life
- ✓ Feelings of failure
- ✓ Focusing on failures of past and dwelling on past too much
- ✓ Excess sleeping or eating; or an extreme lack of any of these (insomnia)
- ✓ Any compulsive or obsessive behaviors
- ✓ Alcoholism, drug, or tobacco use
- ✓ Being “busy” with projects, collecting, or cleaning to stay busy and keep mind off misery
- ✓ Feels of loss
- ✓ Mental or emotional problems including depression, isolation, or suicidal thoughts
- ✓ Physical problems caused by heaviness or infirmity (like a breakdown of immune system)
- ✓ Sexual sin of any kind looking for acceptance or feeling close to someone (including porn or masturbation)
- ✓ Isolation away from people or church family
- ✓ Desiring to be in the dark or alone (shutting off lights, pulling down drapes, etc...)
- ✓ Perceiving everything form a negative perspective
- ✓ Thinking everyone is against you
- ✓ Thoughts of hopelessness, despair, severe discouragement, or depression
- ✓ Excessive sorrow, grief, mourning, self-pity, or overwhelming sense of guilt
- ✓ Self-hatred, low self-esteem, self-accusation, or feeling rejected when you are not
- ✓ Suicidal thoughts (I can’t go on.” I can’t take it anymore.”) despair, dejection
- ✓ Dwelling on traumatic events that have happened

- ✓ Comparing life accomplishments to others (even though their life may not be as great as it appears)
- ✓ Depressed and not content with life's circumstances
- ✓ Looking at other things to make you happy other than the Lord
- ✓ Comparing self to media images or stereotypes that are rarely based on the average person
- ✓ Allowing other to affect you based on their opinions
- ✓ Overwhelming feels of rejection, dejection, etc.

## The Remedy

- Forgive
- Repent
- Ask God to show any lies that started the root
- Accept and speak the truth
- Command heaviness to go

## Living FREE

- **Know that you are never alone.** For one thing, JESUS, experienced the full onslaught of heaviness and brokenness. Jesus paid a full price for your wholeness and freedom. Psalm 69:19-21 This scripture describes heaviness pretty well:
  - Psalm 69:19-20 (KJV)  
Thou hast known my reproach, and my shame, and my dishonour: mine adversaries are all before thee.
  
  - 20 Reproach hath broken my heart; and I am full of heaviness: and I looked for some to take pity, but there was none; and for comforters, but I found none.
  
- **Do not participate in the things that feed the spirit of heaviness:**
  - Music (you will notice what songs/music you listen to that seem to invite the heaviness)
  - Leaving blinds/curtains closed while the feeling of heaviness permeates the air. Bring in the light.
  - If a certain activity or person brings on the heaviness find out why.
  - Movies that are melancholy in nature or have actors who project heaviness/fear/oppression
  
- **Be thankful and Praise the LORD**
  - Isaiah 61:3 - To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit

of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified.

- **Retrain your mind to think with hope**

- Philippians 4:6-8 (KJV)

6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

- **Mind Your Health**

What you put into your body is important whether it is spiritual or physical. There are foods that can induce or stir up things like depression. You can't "cast out" the affects of sugars or high carbohydrates in the body. It's best to put good food into your body to avoid bad consequences! According to psychcentral.com, the following 7 foods can cause depression: <https://psychcentral.com/blog/7-foods-that-may-contribute-to-your-depression/>

- ✓ Refined sugar
- ✓ Artificial sweeteners.
- ✓ Processed food
- ✓ Hydrogenated oil
- ✓ Foods high in sodium
- ✓ Alcohol
- ✓ Caffeine