



# EXPOSING THE HIDDEN AGENDA

DR. ED LAYMANANCE

“This exercise guided me to the most powerful spiritual awakening of my life!”

Michael Smalley



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All referenced verses are from the New International Version as published by Zondervan (unless otherwise referenced).

THE PURPOSE OF THIS RESOURCE IS TO HELP YOU  
STAND AGAINST THE HIDDEN AGENDA SPIRITUAL  
EVIL HAS CONCERNING YOU AND YOUR FAMILY.

YOU NEED TO KNOW WHAT YOU NEED TO KNOW  
SO YOU CAN DO WHAT YOU NEED TO DO, AND  
ALLOW GOD TO DO WHAT ONLY HE CAN DO.

DR. ED LAYMANCE

# PERSPECTIVE



“There are two ways to be fooled; one is to believe what isn’t so, the other is to refuse to believe what is so.” Soren Kierkegaard

“There are two equal and opposite errors into which our race can fall about the devils. One is to disbelieve their existence. The other is to believe and feel an unhealthy interest in them. They themselves are equally pleased by both errors and hail a materialist or a magician with the same delight.” C.S. Lewis

When faced with life issues, everyone wants simple answers and simple solutions. Sometimes things are simple. Most of the time, however, they are not. Many factors and combinations of factors contribute to the problems and difficulties we experience.

These factors fall into four general areas...the physical, the mental, the emotional, and the spiritual. Think of it as four tires on a car, each representing an area of your life. To enjoy the “ride” of LIFE (John 10:10), you must pay attention to the condition of all four tires.

For example:

**Physically**—your body chemistry may not have what it needs to function properly; physical resources may have been depleted due to lack of deep sleep, physical illness, a medical condition, poor health choices, new limitations or changes within the body; perhaps stressors from work, family, school, where you live, the seasons, the weather, etc. are draining you

**Mentally**—negative thinking has consumed you; false or wrong beliefs are leading to frustration and disappointments; painful memories overwhelm you; a lack of knowledge, skills, or understanding has limited your ability to cope; a chemical imbalance, neurological difficulty, or psychological issue needs to be addressed

**Emotionally**—your wants, needs, or expectations have not been met; you may be experiencing grief or loss concerning someone or something; relationships with significant people in your life are fractured, strained, or changing

**Spiritually**—you may be separated from God, and do not have a personal relationship with Him; perhaps you are ignoring God’s plan for your life and living in disobedience; your old nature and new nature in Christ may be in conflict; God is convicting you of your sin; this is a time of growth and trusting God; spiritual evil is exerting influence and control

If you do not appropriately deal with all issues contributing to your problems, you will not experience the freedom you seek. While all four areas must be addressed, this resource will focus on just one aspect of the spiritual – the influence of evil.

Our point of view concerning spiritual evil tends to be one of two extremes. Either we are consumed with the thought of spiritual intrusion, and ascribe all problems and difficulties to the enemy; or, we disregard evil as a legitimate influence and focus only on human responsibility. A balanced approach is needed. Sometimes what we are dealing with has nothing to do with the enemy, sometimes everything.

The enemy does not want you to see or know what they are doing. In fact, they hope they are never discovered. They function like a terrorist network looking for ways to bring about destruction undetected. As a result, we grossly underestimate their abilities and capabilities. More importantly, we fail to grasp the unending faithfulness of our Heavenly Father, and the awesome power and authority already granted in Christ Jesus to do something about it.

Spiritual warfare is really about intimacy with Christ. My prayer is that the exercises in this material will lead you to a place of deeper intimacy, and help you recognize, identify, and learn how to stand against the hidden agenda of spiritual evil. As your relationship with Christ grows so will your spiritual discernment—your ability to distinguish between what is human and what is not.

# OVERVIEW

We are engaged in a face-to-face conflict with spiritual forces of evil in the heavenly realms (Ephesians 6:12) which is fought on a spiritual plane with spiritual weapons. (Ephesians 6:11, 2 Corinthians 10:4)

Satan is a roaring lion seeking whom he may devour, (1 Peter 5:8)

therefore, it is not a matter of if the day of evil comes, but when. (Ephesians 6:13)

In order to implement his strategy (2 Timothy 2:26, Ephesians 6:11)

the enemy must first get our eyes off Jesus (Hebrews 12:1-2)

or he will not be able to get a grip on us. (1 John 5:18)

So, Satan lies to us (John 8:44)

using            temptations (1 Thessalonians 3:5)  
                      accusations (Revelations 12:10b)  
                      and deceptions (2 Corinthians 11:14)

hoping to        trap us (1 Timothy 3:7)  
                      establish strongholds in our lives (Ephesians 4:27, 2 Corinthians 10:3-5)  
                      and take us captive to do his will. (2 Timothy 2:26)

We are not to fear the enemy (1 John 4:4, 2 Timothy 1:7)

for he is a defeated foe! (Col. 2:15, 1 John 3:8, Hebrews 2:14-15)

We are to understand our position in Christ, (Ephesians 2:6)

submit every area of our lives to the lordship of Christ, (James 4:7-8)

and                be strong in the Lord and in the power of His might, (Ephesians 6:10)  
                      put on the full armor of God, (Ephesians 6:10-18)  
                      be alert, (1 Peter 5:8)  
                      resist, (James 4:7)  
                      stand firm, (1 Peter 5:8)  
                      stand against, (Ephesians 6:11)  
                      do not give ground, (Ephesians 4:27, 6:13)  
                      destroy strongholds, (2 Corinthians 10:3-5)  
                      advance, (Matthew 28:19-20, 16:13-19)  
                      overcome all the power of the enemy. (Luke 10:19)

# STRONGHOLDS



“It was for freedom that Christ has set us free. Stand firm, then, and do not let yourself be burdened again by a yoke of slavery.” (Galatians 5:1)

“...do not give the devil a foothold” (Ephesians 4:27)

“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” (2 Corinthians 10:3-5)

“Submit yourselves, then, to God. Resist the devil, and he will flee from you.” (James 4:7)

“...let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus...” (Hebrews 12:1-2)

“The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord’s favor.” (Luke 4:18-19)

Strongholds are a network of entrenched thoughts, feelings, ideas, emotions, imaginations, beliefs, and /or patterns of behavior through which the enemy exercises influence and control. You can think of them as a number of playgrounds the enemy has opened and connected together for the purpose of his pleasure – your destruction; or as military bases of operation in communication with each other that the enemy uses to coordinate an attack on your life. Another way to see them is like a number of virus programs, custom designed by the enemy to hopefully run undetected behind the operating system of your daily living, creating chaos, confusion, disruption, and eventual shut down.

## THREE WAYS WE DEVELOP STRONGHOLDS

In everyone’s life there are three basic ways strongholds are established:

1. As a result of your sin. When you sin, you open a doorway or access point for the enemy to work in your life. “But if you do not do what is right, sin is crouching at your door; it desires to have you” (Genesis 4:7)
2. As a result of being sinned against. When someone hurts you or harms you in some way, this creates an opportunity for all kinds of negative thoughts, feelings, and emotions to develop. Because you were sinned against, it may never occur to you that the enemy can use this to harass and control you. “In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” (Ephesians 4:26-27)
3. As a result of sin in your family system. Everyone is responsible before God for his or her own actions, but the enemy will seek to use the sin that has worked well with others in your family, past or present, as a way to intrude in your life and future generations. All you want to pass along to your children and grandchildren is a Godly heritage! “Now fear the Lord and serve him with all faithfulness. Throw away the gods your forefathers worshiped beyond the River and in Egypt, and serve the Lord.” (Joshua 24:1)

# BREAKING FREE

“For 36 years I suffered from the crippling effects of fear, worry, anxiety, and thoughts of condemnation. I sought help everywhere I could find it – in both secular and Christian counseling, and through books and audio tapes. A friend of mine told me about Dr. Laymance. He was the first person to ever suggest to me that what I was suffering from was probably the result of demonic intrusion. Never before had I considered this. After meeting with him, I went home and performed the exercises outlined in his material. In an amazing 9 days (several days off work and large blocks of time dedicated to the process) I was set free from my strongholds! Jesus said that everyone He sets free is free indeed. Today, I can honestly say, I AM FREE INDEED!”

”Steps To Freedom” on the following page is a way to help you destroy strongholds – a model to guide you in breaking free. Before you get started, there are a few important principles to keep in mind:

- » This is a process, not an event. You will not find the time to go through this—you will have to schedule the time and then purpose to make it happen. Stay after it and be persistent!
- » This is an intimate time with God. Choose a place that you can be alone before the Lord. Do everything possible to insure privacy and eliminate interruptions (silence cell phones). Ask God to temporarily move aside anything and everything that would interfere with your ability to hear His voice clearly. Read some of your favorite passages of Scripture, and sing or listen to spiritual songs that will help you focus on God.
- » Ask friends and family to pray for you while breaking free. Prayer support is HUGE! Tell those who are interceding when you will be spending time with the Lord. Ask them to pray that you would hear from God, do what He says, and that the enemy would not be effective in hindering or stopping you.
- » Don’t base what God does on how you feel or what you experience. This is not about emotions – what you feel and experience does not determine the freedom. It is a matter of believing that what God says is true, and you are choosing to trust Him to free you.
- » This should be done out loud. Once something is said, it is no longer just a thought or idea. Now it is a matter of record. You have declared your intentions to yourself, your Lord, and the enemy. This gives clarity, certainty, and added weight to the resolve of your commitment.
- » Some of this process may be painful and difficult to do. Do it anyway.
- » Some of this you may not want to do. Do it anyway.

“When God sets out to free us, there will often be a price we will have to pay. Grief can be a terrible form of bondage, yet we can become comfortable with it. We can grow so comfortable with fear that we don’t know how to live without it. As destructive as our sinful habits and lifestyle might be, we may prefer living with the familiar, rather than being freed to experience the unknown. We may recognize the harmful influence of a friend but choose to reject God’s will rather than offend our friend... Have you been lulled into a comfortable relationship with your bondage? Do you fear change more than you fear God? Are you willing to allow God to do what is necessary in order to free you?” (Blackaby and Blackaby, “Experiencing God Day By Day”, p. 127)

# STEPS TO FREEDOM

1. Deal with any doubts. If you are not certain of where you stand with God, you can be. Pray something like this, “Lord Jesus, if you are already in my life, thank you. Forgive me for doubting. If I have never asked you to come into my life and forgive my sin, that’s what I ask you to do right now. From today forward I want to know that you live in me. Thank you that you will never leave me nor forsake me. I put my trust in you alone. Amen.”
2. Confess all sin. Declare your commitment to repent and walk away from your sin. Use the Thoughts, Feelings, Problems list to help you identify sin. Listen to God and do not limit what He says to this list.
3. Choose to forgive anyone who has hurt you. Forgiveness is a choice. Releasing resentments, healing hurts, and dumping disappointments is for you, not those who sinned against you. You are not letting them go free; you are letting yourself go free! You did not choose what happened, but you can and do choose what happens next. You choose to no longer be controlled by the pain of your past.
4. Ask God to reveal and break any unhealthy or wrong ties you have to any person, place, or thing, past or present (physical or emotional relationships; music; media; books; activities; habits; possessions, etc.).
5. Ask God to remove any spiritual weakness resulting from sin in your family systems. Begin with a general declaration breaking any ungodly ties to generations past or present. Then, using the Thoughts, Feelings, Problems list, ask God to reveal anything specific that needs to be renounced and broken.
6. Ask God to also remove from you all: lies that bind you; unrighteousness that covers your heart; confusion and condemnation covering you mind; fear, terror, or torment that controls your every day living; doubt and unbelief that is blocking God’s truth; any words of Satan that hammer you down.
7. Ask God to destroy all the strongholds He has revealed to this point.
8. Ask God to take out the trash - you are putting everything God has revealed into His hands and asking Him to take it all away.
9. Ask God to cleanse you and heal your hurts. (Psalm 51:7, Psalm 147:3)
10. Now ask God to place His armor on you. (Ephesians 6:14-17)
11. Ask God to clothe you in His righteousness. (Isaiah 61:10, Philippians 3:9)
12. Read the “I Am a Child of the King” page out loud as a personal declaration of who you really are in Christ. Ask God to let you see yourself as He sees you.
13. Demand that any and all spirits of Satan at work in your life pick up anything they have planted, put back anything they have stolen, and leave! Ask God to make them comply – doing with them whatever He deems necessary, and sending them where He chooses.
14. Ask God to fill every part of your body, soul, and spirit with Himself. (Ephesians 3:18-19)
15. In a day or two go before the Lord again and ask Him to show you what strongholds remain. Get rid of them. Strongholds are layered in over time and time is required to undo them. As your intimacy with Christ grows, so does your ability to see the enemy’s hidden agenda for you and your family.
16. Ask God to show you anything you need to get rid of or change. Do so.
17. Do what is necessary to stay free - this is all about daily discipleship.



# I AM A CHILD OF THE KING

Because of who Jesus Christ is, and

Because He is my Savior and my Lord:

I am a child of the King of Kings and Lord of Lords, seated with Christ in the heavenly realm. I am chosen, accepted, and included – a citizen of heaven and a member of God’s household.

I am loved by God unconditionally and without reservation.

I belong to Him, having been bought by Him with the precious blood of Jesus. I have eternal life and will be saved from all of God’s wrath to come – guaranteed!

I am a Christian. I am not just different in what I do. My identity has changed. Who I am has changed. Everything has become brand new.

I am a dwelling place in which God lives by His Spirit. I have access to Him anytime, anywhere, for any reason.

I am God’s creation – His workmanship. I was created by Him and for Him, so who I am and what I do matters.

I am spiritually alive. I have been set free from the fear of death and have been given life to live and enjoy to the full.

I am forgiven – completely, totally, and absolutely.

I have been rescued from the dominion of darkness and brought into the Kingdom of light – the Kingdom of the Son.

I have been free from the penalty of sin and the power of sin.

I am an enemy of Satan and at war with spiritual forces of evil, but greater is He that is in me than he that is in the world.

If God is for me, it doesn’t matter who or what stands against me, because nothing and no one can separate me from the love of Christ-

not hurt, pain, loss, problem, or brokenness;

not persecution, trouble, difficulty, or danger;

not abandonment, abuse, addictions, or appetites;

not desires, food, sexuality, or relationships;

not life or death, angels or demons;

not my past, the present, or the future;

no power, no person, no place, not anything in all creation;

not even Satan himself shall prevail.

I am in the hands of Jesus, in the hands of God, and nothing and no one can snatch me out of God’s hands.

I will fear no evil because God is with me, and He has promised to never leave me nor forsake me.

God’s presence is with me everywhere I go –

to the heights of heaven,

through the valley of the shadow,

to the ends of the earth - forever and always.

I am a Child of the King and choose this day to live as one.

(Revelations 1:8, John 1:12)

(Ephesians 2:6, I Peter 2:9)

(John 14: 1-6, Ephesians 2:19)

(Romans 5:6-8, I John 4:10)

(I Peter 2:9, I Corinthians 6:19)

(I John 5:11-13, John 3:16)

(Romans 5:9, Ephesians 1:13-14)

(I Peter 4:16)

(2 Corinthians 5:17, Galatians 2:20)

(Ephesians 2:22, I Corinthians 6:19)

(Ephesians 2:18, Phil. 4:6-7)

(Psalms 139, Ephesians 2:10)

(Colossians 1:16, Galatians 6:7-9)

(Romans 6:8-11, Hebrews 2:14-15)

(John 10:10)

(I John 1:9, Psalm 103:8-13)

(Colossians 1:13)

(Romans 6:16-23, Galatians 5:1)

(I Peter 5:8, Ephesians 6:12)

(I John 4:4)

(Romans 8:31, Ephesians 1:18-23)

(Romans 8:35-39)

(Colossians 2:15)

(John 10:27-28)

(Psalm 23:4, 2 Timothy 1:7)

(Hebrews 13:5)

(Psalm 139:7)

(Matthew 28:19-20)

# THOUGHTS I HAVE – FEELINGS I FEEL PROBLEMS I WANT TO GET PAST

Accusation	Driven	Jealousy	Sacrifices
Addictions	Drugs	Judging	Sadness
Adultery	Ego	Laziness	Sarcasm
Against God	Embarrassment	Legalism	Satanism
Alcohol	Emotional Abuse	Lesbianism	Seduction
Anger	Envy	Loneliness	Self-Accusation
Anorexia	Escape	Lust	Self- Condemnation
Anxiety	False Religions	Lying	Self-Deception
Apprehension	Fantasy	Masturbation	Self-Hate
Apathy	Fatigue	Mental Abuse	Self –Pity
Argument	Faultfinding	Mockery	Self-Rejection
Arrogance	Fear (in general)	Murder	Self-Righteous
Betrayal	Fear (specific)	Mutilation	Selfishness
Bitterness	Fear of Abandonment	Neglect	Sensitivity
Blasphemy	Fear of Failure	Nervous Habits	Sexual Abuse
Bondage	Fear of Rejection	Nervousness	Sexual Exposure
Bulimia	Fear of	New Age	Sexual Fantasy
Burden	Fighting	Nicotine	Sexual Habits
Caffeine	Forgetfulness	Obsessive	Sexual Impurity
Competition	Frigidity	Occult Practices	Sexual Objects
Compromise	Frustration	Overeating	Shame
Compulsive	Gambling	Pain	Shy
Confusion	Gossip	Passive	Sickness
Condemnation	Greed	Perfection	Skepticism
Condemned	Grief	Perversion	Sorrow
Control	Guilt	Physical Abuse	Spiritual Abuse
Covet	Hate	Pornography	Stealing
Criticism	Headache	Possessiveness	Strife
Crying	Heartache	Poverty	Stubbornness
Cruelty	Heartbreak	Pressure	Suicide
Cursed	Heaviness	Pride	Suspicion
Cursing	Homosexuality	Procrastination	Temper
Cutting	Hopeless	Prostitution	Tension
Darkness	Hurt	Rage	Terror
Daydreaming	Hyper Active	Rape	Timid
Death	Hypocrisy	Rationalization	Torment
Deceit	Idolatry	Rebellion	Unbelief
Deception	Impatience	Reckless	Unforgiveness
Defeated	Importance	Rejection	Unworthy
Dejection	Incest	Religiosity	Vanity
Dependency	Indecision	Resentment	Violence
Depression	Indifference	Restless	Witchcraft
Despondency	Inept	Retaliation	Withdrawal
Despair	Inferior	Revenge	Worry
Destruction	Infirmity	Ritualism	Other
Discontent	Insecurity	Rituals	_____
Discouragement	Insomnia		_____
Disgust	Intellectualism		_____
Disobedience	Intolerant		_____
Distrust	Irritable		_____
Dominance			_____
Doubt			_____
Dread			_____

# STAYING FREE

The Bible says of King Rehoboam, “He did evil because he had not set his heart on seeking the Lord” (2 Chronicles 12:14). There are those who do evil because they purpose to do evil. Most of us, however, do evil not because we planned to, but because we did not purpose to seek the Lord. You must intention daily to seek what God wants. If you do not, you’re less likely to clearly distinguish between God’s truth and Satan’s subtle lies. You become an easy target. Jesus said, “If you continue in my Word, then you are my disciples indeed, and you shall know the truth and the truth shall make you free” (John 8:32).

The following will help you stay focused on the truth and purpose to seek the Lord.

1. For the next couple of weeks read out loud “I Am a Child of the King”. Also read it anytime you feel weak, attacked, accused or condemned by the enemy.
2. When you sin – confess it, repent of it, yield it to Jesus as Lord, reclaim the lost ground, and demand that the enemy leave.
3. Plant God’s Word in your life.
  - a. Hear God’s Word Regularly (Romans 10:17). If you want to stay free, worship is not an option.
  - b. Read God’s Word Daily (Nehemiah 8:8). Find a translation or paraphrase that you like and purpose to spend at least five minutes a day just reading. Get a notebook so you can record insights for the day, note questions you have for further study, and list verses you want to memorize. If you don’t already have a daily reading plan, start with the Gospel of John.
  - c. Study God’s Word Weekly (2 Timothy 2:15). Join a weekly Bible Study group and set aside at least thirty minutes a week to study. There are many resources available to help you better understand God’s Word. Ask your study leader or pastor to help you know how best to study.
  - d. Memorize God’s Word Consistently (Psalm 119:9,11). Pick a verse that you would like to remember. Write it down on a card and carry it with you so you can refer to it while you are out and about. Put a copy of the verse on your mirror, refrigerator, microwave, etc. so you will see it regularly. Read the verse out loud, write it, and think about it everyday. When you’ve “got it”, pick a new verse and do the same thing. Once a week review all the verses you’ve already memorized, so you won’t forget them.
  - e. Meditate on God’s Word Continually (Joshua 1:8). Think about what God’s Word means as you hear, read, study, and memorize it.
  - f. Apply God’s Word Intentionally (James 1:22). Be a Nike Christian – just do it!

# STAYING FREE



4. Ask God to help you know when the enemy is speaking to you – this activates “spiritual caller I.D.”

When I’m eating and the phone rings, if caller I.D. says “out of area” or “unavailable”, I’m not picking up. I’ll let the answering machine get that one. Rarely will a salesperson leave you a message. Why? They’ve got to talk with you to sell you! So it is with the enemy. They are sellers of lies, “Ringing you up” with a thought or idea in hopes that you will listen to what they are saying so they can “sell you.” The longer you listen, the greater the odds that you will buy their lies.

Here’s the rule. If the thought or idea is “out of area” concerning what God’s Word says – don’t listen, don’t argue. Hang up and tell them to shut up!

5. As a result of sin, you have developed habits of thinking, feeling, and choosing which must be replaced with godly habits. You need to grow in Christ. If you are not currently active in a church, ask God to direct you to one. You must find a fellowship of believers who can encourage you and help you. (Hebrews 10:25)

6. Don’t put yourself at risk. Be careful where you go, what you do, what you read, what you see, etc. Ask the Lord to reveal to you any unhealthy relationship, and avoid it. (Ephesians 5:15-16)

7. Spend time with other Christians who are seeking to grow. We become like the people we spend time with. (Ephesians 4:14-15)

8. Talk with God. Pray anytime, anywhere, about anything. (Philippians 4:6-7)

9. Share Christ with others. Who do you know that needs the freedom you have found? (Romans 1:16)

10. Be involved in ministry to others. It is by giving that you receive. (Luke 6:38)



# MEET DR. LAYMANCE

Dr. Ed Laymance has served on staff at Lake Arlington Baptist Church in Arlington, Texas since 1974. He is currently director of Impact Counseling & Guidance Center, where with over thirty years of ministerial, educational, and counseling experience, he leads a team of qualified professional counselors in providing a network of helps and resources to the church and community.

Dr. Laymance holds a PhD in Education from Southwestern Baptist Theological Seminary, and is a licensed professional counselor, licensed marriage and family therapist, licensed supervisor for professional counselors, ordained minister, and board certified professional Christian counselor.

He has taught seminars on issues related to education, leadership development, discipleship, spiritual warfare, marriage and the family, and is a frequent guest for schools, churches, business associations, and civic groups. He has served as a consultant, adjunct professor and board member with several institutions, organizations and agencies.

Dr. Laymance has been married since 1974 to his wife LaRue and they have two grown children.

I pray “that the eyes of your heart may be enlightened  
in order that you may know the hope to which he has called you,  
the riches of his glorious inheritance in the saints,  
and his incomparably great power for us who believe.”  
(Ephesians 1:18-19a)

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