



# Discern and Disconnect: A Guide to Monitoring Spirits

## Introduction

Monitoring spirits are real. They show up as people who pretend to care but are only present to observe, gather, and mimic. Their goal is to distract, discourage, or delay you from walking in purpose. This guide will help you recognize the signs, respond with wisdom, and guard your space through scripture and prayer.

## What Are Monitoring Spirits?

Monitoring spirits are spiritual forces, often working through people, that seek to track your movement, gather your plans, and distract you from destiny. They don't come to support or help — they come to observe and imitate. They may show up friendly, ask questions, or act concerned, but their motives are not pure.

## Signs You Are Being Monitored

- Someone suddenly takes interest in your life without true support.
- People frequently ask questions about your plans but never offer help.
- Individuals show up in spaces where you are, but rarely speak or engage.
- You feel spiritually or emotionally drained after being around them.

## Scriptures for Discernment

### 1. John 3:1–2

**KJV:** There was a man of the Pharisees, named Nicodemus, a ruler of the Jews: The same came to Jesus by night...

**NLT:** There was a man named Nicodemus, a Jewish religious leader who was a Pharisee. After dark one evening, he came to speak with Jesus...

**Explanation:** Monitoring spirits often approach like Nicodemus—quietly, secretly, and with hidden motives.

## 2. Psalm 37:32

**KJV:** The wicked watcheth the righteous, and seeketh to slay him.

**NLT:** The wicked wait in ambush for the godly, looking for an excuse to kill them.

**Explanation:** They watch not to support but to look for an opportunity to harm.

## 3. Daniel 6:4

**KJV:** Then the presidents and princes sought to find occasion against Daniel concerning the kingdom; but they could find none occasion nor fault...

**NLT:** Then the other administrators and high officers began searching for some fault in the way Daniel was handling government affairs...

**Explanation:** Monitoring spirits look for faults to use against you, even when none exist.

## 4. Jeremiah 20:10

**KJV:** For I heard the defaming of many... All my familiars watched for my halting, saying, Peradventure he will be enticed...

**NLT:** Even my old friends are watching me, waiting for a fatal slip. 'He will trap himself,' they say...

**Explanation:** Even people close to you may secretly watch and wait for your downfall.

## 5. Psalm 56:6

**KJV:** They gather themselves together, they hide themselves, they mark my steps, when they wait for my soul.

**NLT:** They come together to spy on me—watching my every step, eager to kill me.

**Explanation:** Monitoring spirits are strategic and hidden, waiting for the right moment to attack.

## 6. Galatians 2:4

**KJV:** And that because of false brethren unawares brought in, who came in privily to spy out our liberty which we have in Christ Jesus...

**NLT:** Even that question came up only because of some so-called Christians... who were secretly brought in. They sneaked in to spy on us and take away the freedom we have in Christ...

**Explanation:** Monitoring spirits can even operate through those pretending to be spiritual, aiming to restrict your freedom.

## What To Do When You Discern a Monitoring Spirit

- Pray for wisdom and discernment daily.
- Limit access to your plans and personal space.
- Set boundaries with people who feel manipulative or controlling.
- Anoint your environment and pray over your name, work, and vision.
- Be slow to share your next move.

## **Protection Prayers and Declarations**

Prayer: Lord, give me discernment to recognize what is sent by You and what is not. Guard my heart, my space, and my vision. Expose every hidden agenda and protect me from every monitoring spirit. Help me to be led by the holy spirit when I recognize monitoring spirits and not react in the flesh. Help me to not walk in fear but always prayerful, watchful and alert...in Jesus name!

Declaration: I walk in divine protection. My steps are ordered. My life is covered. No monitoring spirit can stop what God has started in me.

## **Final Words of Wisdom**

- Everyone watching isn't cheering.
- Discernment is not paranoia; it's protection.
- Keep your circle pure and your vision protected.
- You are not crazy for sensing what you sense.