



THE CHILDREN'S BREAD



Deliverance, Freedom, and
the Believer's Covenant
Inheritance



DR. AMY LAVON MCMILLAN



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**Deliverance is not just about manifestations—
it's about freedom!**

Dr. Amy LaVon McMillan

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This book grew from Dr. Amy's YouTube series **Exposing Myths About Deliverance** and has been expanded into a book-length study centered on Jesus Christ, biblical freedom, covenant identity, spiritual authority, and lasting restoration.

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This book is a work of the author's interpretation of biblical scriptures. Any resemblance to comments or commentaries of actual persons, living or dead, events, or locales is entirely coincidental.

Scripture references are included throughout this book for study and teaching. Readers are encouraged to read each passage in its full biblical context. Unless otherwise identified, Scripture quotations are from the *Holy Bible, New Living Translation*, copyright 1996, 2004. Used by permission of Tyndale House Publishers, Wheaton, Illinois 60189. Emphasis within Scripture quotations is the author's own.

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INTRODUCTION

Deliverance Without the Show

“Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage.” — Galatians 5:1

Deliverance is often misunderstood in the Body of Christ. Some people think of it as dramatic displays or loud confrontations meant to show spiritual power. Others avoid the topic because they have seen confusion or harm and believe it is safer to stay away. But neither fear nor showiness reflects what the Bible teaches.

Jesus shows us the true example.

During His time on earth, Jesus taught, healed, restored, and cast out unclean spirits. He never used hurting people for entertainment or made their pain a spectacle. His ministry showed both compassion and the authority of God's Kingdom. He cared more about the person than the outward signs. Restoration was more important than reactions, and true freedom mattered more than looking powerful.

This difference is central to this book. Deliverance is not meant to be a sideshow or a way for someone to look impressive. Real deliverance is thoughtful, caring, and based on what Jesus has already done. It deals with hidden issues like wrong beliefs, open doors, unrepented sin, wounds, thought patterns, accusations, and spiritual influences that have stayed. Then, it brings these things into the light so that repentance, healing, and restoration can happen.

A visible reaction doesn't define deliverance. Sometimes something shows up but doesn't leave, and sometimes freedom

comes quietly, without any drama. The real proof is not in the noise but in the results. Is the person finding their true identity? Is shame losing its hold? Are harmful beliefs being broken? Is the mind being renewed? Is the believer growing closer to Jesus, standing firm in truth, and walking in holiness and freedom? These are the questions that really matter.

Deliverance aims at full restoration. God does not want Christians to just cope with bondage and call it normal. Jesus described freedom as something real. The Son sets us free. The Truth sets us free. The Spirit of the Lord brings liberty. Deliverance is part of the Gospel message: healing, restoration, purity, authority, closeness with God, and getting back what bondage took.

This book is not meant to make you focus on darkness. Instead, it invites you to become rooted in Christ. We will discuss topics like satan's power, accusation, legal terms, oppression, generational patterns, and the authority of the Church, but Jesus will always be at the center.

In deliverance, darkness is not the hero—Jesus is.

My hope is that these pages will uncover myths that have made believers feel afraid, passive, ashamed, or confused. When something is revealed, it can be healed. What comes into the light does not have to stay hidden. Freedom starts when truth is known, and deliverance is part of the spiritual inheritance Jesus gave to His people.

CHAPTER 1

The Children's Bread

“Let the children be filled first, for it is not good to take the children’s bread and throw it to the little dogs.”— Mark 7:27

The title of this book draws on one of the most striking images in the Gospels: **children and bread**. Jesus did not treat deliverance as something extra for a few desperate people on the sidelines. He talked about it as if it were bread.

This is why His words are hard to overlook. Bread is not just for show. It is not a reward for the especially holy, or a treat saved for special guests after the main meal. Bread is simple, everyday food. It belongs on the table. When Jesus spoke this way, He made people see that freedom from demonic torment is meant to be central to His mercy.

The story is vivid. A woman approaches Jesus because her daughter is suffering from an unclean spirit. She brings no ideas or arguments. She brings only her needs. Her home is troubled. Her child cannot sleep as she should. Something dark has taken hold of her daughter, and the mother has no more polite solutions. In her desperation, she calls out for help.

Jesus responds with words that many readers find difficult. He says, “Let the children be filled first, for it is not good to take the children’s bread and throw it to the little dogs.” At first, this sounds harsh or even offensive. But if we take time with the passage, we see that Jesus is not making deliverance seem unimportant. He is doing the opposite. He is talking about order, not value.

Many believers have learned to see deliverance as something meant for ‘those people’—the clearly troubled, the visibly broken, or those in crisis. But when Jesus talks about the children’s bread, it raises a

new question: What if freedom is not a rare exception in Christian life? What if it is meant for everyone in God's family?

The woman in this story is a Gentile. Jesus is working within God's covenant relationship with Israel. The 'children' He mentions are the people of that covenant. This does not mean Gentiles are unworthy of mercy. Instead, it shows that Jesus' ministry followed a certain order. He came first to the lost sheep of Israel. The gospel would reach the nations, but God's plan had a sequence. 'First' is important here. It does not mean 'only.' It simply means first.

That one word helps us avoid two opposite mistakes. The first mistake is thinking this passage shows deliverance as harsh, unimportant, or far from Jesus' heart. But Jesus calls it bread, not crumbs. The woman later mentions crumbs, but Jesus starts with bread, and that is important. He could have called deliverance a sign, a wonder, a privilege, or a reward for children. Instead, He used words from everyday life, words about the table and provision.

The second mistake is to ignore the covenant background, as if the story only teaches that if you ask hard enough, you can get anything. That is not a careful reading. The woman does show bold faith, and Jesus honors her. But this story is not about persuading Heaven through persistence. It reveals who Jesus is and what kind of kingdom He brings. Even while speaking within Israel's covenant story, He lets mercy reach beyond the table to a woman who trusts Him. This is not by chance. It signals that the kingdom has come, and even outsiders are already experiencing what the King offers.

If you miss this, you will miss the true meaning of the phrase 'the children's bread.'

Two Versions of Deliverance

Many believers have only experienced two types of deliverance. In one, it feels chaotic. People think raising their voices shows authority, and every personal issue is blamed on a demon.

END OF SAMPLE

ABOUT THE AUTHOR

Dr. Amy is a teacher and author whose ministry emphasizes biblical identity, Kingdom authority, spiritual freedom, and the transforming work of Jesus Christ.

Through the platform ministry of Spirit Unlimited Int'l, she equips believers to engage Scripture, grow in discernment, and walk in the freedom and inheritance of Christ.

For more books visit www.SpiritUnlimited.org

THE CHILDREN'S BREAD

*Deliverance, Freedom, and
the Believer's Covenant Inheritance*

Jesus called His followers “children,” and everything He purchased at the cross belongs to them—including freedom. Yet many believers still live bound, not because they lack Christ, but because they’ve been misled by myths about deliverance.

The Children's Bread exposes seven of the most common myths that keep believers in fear, confusion, and defeat, and replaces them with biblical truth, Kingdom authority, and the power of the blood of Jesus.

IN THIS POWERFULL TEACHING YOU WILL DISCOVER:

- ✦ The truth about Satan's real level of authority
- ✦ How to recognize the enemy's accusations—and silence them
- ✦ Why believers can still need deliverance
- ✦ How the courtroom of Heaven brings breakthrough
- ✦ How to walk in the authority Jesus already gave you
- ✦ The truth about generational curses and your new identity in Christ
- ✦ The purpose of deliverance—and God's plan for His Church

**FREEDOM ISN'T JUST FOR YOU.
IT'S YOUR INHERITANCE, YOUR TESTIMONY,
AND YOUR ASSIGNMENT.**



ABOUT THE AUTHOR

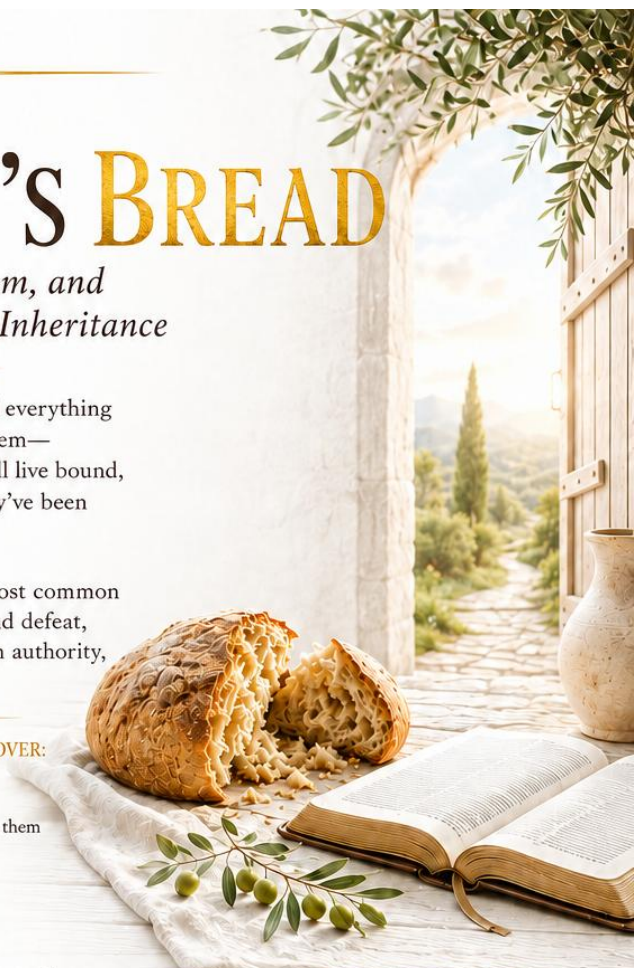
DR. AMY LAVON MCMILLAN

Teacher, author, and prophetic voice, Dr. Amy LaVon McMillan has a passion to equip believers to walk in their identity, authority, and inheritance in Christ. Through teaching and the revelation of God's Word, she inspires the Body of Christ to live free, walk in power, and advance the Kingdom.

Learn more and access additional resources at SpiritUnlimited.org.

*“So if the Son sets you free,
you will be free indeed.”*

JOHN 8:36



WHAT OTHERS ARE SAYING

“This book brings clarity, hope, and biblical truth to one of the most misunderstood topics in the Church.”

— PASTOR & TEACHER

“Dr. Amy teaches with depth, grace, and authority. A must-listen for every believer who longs for freedom.”

— MINISTRY LEADER

“Biblically grounded, Spirit-led, and life changing, *The Children's Bread* is revelation for this hour.”

— KINGDOM EDUCATOR