



EPISODE NOTES · OCTOBER 2026

WITCHES

Real, not a fairy tale.

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WHO THEY ARE

- **A real, legal religion.** Wicca began in England in the 1950s, and US courts recognized it in 1986. There are about 1–1.5 million Wiccans and Pagans in the US.
- **Most are “solitary”** and assemble their own practice from books and TikTok. #WitchTok has billions of views, many from young women.
- **Most don't claim to worship Satan.** A smaller fringe openly works with demons.



HOW SOMEONE GETS IN

- **Curiosity first:** tarot, crystals, a Ouija board, TikTok, a friend.
- **Then self-dedication** or a “year and a day” of study before joining a coven.
- **Coven initiation** has three degrees. New members often take a secret craft name and keep a **Book of Shadows**, their personal spellbook.



WHAT THEY DO

- **Spells:** colored candles, herbs, oils, crystals, chanting and written intentions, inside a protective circle.
- **Jar spells:** honey jars to “sweeten” a person toward you; witch bottles of pins and nails for protection.
- **Poppets** (dolls standing in for a person) and **sigils** (symbols charged with a goal).
- **Divination:** tarot, pendulums, mirror-gazing.
- **Holy days:** full moons plus 8 seasonal festivals. **Samhain (Oct 31) is the biggest:** they believe the veil to the dead is thinnest that night.

SPIRIT GUIDES

- **Yes, many have them.** They “work with” spirit guides, ancestors, a “patron deity,” or a **familiar**. In old trial records a familiar was a demon in animal form; today it's often a pet or an unseen spirit.
- **Common names:** Wicca's Goddess and Horned God; Hecate, goddess of witchcraft; Lilith, a female demon in Jewish tradition, increasingly popular.
- **Contact:** meditation, tarot, pendulums, automatic writing, Ouija boards.

“Test the spirits.” 1 John 4:1

“Satan himself masquerades as an angel of light.” 2 Cor 11:14

WHY THEY DO IT

- **Power and control** over love, money, health and enemies.
- **Spirituality with no outside authority.** No sin, no repentance: you are your own god.
- **Church hurt** and rebellion.
- **Female empowerment:** identifying with the women who were persecuted.
- **Belonging and identity,** in a coven or online.

COVENS

- **Up to 13 members,** led by a High Priestess.
- **No central authority.** Each tradition or coven sets its own rules.
- **Stated ethic: “harm none,”** plus the Rule of Three (what you send out returns threefold). Yet most spells are about **getting something**, and hexing is openly debated.

- **History:** “flying ointment” was made with belladonna, henbane and mandrake, hallucinogens that absorb through the skin. It may explain accounts of witches flying.
- **Public mass hexes** have targeted President Trump (2017) and Brett Kavanaugh (2018).



IN DEEPER THAN THEY MEANT

- **Even witches warn each other.** Their forums are full of posts about “parasitic entities,” spirits that “attach,” “trickster” guides, spell “backlash,” and Ouija boards that “opened a door” they couldn’t close.
- **The slide:** harmless curiosity becomes dependence: no decision without tarot or a spell. Then guides once called “loving” turn demanding or cruel.
- **The torment they report:** night terrors and sleep paralysis, shadow figures, feeling watched, voices, crushing fear, depression and suicidal thoughts, paranoia about curses, compulsive rituals, broken relationships.
- **Getting out:** many say they felt **pulled back**, or that it got **worse before it got better**. Some fear retaliation from the spirits or the coven, and they lose friends and identity.
- **What ex-witches who came to Christ describe:** renouncing it out loud, **burning the books and tools** (Acts 19:19), deliverance prayer, a church family, then real peace. Classic account: Doreen Irvine, *From Witchcraft to Christ* (1973).
- **To be fair on air:** skeptics explain much of this as anxiety, sleep paralysis and suggestion. The Bible treats the spiritual side as real.



BEST TALKING POINTS

1. Why is witchcraft exploding with Gen Z right now?
2. “Harm none,” yet the spells are all about getting what *I* want. Whose will is really on the throne?
3. If spirit guides are real, who are they really?
4. What does it cost to get out, and what does freedom look like?



“So if the Son sets you free, you will be free indeed.” John 8:36



SCRIPTURES

EPHESIANS 6:12

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”

COLOSSIANS 1:13

“For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves.”

ROMANS 10:8-13

“But what does it say? ‘The word is near you; it is in your mouth and in your heart,’ that is, the message concerning faith that we proclaim: If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. As Scripture says, ‘Anyone who believes in him will never be put to shame.’ For there is no difference between Jew and Gentile—the same Lord is Lord of all and richly blesses all who call on him, for, ‘Everyone who calls on the name of the Lord will be saved.’”

JOHN 8:36

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

Scripture quotations: New International Version (NIV)

Sanctus Strength · Bending Bars · Breaking Chains & Making Gains