Is the spirit realm like a court system? I hear people say that there are legal rights that demons have and that we can take authority and rebuke them.

The spirit realm is an unseen dimension beyond the physical world where God, angels, demons and the spirits the deceased live.

We are unable to see or speak to departed loved ones—in fact, it is forbidden to attempt to do so (Deut 18:11).

The Father has committed all judgement to the Son (Jn 5:22, 30). The Lord Jesus: imparts eternal life (Jn 5:21, 24, 26), raises the dead (vv. 5:25, 28–29) [some to everlasting joy (vv. 5:25, 28–29a), some to everlasting punishment (v. 5:29b)] and judges all men (vv. 5:22, 27).¹

The Christian has a new life (Eph 4:17–32); so, he should have new thought patterns, as well (vv. 20–23) for: power, love and a sound mind (Phil 4:8, 2 Ti 1:7). In Christ one experiences: liberty, freedom and growth.

The apostle Paul said to resolve sin, particularly anger (Eph 4:26-27) so that Satan cannot gain a foothold in one's life. He warned the believer not to let the sun go down on his anger. Anger itself is not sinful but failing to deal with it can lead one to sin and provide an entry point for the enemy.

Unresolved sin can be exploited by demons to gain a foothold in one's life. Unconfessed and unaddressed sin can leave an open door for Satan to attack. A foothold is described as a secure position from which the enemy can further advance to do harm.

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¹ Willmington, H. L. (1999). The Outline Bible (Jn 5:21–29). Tyndale House Publishers.