

STRONGHOLD BUSTER SEMINAR

A stronghold is “a belief or habitual pattern of thinking that is not consistent with what God tells us is true.” It is something that has a **strong hold** on you. It usually results in behaviors that are out of character for a child of God. A stronghold buster is a daily prayer practice that creates

(1) an intentional rejection or renunciation of lies that you have believed and (2) an intentional choosing and declaration of what God says is true.

When we’re adopted into the family of God, no one erases the “hard drive” of our emotions, memories, or mistakes. We have relied on the flesh for so long. Now we must reverse these flesh patterns and be taught how to depend on the Holy Spirit’s guidance.

Unfortunately, we come into a sweet relationship with our Heavenly Father with false beliefs and dysfunctional coping mechanisms. We’ve been used to relying on ourselves and developing skills of coping through difficulties that may become flesh patterns. The good news is that it is possible to unlearn negative ways of thinking and tell ourselves the truth.

Dr. Neil T. Anderson, founder and president emeritus of Freedom In Christ Ministries says, “Strongholds are mental habit patterns of thought that are not consistent with God’s word.”¹ These strongholds can be dealt with and we can live free from bondage to them. The step towards finding the solution to freedom takes trust and transparency. As we immerse ourselves in and apply God’s word to our lives, believe it to be the truth, how we view God and ourselves changes. It begins in our hearts.

Our lives often present a harsh reality, and yet God had declared greater and more permanent truths no matter what the circumstance. It is God’s truths we are to choose to believe and set our minds upon in order to be set free from strongholds.

Anxious thoughts are to be expected in this day and age of the COVID-19 crisis and the uncertainty associated with it. But we are told to take our thoughts captive and break down the mental habits that contribute to, or perpetuate, anxiety.

2 Corinthians 10:3-5 (ESV) says, “For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God and take every thought captive to obey Christ.”

We capture thoughts by asking ourselves “does this thought belong in the mind of a follower of Jesus?” If so, embrace it and act on it. If not, reject and renounce it

We have a responsibility to take our thoughts captive and to “not be conformed to this world, but be transformed by the renewal of your mind” (Romans 12:2a, NIV).

In 2 Corinthians 10:3-5, God presents us with a tool -- a specific way to intentionally renew your mind according to the truth of God’s word. When you choose to take your thoughts captive and line them up with what God says is true, this scripture promises that you will have God’s divine power to destroy strongholds.

This is not a magic incantation, or simply positive thinking. Rather, if by choosing to renew your mind you are expressing your faith in Christ, then this practice can help rewrite your default thinking from anxious and fearful, to confident in the peace and security of a relationship with God through faith in Jesus Christ.

It doesn't happen overnight, so we encourage you to read the following Scriptures and pray the renunciation (verbal rejection) and pray the annunciations (verbal acceptance and agreement) out loud for 40 days. You may feel a bit hypocritical for the first 37 to 39 days because you don't 'feel like' what you are saying is true. But keep at it and trust God to renew your thinking by His truth.

Our perception of reality is overshadowed by truth. This is not positive thinking but choosing to think the truth because God has said it is true. And faith is believing that what God has said is truer than the circumstances in which we find ourselves in these days and truer than whatever we have grown to believe because of the circumstances of our lives.

True belief is not indicated by your words only, but by whether you put these things into practice. (See James 2:17). If you have trouble putting this into practice, don't despair because there is no condemnation for those who are in Christ (see Romans 8:1) which is the biblical term for a Christian believer. Instead, just like the man who said to Jesus "I do believe, help me overcome my unbelief" (Mark 9:24), we allow the limits of our faith to show us where we need God to help us grow in faith.

If you want to have your phone or tablet remind you daily to pray this, consider downloading our free app called "The Freedom in Christ Course." Any stronghold buster includes the following: identifying the lie, choosing Scriptures to counteract the lie, and creating a prayer or declaration of truth based upon those Scriptures

Stronghold Buster:

THE LIE: I cannot stand the stress and anxiety associated with the pandemic and all the changes it has brought about. OR, I'll only be secure if I know everything will return to normal as I desire.

Romans 6:23—"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."

1 John 5:12—"Whoever has the Son has life; whoever does not have the Son of God does not have life."

Galatians 2:20—"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."

James 1:5—"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Colossians 3:1-3—"Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God."

Philippians 4:6-9—"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true,

whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you."

Isaiah 26:3—"You (God) will keep in perfect peace (shalom) the one whose mind is fixed on you, because he (or she) trusts in you."

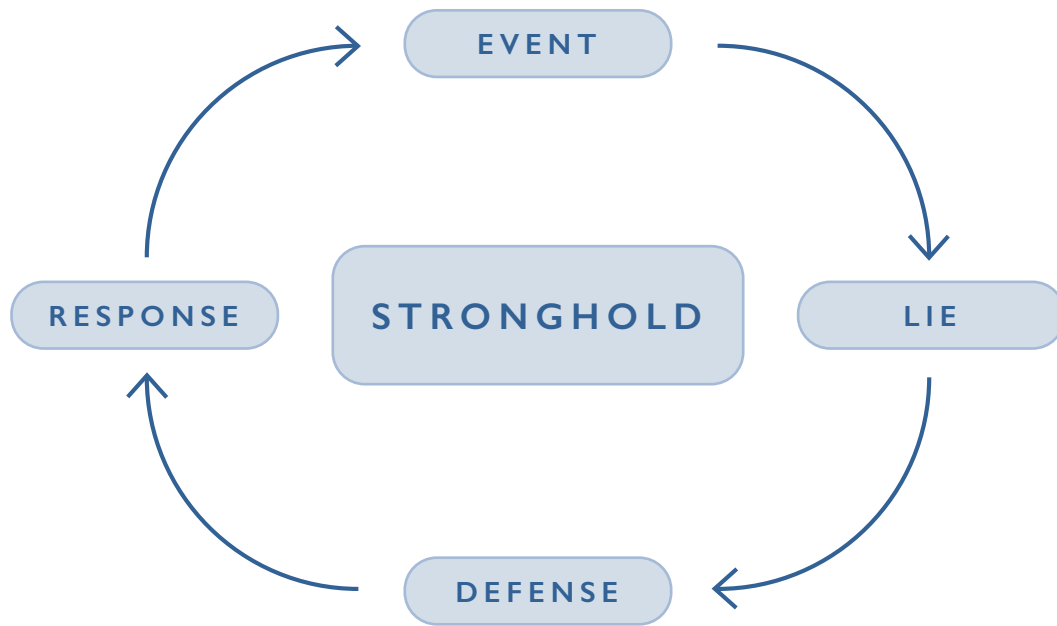
John 14:27—Jesus said, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

John 16:31-33—"I (Jesus) have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

I renounce the lie that I cannot stand the stress and anxiety associated with the pandemic and the changes it has brought about. OR, I'll only be secure if I know everything will return to normal as I desire.

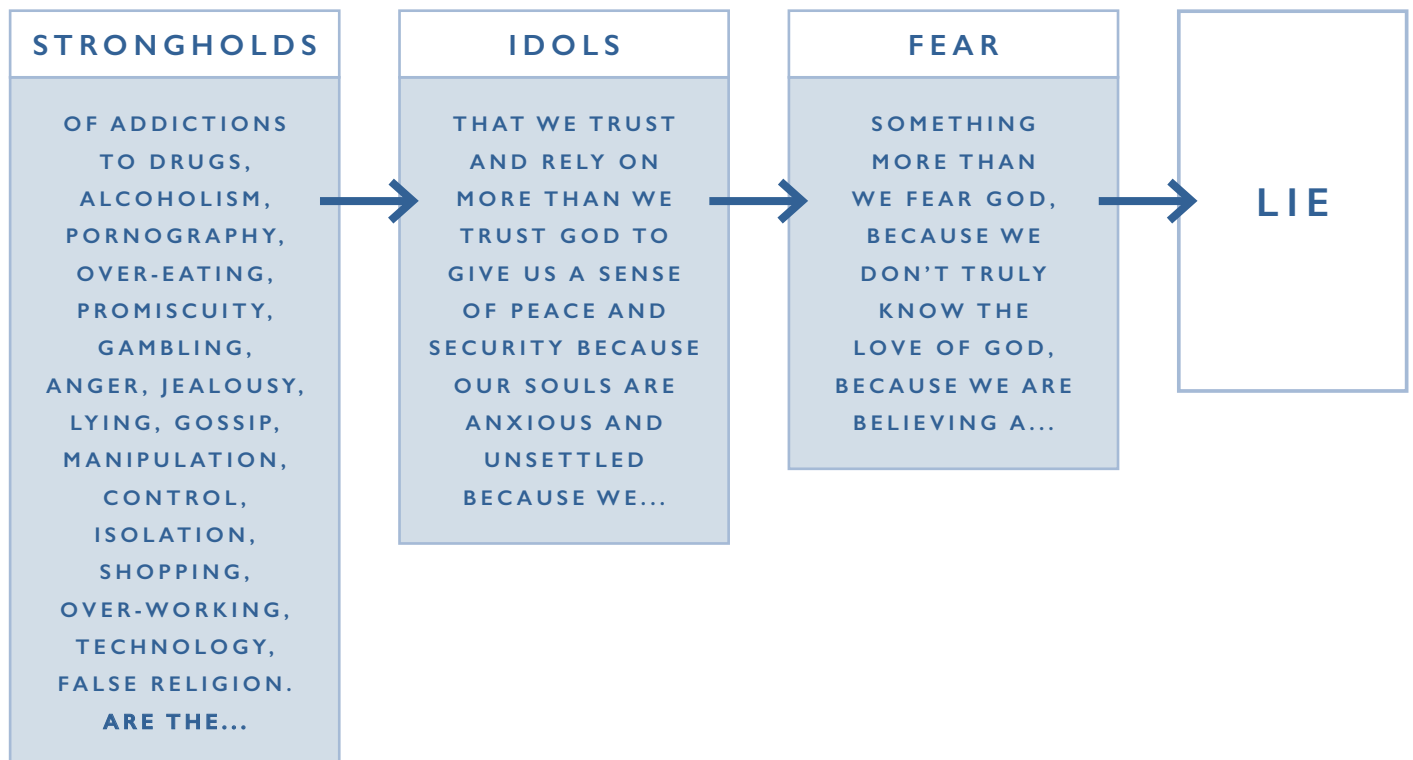
I announce the truth that, through faith in the saving work of Jesus Christ, I am forgiven and have passed from death to life (see also Ephesians 2:1-10 and Romans 3:21-26) I announce the truth that, as one who trusts in Jesus for life, I am not called to live on my own strength or wisdom. Rather, it is the life of Christ Himself, as I rely on Him by faith, that enables me to live with strength and wisdom. I announce the truth that as I set my heart and mind on the things of God and put these things into practice, I can trust He will give me peace. I announce the truth that I was not promised a comfortable life, because this world is broken as a result of the Fall. (See also Genesis 3, Romans 8:18-27) I announce the truth that Jesus has overcome the world and has given me His peace, therefore, I can have courage and not be afraid because the God of peace Himself is with me.

If this has been helpful to you, consider other material produced by Freedom in Christ Ministries by visiting www.FICM.org. "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13, NIV)



THE ANATOMY OF A STRONGHOLD

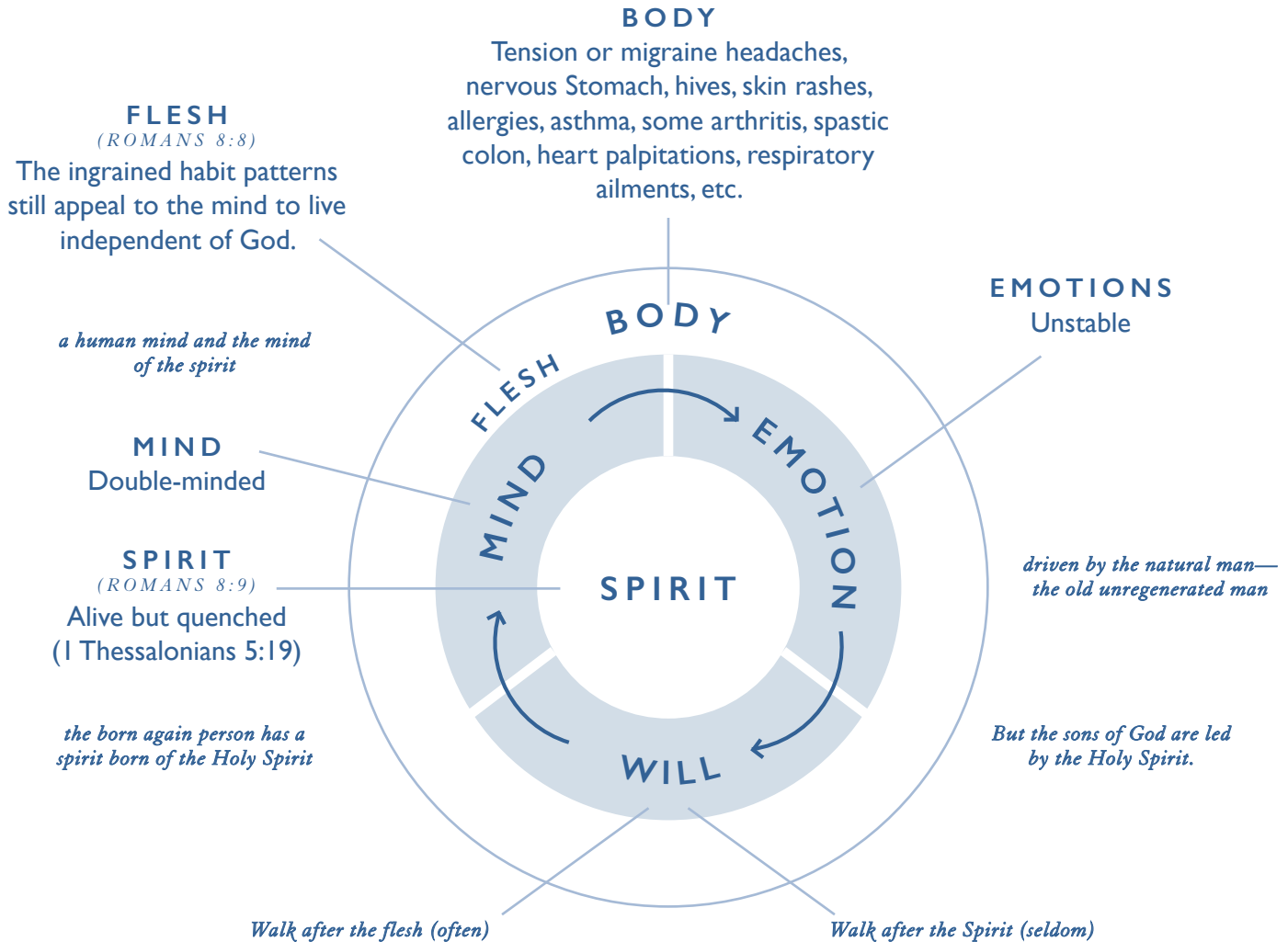
JESUS SAID, “YOU SHALL KNOW THE TRUTH AND
THE TRUTH SHALL MAKE YOU FREE.”



THE MANIFESTATION OF A PERSON WHO CONTINUES TO LIVE BY FLESH AND NOT THE SPIRIT

Living According to the Flesh:

1 Corinthians 3:3 carnal 'Christians' behaving like mere men; 1 Corinthians 3:16 "Do you not know that you are the temple of God and that the Spirit of God dwells in you?"



DEEDS OF THE FLESH

FLESH AND BLOOD CANNOT ENTER THE KINGDOM OF GOD

IMMORALITY	OUTBURSTS OF
IMPURITY	ANGER
SENSUALITY	DISPUTES
IDOLATRY	DISSENSIONS
SORCERY	FACTIONS
ENMITIES	ENVYING
STRIFE	DRUNKENNESS
JEALOUSY	CAROUSING

FRUITS OF THE SPIRIT

FLESH AND BLOOD CANNOT ENTER THE KINGDOM OF GOD

LOVE	GOODNESS
JOY	FAITHFULNESS
PEACE	GENTLENESS
PATIENCE	SELF-CONTROL
KINDNESS	

Stronghold-Busting

Work Out The Lie You Have Been Believing

This is any way you have learned to think that is not in line with what God says in the Bible. Ignore what you feel because, by definition, the lie will feel true.

Say What Effect Believing The Lie Has Had In Your Life

Imagine how different your life would be if you did not believe this. What would you be able to do that you currently don't do?

Find As Many Bible Verses As You Can That Say What Is Actually True And Write Them Down

If there are a lot of verses, pick the top seven or eight.

Write A Declaration

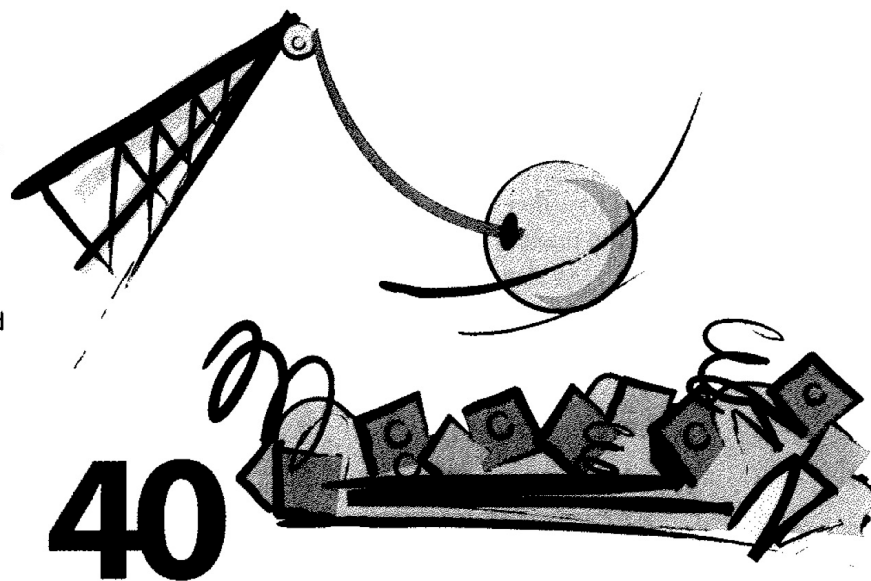
Base it on this formula: "I renounce the lie that . . . , I announce the truth that . . ."

If you prefer, you could use alternative language such as "I reject the lie that . . . , I embrace the truth that . . ." or "I say no to the lie that . . . , I say yes to the truth that . . ."

Read The Bible Verses And Say The Declaration Out Loud Every Day For 40 Days

Remember that for a long time, the verses and the declaration will not **feel** true. Remind yourself that God is the Truth and that if He has said it, it really is true. And it's not just true for other people, it's true for you!

You can use the app to remind you to make your declaration.



Stronghold-Buster Example 3

Feeling Irresistibly Drawn To Porn

The lie: that I cannot resist the temptation to look at porn.

Effects in my life: deep sense of shame; warped sexual feelings; unable to relate to other people as God intended; harmful to my marriage.

Romans 6:11–14

In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. For sin shall no longer be your master, because you are not under the law, but under grace.

1 Corinthians 6:19

Do you not know that your body is a temple of the Holy Spirit?

1 Corinthians 10:13

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

Galatians 5:16

So I say, live by the Spirit, and you will not gratify the desires of the flesh.

Galatians 5:22–23a

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

I reject the lie that I cannot resist the temptation to look at porn. I embrace the truth that God will always provide a way out when I am tempted and I will choose to take it. I announce the truth that if I live by the Spirit — and I choose to do that — I will not gratify the desires of the flesh and the fruit of the Spirit, including self-control, will grow in me. I count myself dead to sin and refuse to let sin reign in my body or be my master. Today and every day I give my body to God as a temple of the Holy Spirit to be used only for what honors Him. I declare that the power of sin is broken in me. I choose to submit completely to God and resist the devil who must flee from me now.

Tick off the days:

1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36
37	38	39	40								

STRONGHOLD BUSTING

VERSE _____

DAY _____

SCRIPTURE # _____

DATE _____

1. WRITE SCRIPTURE HERE—THE TRUTH

2. TOOLS

- ☐ *Spoke Scripture out loud*
- ☐ *Read surrounding verses*
- ☐ *Read another version*
- ☐ *Used a concordance*

3. ANY CONCORDANCE NOTES

4. SUMMARIZE THE MESSAGE IN YOUR OWN WORDS

5. THE LIE: HOW IS THE TRUTH DIFFERENT FROM HOW I THINK, FEEL, AND ACT?

6. LORD, WHAT DO YOU WANT ME TO KNOW CONCERNING THIS SCRIPTURE?

7. WRITE A PERSONAL PRAYER OF DECLARATION AND READ OUT LOUD (USE I, YOU, AND ME)—THE TRUTH

STRONGHOLD BUSTER

STEP 1 – INQUIRE

- Ask God to Reveal Strongholds
- Remember Satan Wants You to Stay in Bondage
- Desire to Be Changed!

STEP 2 – IDENTIFY

Identify the Lie (i.e. Unloved, Abandoned, Rejected, Inadequate, Hopeless, Stupid, Ugly, etc):

- The lie (the issue I'm struggling with) I have believed about myself is _____

Identify the Effect the Lie Has on My Life:

- Believing this lie has caused me to _____

Identify God's Truth (Scripture) To Replace the Lie

- Scripture Verse: _____

- Scripture Verse: _____

- Scripture Verse: _____

Write a Declaration of Truth

- I renounce the LIE that _____

- Instead I announce the TRUTH that _____

STEP 3 – IMPLEMENT

Persist! For 40 Days—Renew your mind with these Scriptures. Also use the Stronghold Busting Pages as a great tool. Submit to His Transformation and ask for the Holy Spirit to help you in this process of renewing your mind!

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40