

STRONGHOLD BUSTER Notes

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INTRODUCTION

What It Is

-A **STRONGHOLD** is a belief or habitual pattern of thinking that is not consistent with what God tells us is true.

-A **STRONGHOLD BUSTER** is a daily practice that creates

1. An intentional Rejection or renunciation of lies that you have believed
2. An intentional choosing and declaration of what God says is true

Why We Need Them

-Strongholds usually result in behaviors that are out of character for a child of God.

-Unfortunately, we come into a sweet relationship with our heavenly Father with false beliefs and dysfunctional coping mechanisms. In difficult times, we may be accustomed to relying on ourselves and develop coping skills that have become flesh patterns.

-We must reverse these flesh patterns and be taught how to depend on the Holy Spirit's guidance.

How It Can Help

-The good news is that it is possible to unlearn negative ways of thinking and tell ourselves the truth. A stronghold buster is a powerful tool in helping us do this.

HOW TO CREATE A STRONGHOLD BUSTER (refer to digital notebook form)

Step 1 Inquire

- Important thoughts to remember
- Where to start

Step 2 Identify

- Identify the fear, idols, and lie
- Identify the effect
- Identify the replacement (God's Truth – Scriptures)
- Write Declaration

Step 3 Implement

CLOSING

Closing Thoughts

For More Info... Check out the live seminar, class, or books.

-LIVE SEMINAR – “Stronghold Buster Group Event” –

<https://www.youtube.com/watch?v=gstIVtr4hjQ&t=3s>

-FREEDOM IN CHRIST COURSE – Week 8- Renewing The mind

-BOOKS

1. *The Bondage Breaker* – Neil Anderson
2. *Unraveling the Lie-Knot* – Sheryl Giesbrecht Turner