

Strongholds

(A "stronghold" is a false idea that we have developed by failing to process emotional hurts in a Godly manner – these flawed assumptions eventually cause problems for us in our personal relationships)

Isa 61:1-3 NIV

The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion--to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendor.

2 Cor 10:1-5 NIV

By the meekness and gentleness of Christ, I appeal to you-I, Paul, who am "timid" when face to face with you, but "bold" when away! I beg you that when I come I may not have to be as bold as I expect to be toward some people who think that we live by the standards of this world. For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

John 8:10-11 NIV

Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?" "No one, sir," she said. "Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."

God's plan is to enable us to love Him, others and ourselves, reconciling us to "oneness." Luke 10:27 " 'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.' "

Satan's plan is separation: to cause us to be brokenhearted and become fleshly, separating us from others, separating us from God, and separating us from ourselves.

Strongholds are erected by our wounded souls to protect us and to keep pain and rejection out. When we became brokenhearted, we went into self-protection mode.

Hurt and trauma caused us to be brokenhearted.

We indulged in sinful and inaccurate thinking patterns.

We allowed sinful behavior.

We defended our right to sinful thinking and sinful behavior

“Someone else’s sin cannot ruin your life, but your sinful response to someone else’s sin can ruin your life.”

With God's help, let's break down a stronghold!!!

A. List in order of seriousness the 3 most hurtful events that have occurred in your life. Ask the Lord for His guidance in this.

1. ie dad told me over and over again that I was lazy.
2. _____
3. _____

B. Thoroughly describe how you *interpreted* each of the above events from the time of the initial trauma until now. Then describe how each interpretation affected you in your relationship with God and with others. In other words "what was the meaning you gave that event." This is a ***stronghold***. Examples:

History (how I felt)

The Meaning I Gave the Hurt (the fortress I built)

Rejected

=

Dad (and God) think poorly of me; I won't get close to anyone.

Defeated

=

I am a failure; I must work very hard so that others don't find out.

C. Identify each specific sin you have committed --- confess it to God and ask for His grace to help you turn from it.