



BREAKTHROUGHS

FINDING FREEDOM AND TRUE
FULFILLMENT IN JESUS

LESSON 11 DESTROYING STRONGHOLDS



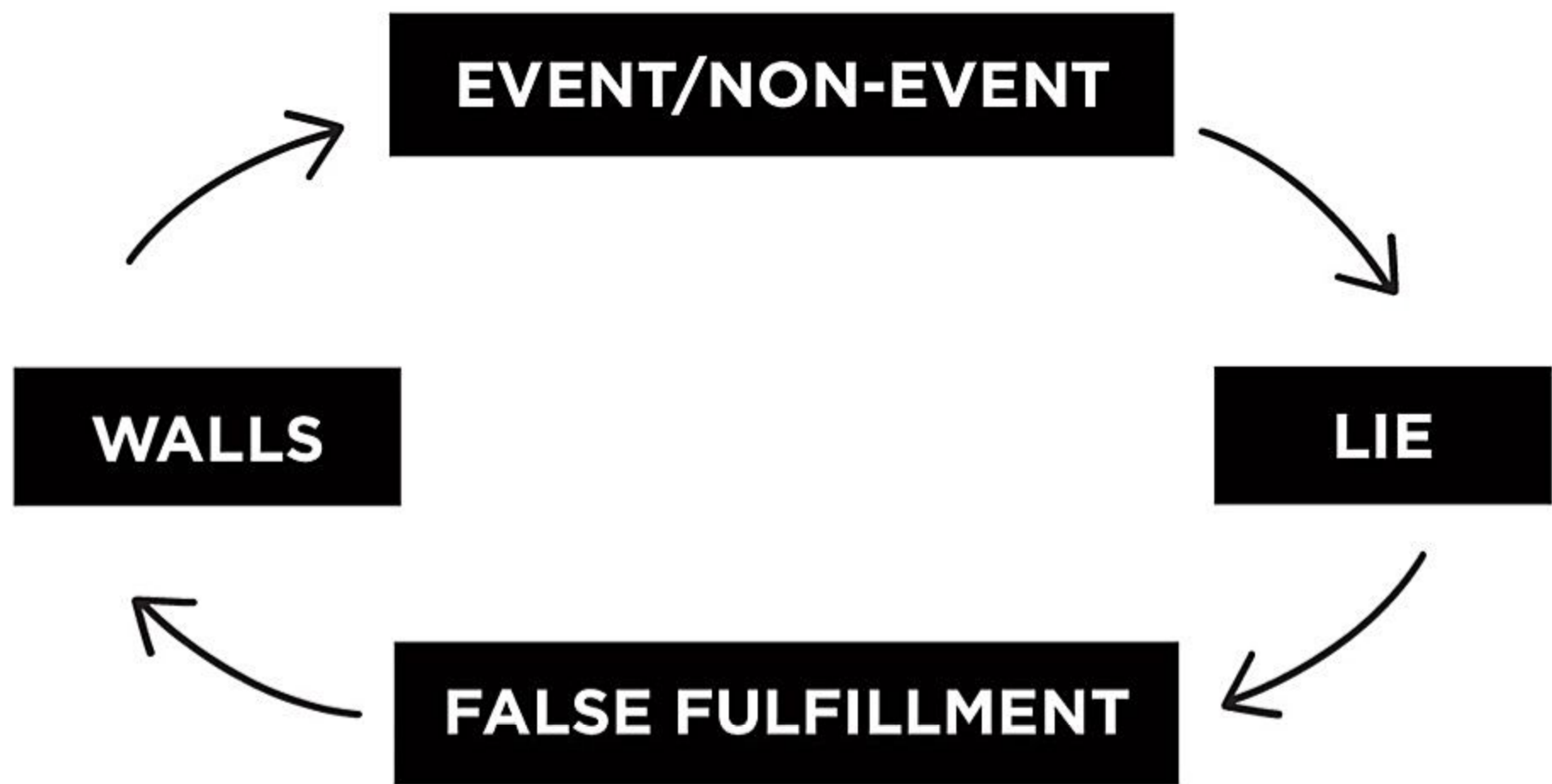


Destroying Strongholds

"The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to set free the oppressed, to proclaim the year of the Lord's favor" (Luke 4:18-19).

For freedom, Christ set us free. Stand firm then and don't submit again to a yoke of slavery (Galatians 5:1)

JESUS CAME TO SET US FREE



THE STRONGHOLD CYCLE



THE MIND IS THE BATTLEFIELD

FOR ALTHOUGH WE LIVE IN THE FLESH, WE DO NOT
WAGE WAR ACCORDING TO THE FLESH, SINCE THE
WEAPONS OF OUR WARFARE ARE NOT OF THE FLESH,
BUT ARE POWERFUL THROUGH THE DEMOLITION OF
STRONGHOLDS. WE DEMOLISH ARGUMENTS AND
EVERY PROUD THING THAT IS RAISED UP AGAINST THE
KNOWLEDGE OF GOD, AND WE TAKE EVERY THOUGHT
CAPTIVE TO OBEY CHRIST (2 CORINTHIANS 10:3-5)



FOCUS ON JESUS

Finally, be strengthened by the Lord and by his vast strength. Put on the full armor of God so that you can stand against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil, spiritual forces in the heavens. For this reason take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything, to take your stand. Stand, therefore, with truth like a belt around your waist, righteousness like armor on your chest, and your feet sandaled with readiness for the gospel of peace. In every situation take up the shield of faith with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit—which is the word of God. Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints.

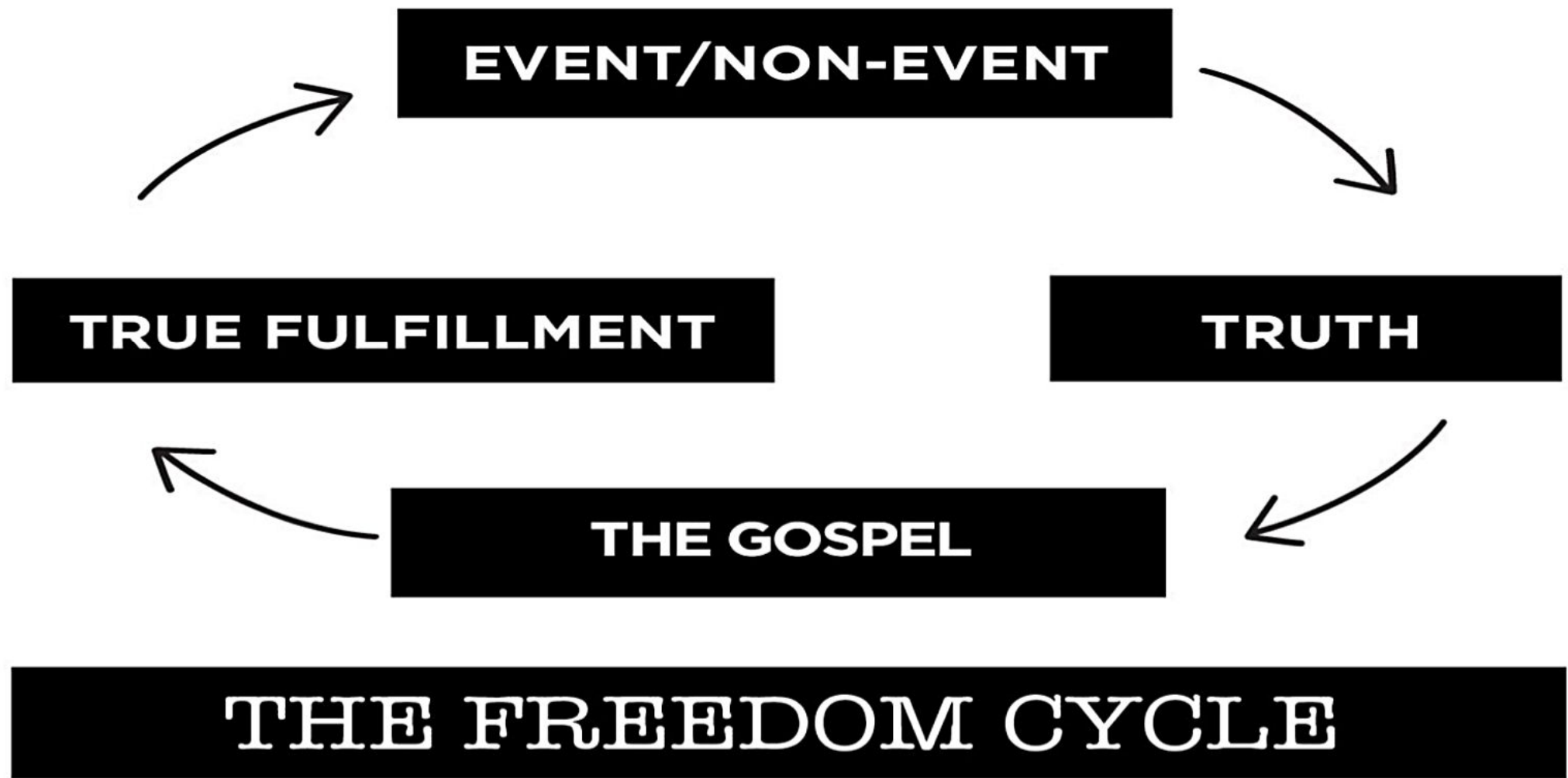
- The Lord's Strength (vs. 1)
- Put on the full armor (vs. 11)

For this reason take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything to take your stand (Ephesians 6:13)

- Truth like a belt around your waist
- Righteousness on your chest
- Feet sandaled with the gospel
- Shield of faith (extinguish all the flaming arrows)
- Helmet of salvation
- Sword of the Spirit – the word of God
- Pray in the Spirit

A "FAITH" ENCOUNTER WITH JESUS

Mark 5:25-34



STEPS TO FREEDOM

- Steps to Freedom is simply a guide to freedom
- Steps to Freedom
 - lead to freedom
 - train us to walk in freedom
- Steps to Freedom are Spirit-led



STEP ONE: PRAYER

- Posture your heart before God- Thank God for the victory you've been given through Jesus. Thank Jesus for His covering over you and your new identity in Him. Thank the Spirit for His presence and power within you.
- Pray with an Honest Heart- Tell God that you need Him, humble yourself before Him, invite Him to heal you, free you and lead this time. Tell God you trust Him.
- Workbook- Ask God to help you learn how to renew your mind. Ask God to speak to your heart and mind. Ask God to help you trust Him to tear down the strongholds in your life.

STEP TWO

- Ask God to show you one stronghold that He wants to tear down in your life.
 - God may give you a specific stronghold (fear)
 - Memory (event/non-event)

STEP THREE

- Next ask God to reveal to you the lies that you have been told about the stronghold.
- What has the enemy told you
- What are the arrows and the markers?
- Write down everything that God reveals to you. It could be one lie or a long list of lies. Write whatever comes to your mind about the stronghold.

STEP FOUR

Confess each lie to God. Tell God that you chose to believe the lies from the enemy and ask for His forgiveness. There are times when the enemy tells us things and we choose to believe the lie. God's Word is truth so when we choose to believe the enemy's lies then we are going against God's Word. God is exposing these lies so that He can heal you and set you free.

- Write your prayer

STEP FIVE

Ask God to destroy the lies that you believe – In Jesus Name. For example, if you believed that, “God doesn’t really love me,” then your prayer would be, “Lord, I ask you to destroy the lie that you don’t really love me. I ask that you destroy the lie in the name of Jesus.”

STEP SIX

Ask God to forgive you for making the stronghold a refuge in your life. Ask God to forgive you for making the stronghold an idol that you turned to instead of turning to God. Ask God to break all ties to this stronghold and to set you completely free to worship Him.

STEP SEVEN

Replace the lie with Truth

For example, if the lie is, "God doesn't really love me" then the truth is, "For great is your love toward me; you have delivered me from the depths of the grave" (Psalm 86:13).

"The gatekeeper opens it for him, and the sheep hear his voice. He calls his own sheep by name and leads them out" (John 10:3)

The Lord God has given me the tongue of those who are instructed to know how to sustain the weary with a word. He awakens me each morning; he awakens my ear to listen like those being instructed (Isaiah 50:4).

TRUTH

"You will know the truth, and the truth will set you free" (John 8:32)

Jesus told him, "I am the way, the truth, and the life. No one comes to the Father except through me" (John 14:6)

"When the Spirit of truth comes, he will guide you into all truth. For he will not speak on his own, but he will speak whatever he hears. He will also declare to you what is to come. He will glorify me, because he will take from what is mine and declare it to you" (John 16:13-14)

"Sanctify them by the truth; your word is truth" (John 17:17)

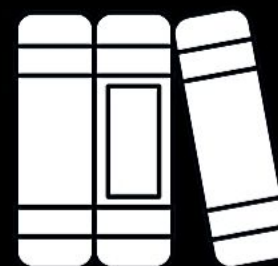
- PRAYER
- GOD'S WORD
- THE NAME OF JESUS
- FAITH
- CONFESSION

- REPENTANCE
- IDENTITY IN CHRIST
- THE HOLY SPIRIT
- THE ARMOR OF GOD

Breaking Strongholds



Healing and Freedom
Prayers are in the back of
the Breakthroughs
Workbook.



Recommended resources
are also in the back of the
Breakthroughs Workbook.