



BREAKTHROUGHS

FINDING FREEDOM AND TRUE
FULFILLMENT IN JESUS

LESSON 7 STRONGHOLDS – PART 1





A Stronghold Is a "Fortress" or a "Refuge"

The LORD is my rock, my fortress, and my deliverer, my God, my rock where I seek refuge, my shield and the horn of my salvation, my stronghold (Psalm 18:2)

The LORD is my light and my salvation – whom shall I fear? The LORD is the stronghold of my life – whom should I dread? (Psalm 27:1)

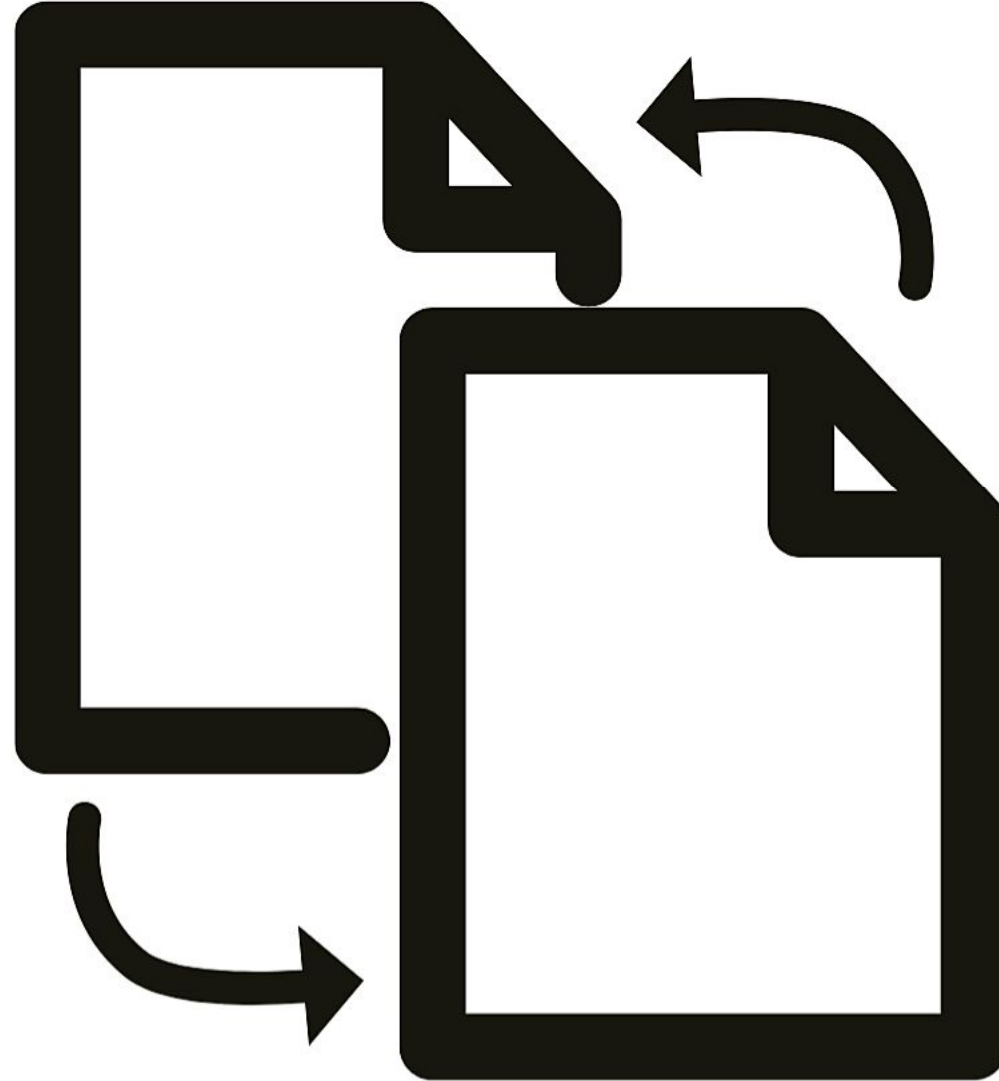
THE LORD IS OUR STRONGHOLD



STRONGHOLDS ARE GOOD!

WE NEED THE LORD TO BE OUR
STRONGHOLD!

Good



Strongholds

Evil

WHAT IS THE STARTING PLACE?

- We experience pain, hurt, rejection, loss, pits, etc.
- We SHOULD run to GOD to be our stronghold and refuge.
- Instead we run FROM God and try to build our own walls and strongholds.



HOW ARE STRONGHOLDS BUILT?

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 God for 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)

REMEMBER - THE FIRST FAMILY



THE STRONGHOLD CYCLE

BEFORE THE FIRST
STRONGHOLD

BOTH THE MAN AND HIS WIFE
WERE NAKED, YET FELT
NO SHAME
(GENESIS 2:25)



WHAT IS SHAME?

- Disgrace – exclusion from favor
- Humiliation – reduced to a low position/makes you feel stupid
- Contempt – worthless
- Reproach – disapproval/disappointment
- Insult – speak or treat someone in a damaging way
- Loss of respect or honor
- Inadequate – lacking and insufficient

SHAME SPEAKS

- Shame says I need to hide
- Shame says I am flawed
- Shame says something is wrong with me
- Shame says you are not good enough
- Shame says you are a failure
- Shame says you need to fix yourself
- Shame says you should be like someone else
- Shame says you are the only one

THE FRUIT OF SHAME

- We hide from God
- We hide from one another
- We pretend/put on masks
- We perform for approval
- We isolate and disconnect from others
- We feel guilty/selfish for our own needs
- We put others down to make ourselves look better
- We criticize ourselves
- We condemn ourselves

WHAT DOES SHAME DO?

- Shame creates walls in our relationship with God
- Shame creates walls in our relationship with ourselves
- Shame creates walls in our relationship with others
- Shame prevents us from using our spiritual gifts



OUR ANSWER TO SHAME
WE BUILD OUR OWN
WALLS AND STRONGHOLDS



THE LIES

- I need to hide from God
- God is not a refuge for me
- It's up to me to cover my sin and brokenness
- I need to heal my wounds (little gods)
- I can protect myself if I build walls in my heart
- I can protect myself if I don't let people get close to me
- I can fix the problem – on my own

STRONGHOLD EXAMPLES



Fear



Pride



Anger



Insecurity



Need for
Control



Shame



Performance



Addictions



As strongholds are builtwe believe lies about the strongholds

- *My stronghold is my refuge*
- *I am bound to my stronghold for life*
- *I can't live without my stronghold*

OR

- *My stronghold is not that big of a deal*
- *My stronghold is not impacting anyone but me*
- *It's just too much time and effort to tear down a stronghold*

We Need Freedom!

God's gift to every believer that tears down the walls in our lives so that we can live the life we were created to live.



GOD'S ANSWER TO SHAME IS THE CROSS

Keeping our eyes on Jesus, the source
and perfecter of our faith. For the joy that
lay before him, he endured the cross,
despising the shame, and sat down at the
right hand of the throne of God
(Hebrews 12:2)

WE ARE COVERED!

The LORD God made clothing from skins for the man and his wife, and he clothed them (Genesis 3:21).

For you died, and your life is hidden with Christ in God (Colossians 3:3).

For those of you who were baptized into Christ have been clothed with Christ (Galatians 3:27).

Blessed is the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavens in Christ (Ephesians 1:3-4).

I rejoice greatly in the LORD, I exult in my God; for he has clothed me with the garments of salvation and wrapped me in a robe of righteousness, as a groom wears a turban and as a bride adorns herself with jewels (Isaiah 61:10).



**FOR YOU HAVE BEEN A
REFUGE FOR ME,
A STRONG TOWER IN THE
FACE OF THE ENEMY**

PSALM 61:3