

Freedom Through the Breaking of Spiritual Strongholds-Handout LWCF

I. How does God bring Freedom (wholeness) in our lives?

- (John 14:16) And I will ask the Father, and he will give you another **Counselor** to be with you forever
- (John 14:26) But the **Counselor**, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

II. Strongholds: What are they?

(2 Cor 10:3-5) For though we live in the world, we do not wage war as the world does. {4} 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.

III. The Battlefield: The Soul- MIND, WILL and EMOTIONS

IV. Strongholds: Symptoms

1. They hinder us from receiving and walking in the truth
2. Distorts our concept of the Father
3. Excessive guilt, self-condemnation, and shame
4. Extremely negative self-image –
5. Direct source of habitual sin, compulsive behavior, and addictions
6. Unwarranted fears, stress, and other emotional problems
7. Selfishness & excessive self-protection
8. Causes a perfectionist mindset
9. Effects our ability to love and give ourselves to others

V. Causes of Strongholds:

1. Ungodly Beliefs
2. Unholy judgments (Rom 2:1) (Mat 7:1-3) (Rom 12:14-21)
3. From emotional and physical wounded ness
4. From past generations (sins...curses)
5. Inner vows or judgments towards yourself, others
6. Negative words
7. Sin
8. Broken relationships
9. Unforgiveness, resentments and bitterness

VI. The Stronghold of Unforgiveness

VII. How to break spiritual strongholds

1. Affirm your position in Christ
2. Confess and Repent of all sins associated with the stronghold (including generational sins)
3. Confess how you have hurt others through the stronghold
4. Repent and renouncing all forms of unforgiveness, bitterness and resentments
5. Bring your hurts and offences to the cross... Make the exchange by entrusting yourself to God (1 Pet 2:23)
6. Release all unholy judgments to Him
7. Pray prayers of release, for those who have offended you
8. Purpose to take your thoughts captive and make them obedient to the Word of Christ
9. Renounce the lies of Satan, asking the Holy Spirit for deliverance