

FREEDOM IN CHRIST | SESSION 6 | DEMOLISHING STRONGHOLDS

# DEMOLISHING STRONGHOLDS

SESSION 6

[Click here to show without "Pause for thought"](#)

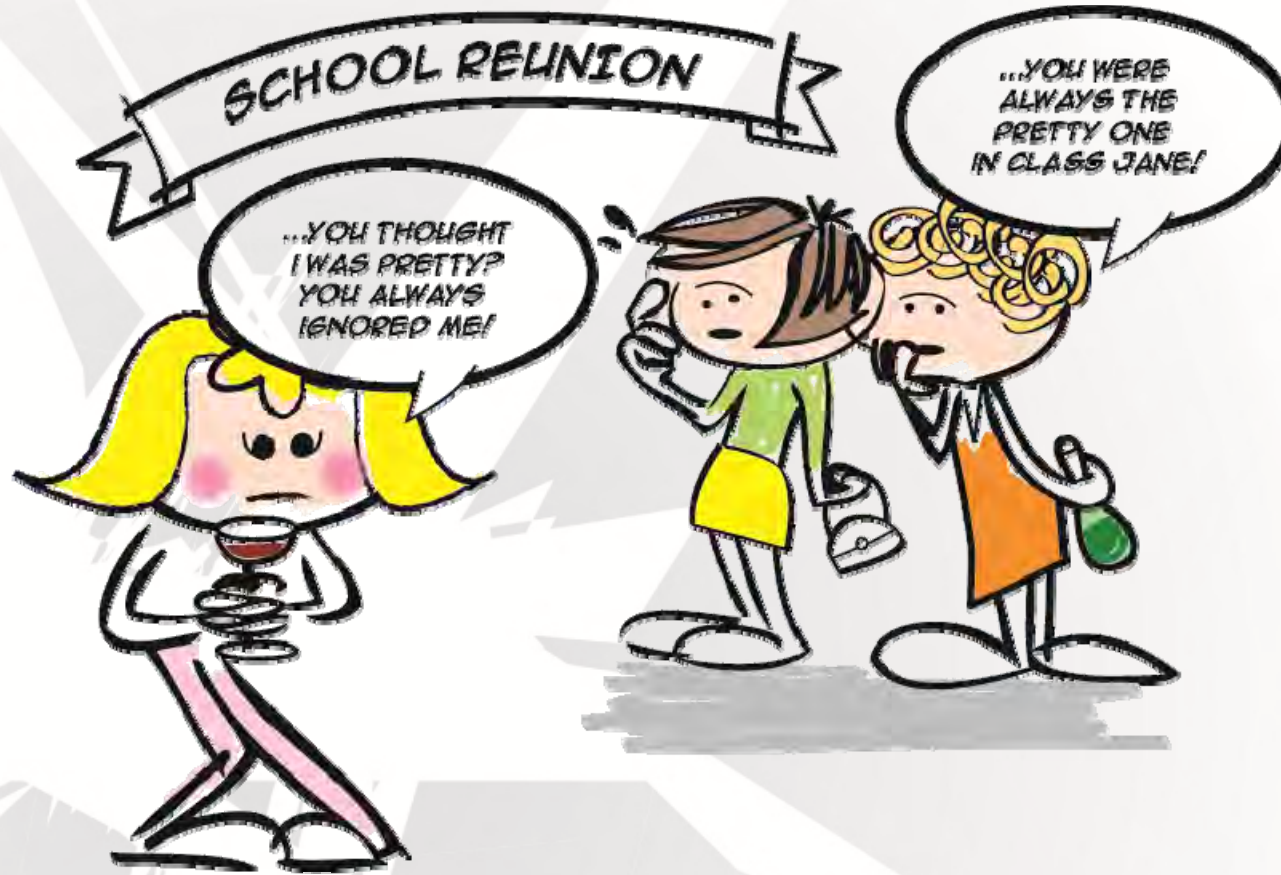
## What is a 'stronghold'?

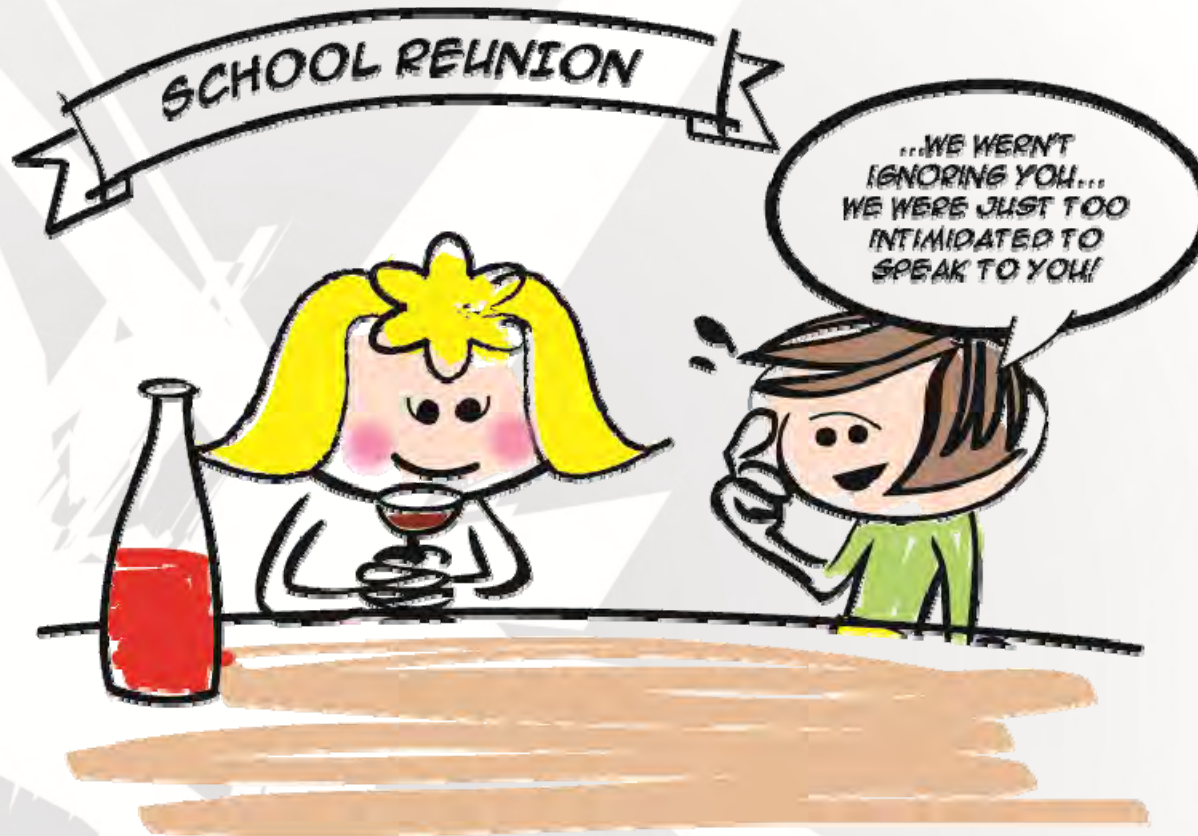
**“A mind-set impregnated with hopelessness that causes us to accept as unchangeable situations that we know are contrary to the will of God.”**

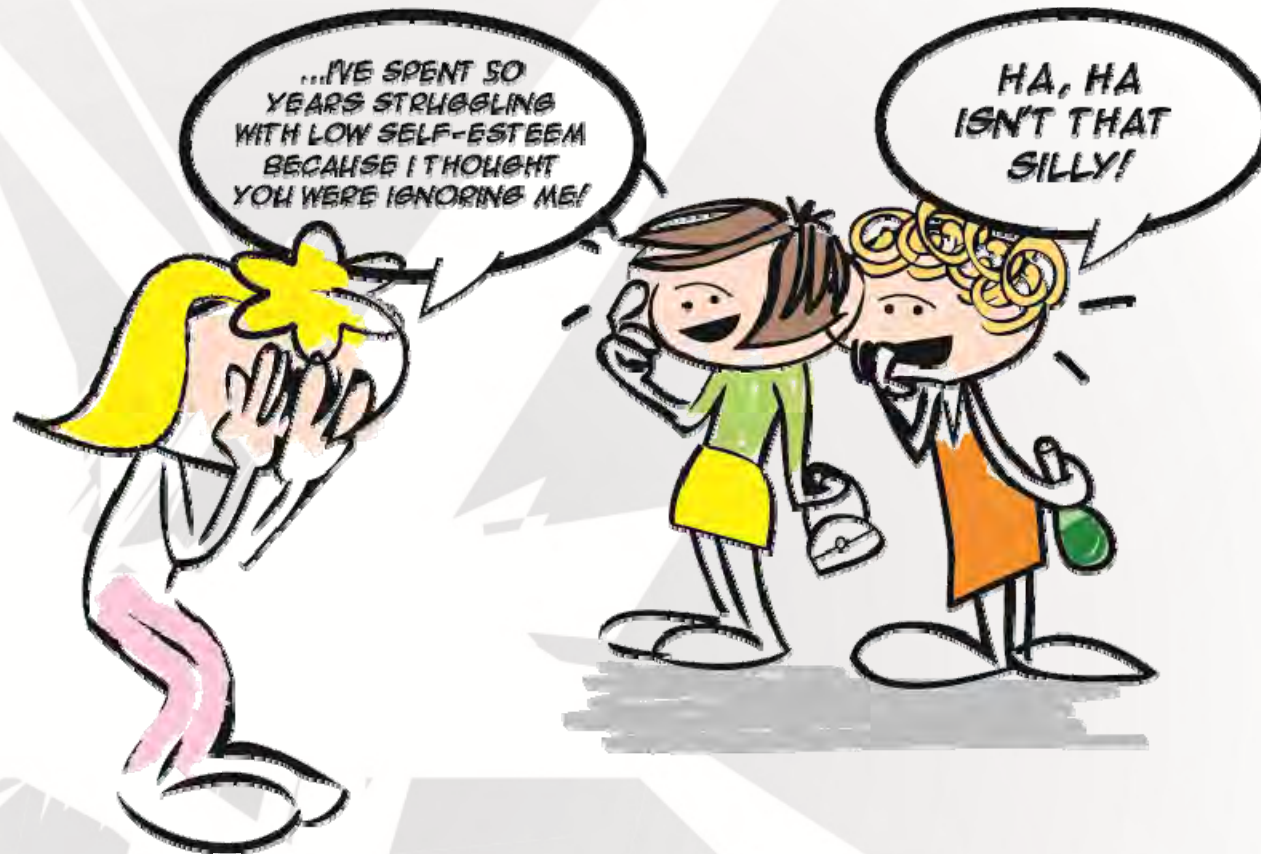
Ed Silvano

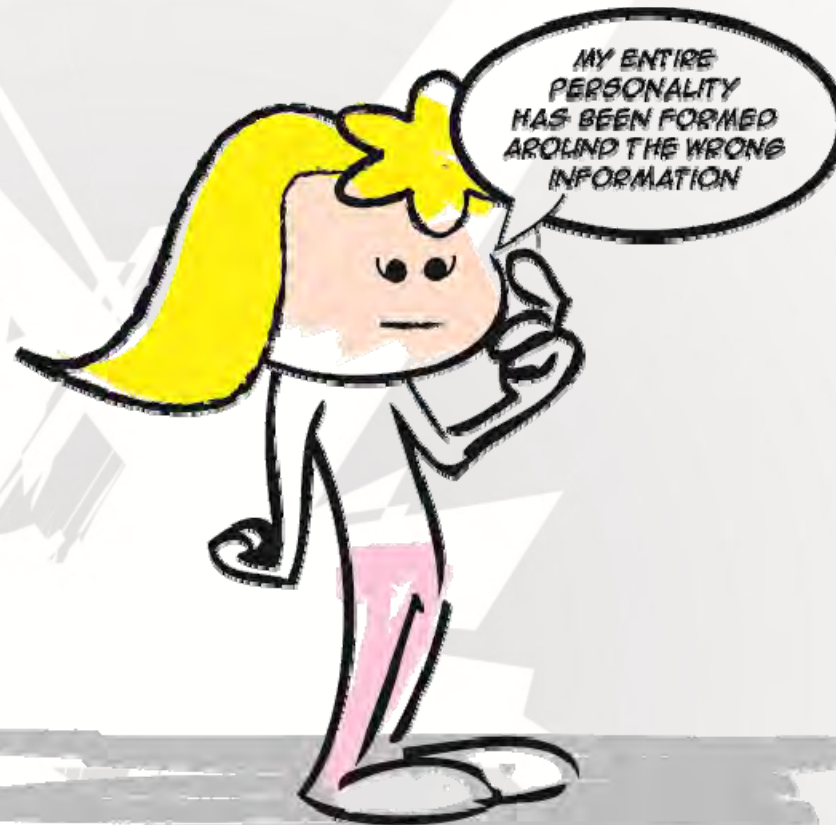
**“Strongholds are mental habit patterns of thought that are not consistent with God’s Word.”**

Neil Anderson









## Pause for thought 1

Read Romans 6:1-7. The passage says we have 'died to sin' and need 'no longer be slaves to sin'. How do you feel when you experience being caught in a pattern of behaviour that you know is wrong but from which you seem unable to escape? What about when you found yourself apparently unable to do something good you knew was right?

How do you think Christians settle for a second-best Christian life?

Can you think of examples of things that were said about someone (yourself or someone else) that they can't shrug off or that stick with them all the time? Given that God is good and doesn't dangle impossible things before us, what hope do we have for change?

## How strongholds are established

### **Environment:**

Family, community, schools, friends etc.

### **Traumatic experiences:**

It's not the experience itself but the lies we believe as a result of it.



**If what you believe does not reflect truth,  
then what you feel will not reflect reality**

## How strongholds are established

### Environment

Family, community, schools, friends etc.

### Traumatic experiences

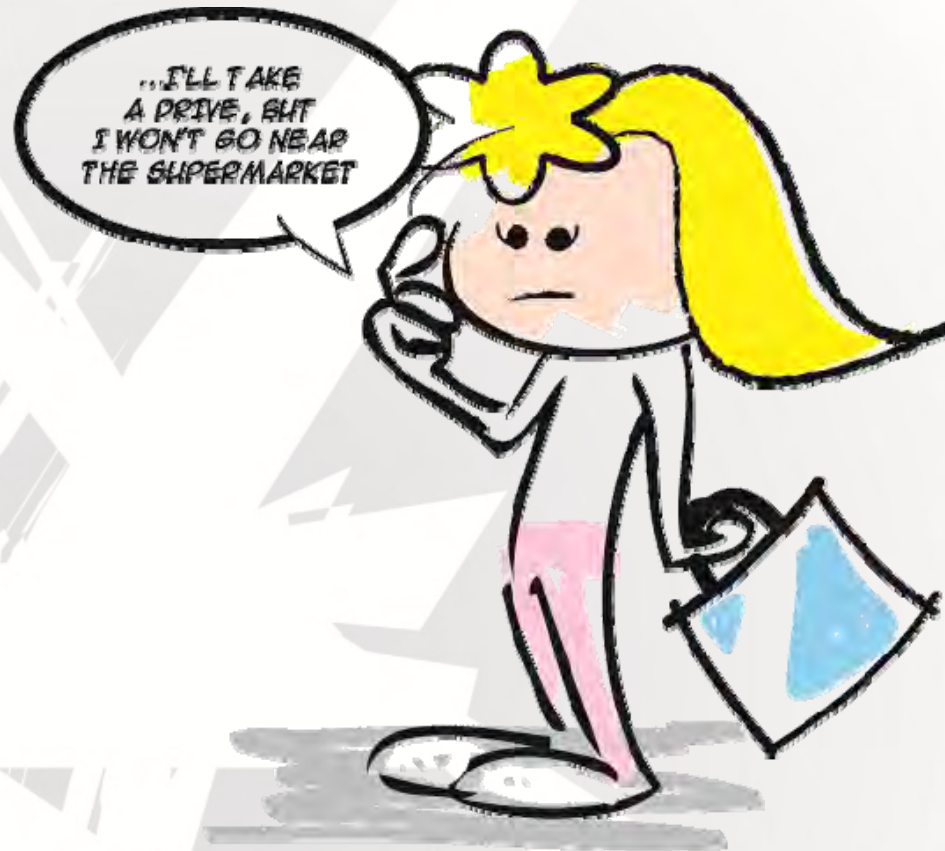
It's not the experience itself but the lies we believe as a result of it.

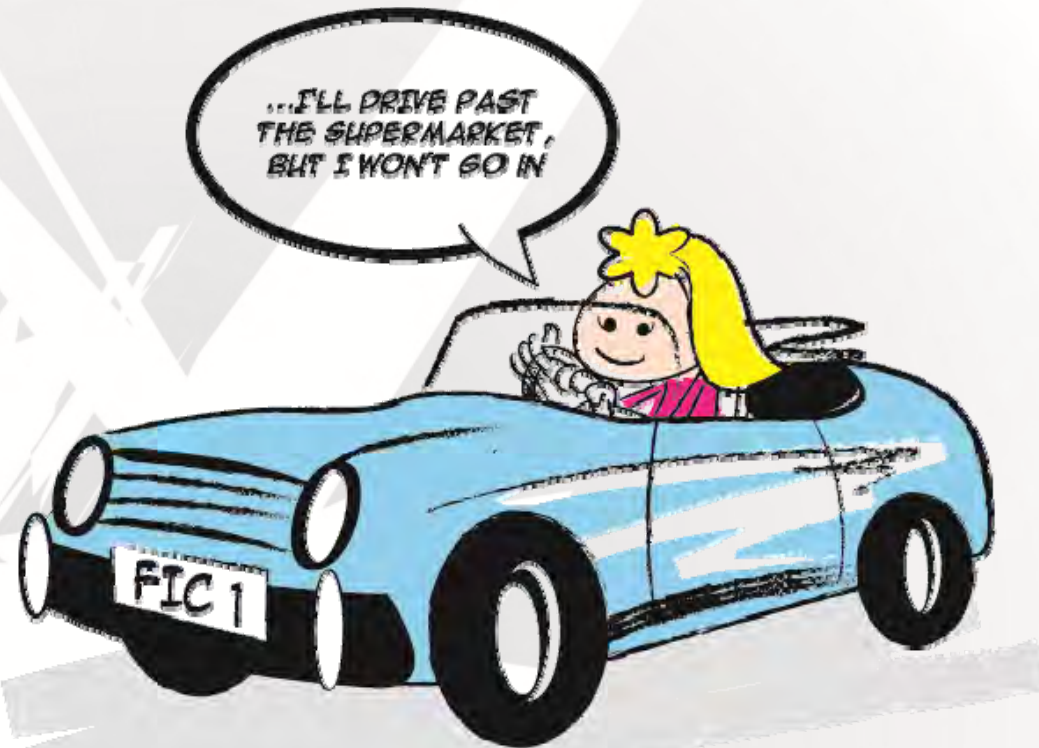
### Temptation

## Temptation

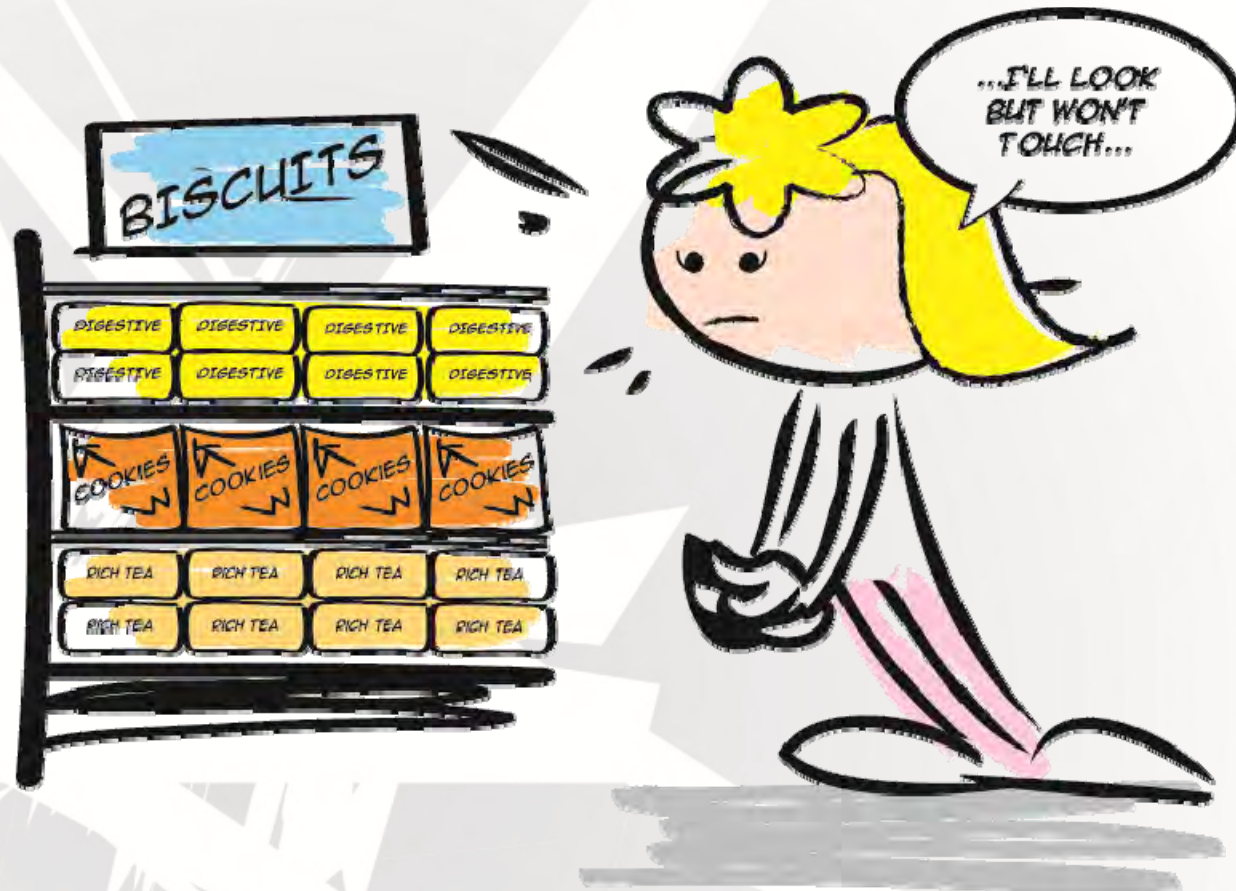
**An attempt** to get us to live independently of God

**God always** provides a way of escape













...OPEN BUT NOT SMELL  
...SMELL BUT NOT TOUCH  
...TOUCH BUT NOT TASTE  
...TASTE BUT NOT EAT





## Temptation

**An attempt** to get us to live independently of God

**God always** provides a way of escape

**Practise** “threshold thinking”

FREEDOM IN CHRIST | SESSION 6 | DEMOLISHING STRONGHOLDS



## Pause for thought 2

**When you are tempted and it seems impossible to overcome it, what encouragement can you take from your understanding of the Bible?**

**If you have given into temptation in the past, in what ways can you prepare yourself for overcoming future temptation?**

## Effects of strongholds

Faulty view of reality



**As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts**

(Isaiah 55:9)

**Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge him, and he will make your paths straight.**

(Proverbs 3:5-6)

## Effects of strongholds

Faulty view of reality

Bad choices







## Pause for thought 3

**How easy do you find it to choose to believe that what God says is true even when it doesn't feel true?**

**Can you think of an example of when you have done this and say what the outcome was?**

# Demolishing strongholds

**Check** for viruses

**Reprogram** your mind

**Take** every thought captive



End of presentation, press [esc] to exit