

HOW TO BREAK STRONGHOLDS BIBLICALLY

STEP 1 | NAME THE LIE

Discover the lie you have been believing. This is any way you have learned to think that is not in line with what God says is true in the Bible. Remember these lies will feel true. Don't let your feelings get in the way from doing the work to uncover the lies that have a strong hold on you.

STEP 2 | THE LIE'S EFFECTS

Write down the effects of believing this lie has/is having on your life. Think through a few questions to process the lies effects. What would be different in your life if you didn't believe this? What would you be able to do you currently don't do? How would your emotional, spiritual, and relational health be different if you didn't believe this?

STEP 3 | EXPOSE THE LIE

Research, gather, and write down as many Bible verses you can that expose the lie you are believing and state what is actually true. TIP: Try to find at least four/five. If there are a lot of verses, pick top seven or eight

STEP 4 | YOUR DAILY DECLARATION

Take the verses and write out a paragraph you will read out loud at least once a day. Out loud is important, but not a magic formula.

Use the template: "I reject the lie that (Content from Step 1 and 2) and I receive and believe the truth (Content from Step 3).

STEP 5 | 40 DAYS

Strongholds are not destroyed in a day. Or a week. But can be in 40 days. Be encouraged, for a while the declaration may feel weird and most probably not feel true. But stay the course. Even if you miss a day or several. Get back on track. Remind yourself that God is good, loving. That He is the truth and what he has revealed in the Bible is really TRUE and trustworthy. It is not true for other people. It is true for you in Christ!

See example on back

ALWAYS FEELING ALONE

THE LIE I AM BELIEVING: I am abandoned and forgotten

EFFECTS IN MY LIFE: withdrawing from others thinking people don't like me; seeming aloof; frightened; lack of trust (God & others)

VERSES:

Deuteronomy 31:6

Be strong and courageous; don't be terrified or afraid of them. For the LORD your God is the one who will go with you; he will not leave you or abandon you."

Joshua 1:5

No one will be able to stand against you as long as you live. I will be with you, just as I was with Moses. I will not leave you or abandon you.

Isaiah. 46:4

I will be the same until your old age, and I will bear you up when you turn gray. I have made you, and I will carry you; I will bear and rescue you.

Jeremiah. 29:11

For I know the plans I have for you"—this is the LORD's declaration—"plans for your well-being, not for disaster, to give you a future and a hope.

Mark 10:18

"Why do you call me good?" Jesus asked him. "No one is good except God alone.

Romans. 8:38

For I am persuaded that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor any other created thing will be able to separate us from the love of God that is in Christ Jesus our Lord.

Dear Heavenly Father,

I reject the lie that I am abandoned and forgotten and will be left on my own. I receive and choose to believe the truth that you love me, will walk with me, and will sustain me as I live in the hope of a secure future regardless of life circumstances. I receive and choose to believe that you are good and that nothing, absolutely nothing can separate me from your love and care. I am comforted and secure. In Jesus' name amen.