



WHO'S CONTROLLING YOUR THOUGHTS?

How To Control Your Thoughts and Emotions?

Brought to you by:

The Hem's *School-Of-The-Spirit.org*

Lesson 5: Identifying Strongholds

Reflection Scripture

*For though we walk (live) in the flesh,
we are not carrying on our warfare according to the flesh
and using mere human weapons.*

*For the weapons of our warfare are not physical [weapons of flesh and blood],
but they are mighty before God for the overthrow and destruction of strongholds,
[Inasmuch as we] refute arguments and theories and reasonings and
every proud and lofty thing that sets itself up against the [true] knowledge of God;
and we lead every thought and purpose away captive into the obedience of Christ (the
Messiah, the Anointed One)*

- 2 Corinthians 10:3-6 (AMP)

Guided Notes:

Use these notes to guide you through this lesson.
Fill in the blanks as we go along.

Scripture References: 2Corinthians 10:3-6, Proverbs 4:23,

The Spiritual Battle

- The truths we've discovered...
 - Your mind is a _____!
 - It's valuable _____ in the battle between God and Satan.
 - It's _____ responsibility to lead every thought and purpose away captive to the obedience of _____!
- Your part in this _____ battle for your mind is vital!
 - But why?
- If you allow a _____ thought to stay in your mind, it eventually becomes a _____.
 - What is a stronghold?

What is a Stronghold?

- A lie from the enemy that _____
_____.
 - It goes against the _____ of _____:
 - Who He is in you and who you are in Him
 - You've believed it for so long that it's become a part of your _____.
 - Often it's something you've believed _____.

Why They Are So Dangerous

*Keep thy _____ with all diligence;
for out of it are the _____ of _____.*
-Proverbs 4:23

- Mental Strongholds are the foundation that Satan uses to create the most common _____ and _____
_____ “ _____ ” we see in the church.
 - _____
 - _____

Additional Notes

- Panic Attacks

Common Christian Strongholds

- You aren't _____ enough.
 - You're _____.
 - How could God really love YOU?
 - You're _____.
 - You mess up everything.
 - You're small.
 - You could never really do anything great for God.
- God can't forgive you for the things you've done.
 - God is _____ at you.
 - You'll never really connect with God because of the things you've done.
 - He's _____ you...and you deserve it!
- Things will never _____.
 - People in your family have always been *fill in the blank*.
 - You're always going to be...
 - Broke.
 - Overweight
 - A smoker
 - Addicted to pornography

Recognizing a Stronghold

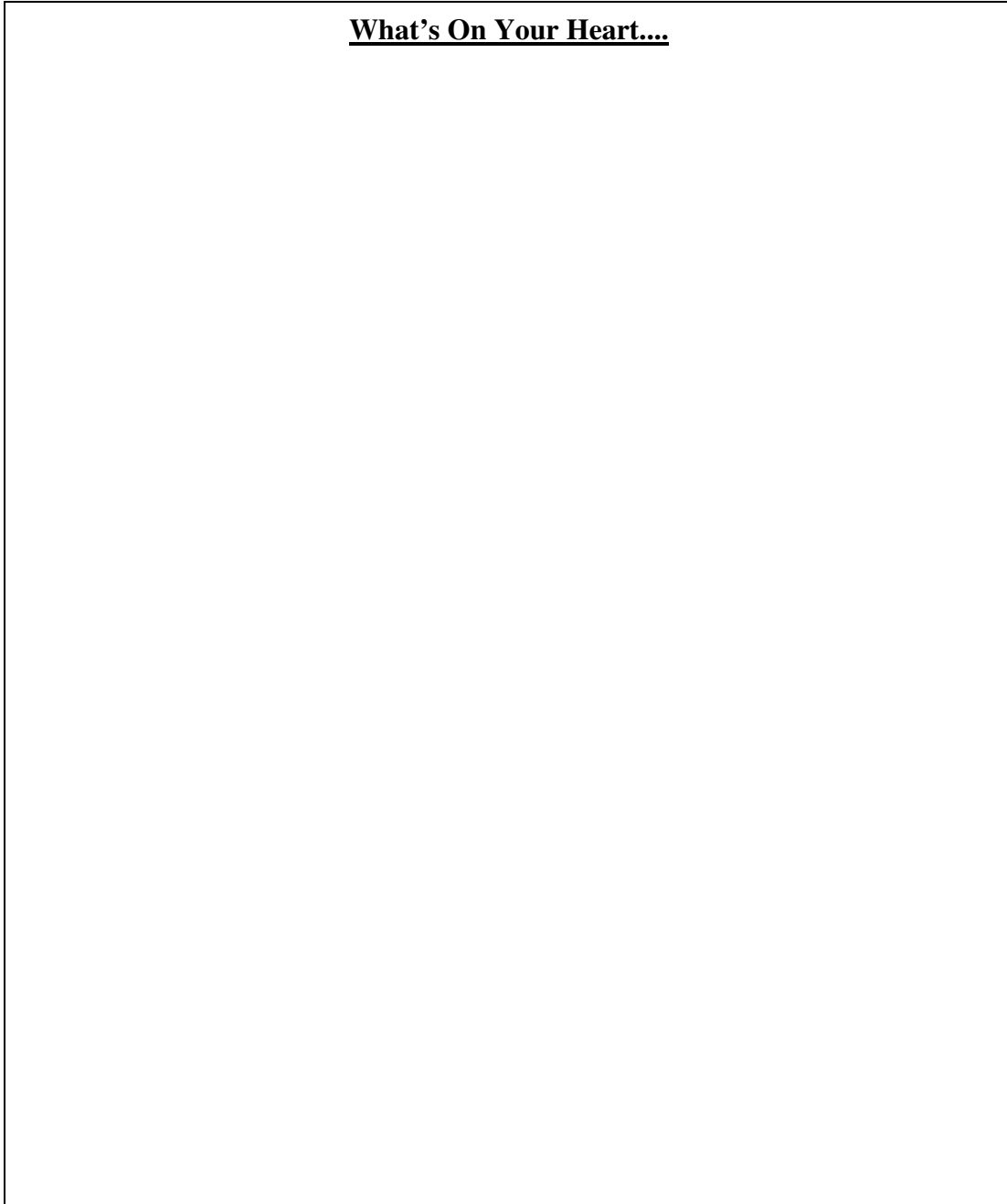
- But, there are many more strongholds that keep us _____.
- _____ that stop us from being the people that God created us to be.
- Satan's Lies that we've built our lives around, and he's used them to try and _____ our _____ in Christ.
- Identify these _____ as what they are:
 - Take a look at your _____
 - Identify areas you know you need to _____ in.
 - Then, ask yourself if there are any limiting beliefs you have that have _____ your growth in those areas.
 - Compare those beliefs to the _____ of _____

Additional Notes

-Are they in line with what God says about you or against it?

- Still having a hard time recognizing strongholds in your thoughts?
 - _____ and ask God to reveal any strongholds that you've allowed to take root in your thinking.

What's On Your Heart....

A large empty rectangular box with a black border, intended for writing a response to the question 'What's On Your Heart....'.

Lesson 5:
Identifying Strongholds
Reflection Questions

1. In your own words, describe exactly what a stronghold is and where it comes from. _____

2. What do you think makes strongholds so dangerous? Why do you think many strongholds can grow for years and still go “undetected” by us as Believers? _____

3. Did you identify with any of the common Christian strongholds that we discussed in this lesson? If so, which ones and why? _____

4. Can you identify any other strongholds that have begun to develop in your mind? If so, try to recall why or when you first began to believe them as truth? _____

