



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 6: Tearing Down Strongholds

Reflection Scripture

*Be strong in the Lord
[be empowered through
your union with Him];
draw your strength from Him
[that strength which His boundless might provides].
Put on God's whole armor
[the armor of a heavy-armed soldier which God supplies],
that you may be able successfully
to stand up against [all] the strategies and the deceits of the devil.
-Ephesians 6:10-11 AMP*

Guided Notes:

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

Scripture References: James 4:7b, Ephesians 6:10-18, Ps 27:1, John 8:31-32, Phil 3:9, 1 Peter 1:5, Acts 10:36, Hebrews 4:12

Breaking a Stronghold...

- Most of us have at least 1 _____ stronghold.
 - But, how do you break it?
- Begin with the gameplan we learned earlier in our class:
 1. _____ recognize the _____ thought as a threat.
 2. _____ it. Speak out against the lie and state why it is a lie.
 3. If the thought comes up again or starts to activate your negative _____ Take it to God
- But, to break a stronghold, you have to take it one step further.
 - To win a _____ battle like this...
 - You need to put on your _____!

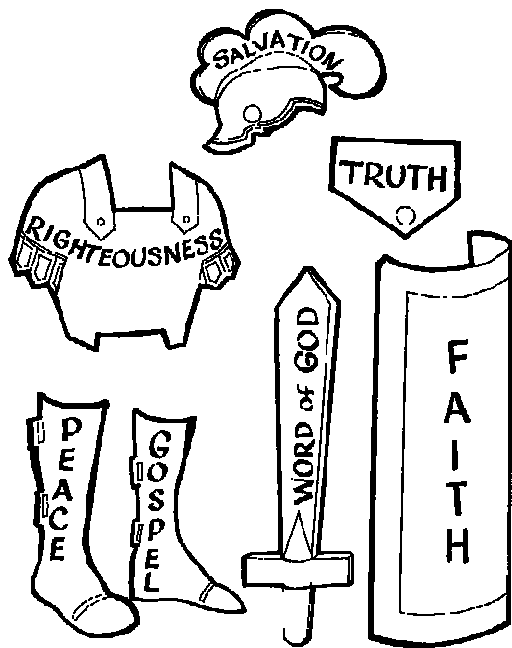
Resist The Enemy's Mental Attacks!

- We've said, " _____ the devil, and he will flee from you." (James 4:7b)
 - But How?

Therefore
put on God's complete armor,
that you may be able to _____
and stand your ground
on the evil day [of _____],
and, having done all [the crisis demands],
to stand [firmly in your place].
_____ therefore [hold your ground]...
(Ephesians 6:13-14a AMP)

Additional Notes

That You May Be Able To Resist...



Stand your ground,
putting on the belt of _____
and the body armor of God's
_____.

For shoes, put on the _____
that comes from the Good News
so that you will be fully prepared.

In addition to all of these,
hold up the shield of _____
to stop the fiery arrows of the devil.

Put on _____
as your helmet,
and take the sword of the Spirit,
which is the _____ of God.

Pray in the Spirit at all times
and on every occasion.

Stay alert and be persistent
in your prayers for all believers
everywhere. ~Ephesians 6:14-18

Additional Notes

Your Plan of Attack...

- All of the parts of your armor are _____ but one:
 - Your _____!
- God says that His Word is your spiritual sword (Ephesians 6:17).
 - It is the one thing you can use to _____ against the _____.
- But, how do you use God's Word as a _____?
 - Begin hunting through the scriptures for the _____ that oppose the _____.
 - _____ on those truths to _____ your mind.
 - The spiritual sword of God's Word is _____ enough to cut yourself _____ from any _____!

What's On Your Heart....

Lesson 6:
Tearing Down Strongholds
Reflection Questions

1. We are in a spiritual battle for our minds. When Paul teaches us about fighting spiritual battles, he begins by saying, “Be strong in the Lord, be empowered through your **union** with Him,” (Ephesians 6:10 AMP emphasis mine). Why do you think it’s so important that we begin every battle with the enemy by strengthening our personal union with God? _____

2. Looking at the armor of God, does it surprise you that all of it is defensive (for your protection) except for one part – The sword of the Spirit? How do you think the different pieces of our spiritual armor can help Believers in our daily battles for our minds? _____

3. Have you ever you ever thought of God’s Word as your main weapon against the attacks of the enemy? How do you think you can begin using your “sword” as a weapon to tear down mental strongholds? _____

4. When you hear the word “meditation” what is the first thing that comes to your mind? Do you think that meditation is really Biblical? Why or why not? _____

