This week let’s dive deeper together to prepare ourselves for war. The enemy knows you’re getting ready for battle as you go through this series. He wants nothing more than to take you out. As you sit in living rooms, coffee shops and conference spaces together you are not only opening up your hearts to one another, but you are bearing with one another in love and bringing that which the enemy wants to use against you into the light! As we dig into the next few parts of the series prepare to be vulnerable and to drag your strongholds into the light so that you can begin healing from them!

James 5:16 says, “Therefore confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.” If we want to receive healing and freedom from our strongholds we must first recognize them.

- What is a stronghold? How can you recognize it in your life?
- Think of a specific stronghold in your life. How did it take root in your mind and heart (was it self-inflicted or was it something that happened to you)?

After a stronghold takes root it begins to form a lie in our thoughts and then branches out to form a false-belief in our hearts. In response we will often try to protect ourselves by building an arsenal of defenses.

- What defense mechanisms have you used to help support the existence of your stronghold (internal vows, addictions, etc.)? How has this affected your life?

As we begin to operate from the lie that we believe in our hearts it sows problems into our life and in the relationships we have with the people around us. The reactions of others triggers our hurt even more and perpetuates the lie, deepening the roots of the stronghold even more.

- How can we recognize the lie that has created a stronghold in our lives?
- How do we confront the lie that has taken up residence in our hearts?
- How do we replace the lie with God’s truth so that His truth resides in our hearts and not just our minds

Pastor James Sunnock tells us that when we put ourselves in the Word of God it gets into our minds and into our hearts. When we are fully convinced (belief) in our hearts of God’s truth our heart is then healed! When we read God’s Word it’s not to learn about Him, but to be with Him. Being with Him and building a relationship with Him through His Word helps us to know His voice and to hear it. Romans 10:17 says, “So then faith comes by hearing and hearing by the Word of God.” This tells us that if we are to have revelation of our strongholds and the ability to conquer them we must begin in God’s Word if we are to hear from Him.

- Even though we may know in our minds that reading God’s Word brings healing, what keeps us from wanting to spend time with God?

This week ask God to reveal to you if there's a lie that you believe. Take time to be with Him and to let Him speak to you about it.