



Freedom and Transformation – Part III Freedom From Strongholds

A stronghold is anything that has a negative grip on you; a wrong thought, an addiction, a negative label, an emotional hurt, bitterness or fear, etc.

A stronghold can begin with one thought—or two or three.

How To Receive Freedom From Strongholds:

1. **Start at the source and identify your wrong thoughts.** I Peter 5:8-9
 - Evaluate your thought life.
2. **You must let go of the stronghold.** Isaiah 43:18-19
 - We think the past and negative events have a strong hold on us—but many times, we are the ones holding on.
3. **You must learn to control your thoughts.** Colossians 3:2, Romans 10:17
 - Are you agreeing with God, your negative thoughts or people?
 - When your first negative thought comes:
 - A. **Stop and acknowledge that the thought is not from God.**
 - Stop and say, this is a lie and I do not believe it because it does not agree with God’s Word.
 - B. **Make the right decision.**
 - Don’t entertain or dwell on the thought.
 - Let your spirit dominate your decisions!
 - Decide that you’re NOT going to live by what you FEEL. You are going to live by what you KNOW to be true!
 - C. **Immediately replace each thought with one of God’s powerful thoughts.**
 - Instead of turning on yourself and attacking your self-esteem when these thoughts come—turn it around and attack the negative thought!
4. **You have to be CONSISTENT and PERSISTENT in overcoming a stronghold.** Acts 19:20
 - A stronghold doesn’t develop overnight—which means you have to be consistent until you see the victory.

Additional Scripture References: Romans 12:2, Galatians 5:25, I Corinthians 2:9, II Corinthians 10:3-5, Revelation 12:11, Ephesians 6:17, Proverbs 23:7 Philippians 4:8

Notes: _____

