

Demolishing Strongholds Video Series

God's Way to Spiritual Freedom

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Chapter 4, Steps To Identify and
Demolish Strongholds (Part 3)

"So if the Son sets you free, you will be free indeed"



Freedom In Jesus Series

(Part 2)

Identify the Strongholds

Now that we've reviewed all the strongholds listed on pages 36 and 37, it's time to give you some instructions for demolishing them. You're embarking on one of the most important steps of your life — the path to freedom in Jesus.

Let's review some key points about strongholds:

1. They can be **INHERITED** from past generations.
2. You permit them to be **ESTABLISHED** when you try to meet any of the seven basic needs that God created in you through ways that are **CONTRARY** to His will.
- (3) You **MAINTAIN** them when you live in **UNREPENTANCE**.

Don't forget that once a stronghold is established, you provide a "foothold" for the devil (see Ephesians 4:27), to do his evil work **THROUGH** you. You *don't* want to be a follower of Jesus and be working for Satan.

Remember, strongholds cause you to be vulnerable to demonic control, direction, influence or oppression in your life. If you don't deal with your strongholds, further demonic activity against you will only increase. Other strongholds will be established, with additional demonic harassment in other areas of your soul. It only gets worse!

We want to mention once more that the strongholds list on pages 36 and 37 may **NOT** be exhaustive. These are only the ones that we've encountered in our years of ministry. Our Lord may reveal to you other strongholds and symptoms to which

you have given ground. Rely on the Holy Spirit to reveal these to you.

Beneath each stronghold are listed related thoughts, feelings, attitudes, or actions that are often produced by demonic agitation in order to sustain that stronghold.

When **ANY**, or **ALL** of the symptoms of a particular stronghold are **HABITUALLY** present in your life, it's a strong indication that the stronghold is in operation in your soul.

And if you hear that little deceiving voice in your mind **INSISTING** you aren't plagued by a particular spirit — you probably are!

As we shared in a previous segment: The most common goal of all strongholds is to destroy relationships. Strongholds not only block you from knowing and experiencing **GOD'S** truth and love. They also prevent you from giving and receiving love, understanding, and acceptance in other relationships.

The more intimate the relationship you have with God, your spouse, your family, and those in the extended spiritual family of your home fellowship, the more the demonic spiritual forces will attempt to destroy these relationships.

Solicit The Help of Family Members and Intimate Friends

Through experience we've found it extremely valuable to solicit the help of family members or intimate friends to go through this strongholds material with you.

If you're married, we strongly encourage you to ask your spouse to evaluate the presence or absence of the stronghold symptoms with you. Even the participation of teenage children has proved helpful in identifying and ridding your home of FAMILY strongholds.

We can't emphasize enough: Please have your spouse and children go through this part together with you. Then you can all become free at the same time!

Having your family members or others close to you participate is advantageous even if they DON'T want to deal with their own strongholds right now. They can help you identify YOUR strongholds! This calls for your *humility and willingness to receive input* from others, even if you don't agree with their insight.

If for some reason the above suggestions for others to help are impractical, continue on by filling in the pages yourself.

You're welcome to copy pages 36 to 65 of the workbook so that each person can have his or her own pages to fill in.

Beginning with the stronghold of Deceit on page 41, identify the strongholds you believe are afflicting you. Then have your family members or intimate friends indicate the symptoms under each stronghold that they think pertain to YOU.

They may identify strongholds that are hidden from you, or, more importantly, they may inadvertently reveal the strongholds that influence your family, your home fellowship, your congregation, or your business.

A good way to identify the strongholds is for each of you to fill in the symptoms one stronghold at a time.

In the first space next to each symptom, place a number from 0 to 10 to indicate the intensity of demonic control, influence, or oppression in your life. Remember, you're trying to identify spirits that HABITUALLY influence your thoughts and actions.

For example, filling in:

0 — means there is NO control, influence, or oppression;

5 — would mean there's MODERATE control, influence, or oppression;

10 — indicates you're experiencing VERY HIGH control, influence, or oppression in that area.

Placing a number next to each symptom helps you identify how INTENSELY these feelings and behaviors are operating in your life.

You can picture the symptoms as "ruts in a dirt road." Over the time that these demonic strongholds have been in your soul, they've induced deeply entrenched attitude and behavior patterns — gullies from which you can't seem to escape. And if you've inherited generational strongholds, the ruts of behavior and attitude are that much deeper. As you'll see in Chapter 5, *After You've Demolished the Strongholds*, these ruts will need to be filled in. By identifying their intensity now, it will help you fill them in later.

When Others Participate

If others are working through the strongholds worksheet with you to identify their OWN strongholds, they can fill in their own copies.

Or, they can place a number for themselves on the second line next to each symptom in YOUR copy. Then, as you're helping each other identify and confirm one another's strongholds, they can write their number for YOU above yours, and you can do the same above theirs.

If others are going through the pages only to help you identify YOUR strongholds, they can use the second line to write the number they think is appropriate for YOU.

By comparing and discussing the combined input, you'll have a more reliable picture as to the type and intensity of each stronghold. And, you can also determine how pervasive the influence is in your family, home fellowship, congregation, or business.

If you DON'T have access to family members or someone else close to you, the steps we suggest can be done by yourself. Never forget that it's by the authority of the Name of Jesus that these strongholds are demolished.

One important reminder before you begin: We mentioned this in Chapter 2 when we discussed Generational Strongholds. Our experience has shown that many strongholds that plague people have been passed along for generations within families.

The vast majority of troubled people and marriages we've encountered have acquired their strongholds and related symptoms from preceding generations.

Also, when we've helped married couples, we've discovered the same prevailing strongholds in both spouses. And, each spouse had received these strongholds from his or her respective parents.

When the *Overview Of Types Of Strongholds* list was given out to congregations, most people in the faith community had the same prevailing strongholds. In other words, our experience shows that strongholds do more to attract people to specific faith communities than any other influence.

You should see the reaction of people in a faith community when they find they're together because of the same demonic influence! And when we've given out the list to Christian businesses, many of the key employees have identified the same predominant strongholds.

The overwhelming evidence has shown that it's as though spirits in the strongholds ATTRACT individuals to each other. Rejection attracts rejection, rebellion attracts rebellion, and so forth. The people involved feel COMFORTABLE with each other. They think, "They're just like ME!"

What we believe is that there's an economy of operation for the demonic spirits to do this. Remember only one-third of the angels were thrown down to the earth with Satan.

Fewer demonic spirits are needed to control the goals, methods, and values of families, congregations, and Christian businesses since the people all have the same strongholds.

Again, the symptoms may seem different on the SURFACE, but the stronghold behind the symptoms is often the same.

Identify Strongholds Through Their Symptoms

Now it's time to get into what you've been waiting to accomplish! Be sure you examine each specific stronghold carefully. Consider if the the definitions and verses

listed AFTER the stronghold might describe your situation or condition.

Use a scale of 0 to 10 beside each symptom to evaluate its intensity. A spiritual stronghold is present when one or more of the symptoms has HABITUALLY influenced your life. Again, your spouse, family members, or close friends can help you.

And don't be discouraged as you come to realize how much demonic influence has been in your soul. As you continue to draw close to God, He'll draw close to you.

The words of Jeremiah especially apply here:

“For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you,’ declares the Lord, ‘and will bring you back from captivity’” (Jeremiah 29:11-14a).

One last suggestion: Remember that many strongholds HIDE behind a veneer of deception. We quoted Francis Frangipane earlier, “Once a person is deceived, he does not recognize that he is deceived, because he has been deceived.”

Be careful! The spirit in the stronghold of Deceit will do all it can to hinder you from recognizing the various strongholds that influence and oppress you. We recommend that you examine the stronghold of deceit very closely.

You can recognize the spirit of Deceit within you by an inner voice that sounds very much like your own mind's voice. As you look at a particular stronghold or symptom, that little voice will rationalize why this or that stronghold or symptom doesn't apply to you.

When that voice of rationalization speaks, you can count on one thing: You have that symptom and that stronghold!

Now go ahead and fill in pages 41 thru 62. When you're done, read the instructions in the section entitled, *Demolishing Strongholds in Jesus' Name*, on pages 63 thru 65. Or, you can follow the instructions that we share in the next video segment.