

# Would You Like To Be Free?

**You don't have to repeat your parents' wrongs!**



**Restoration Ministries International**

**Mike & Sue Dowgiewicz**

<https://restorationministries.org/>

We're Mike and Sue Dowgiewicz — and you probably can't pronounce that name! We understand pain. Our parents weren't glad when either of us was born. Mike was raised with an alcoholic father. He never knew when his Dad would blow up in rage. And as Mike was growing up, he too became a heavy drinker.



Sue's parents divorced when she was 8. She was raised by her Mom, who'd also been raised by a mother who didn't want her. Sue didn't spend much time with her Dad, and when she got married it was hard for her to feel like she really belonged to Mike. Mostly she felt like an outsider around other people.

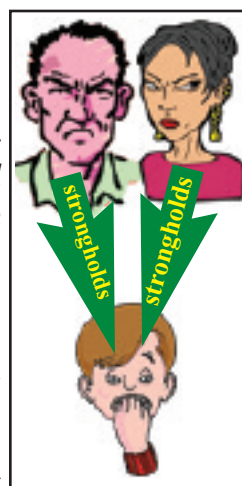
Today, the two of us are proof of what our Lord Jesus can do if you'll let Him free you from the hurt and pain *you* received from *your* parents. You may come from a family that's as messed up as ours were. For whatever reason, God our Father may be showing you the light in this booklet. He wants you to be changed so you can find freedom from the darkness of your past.

**If you're willing, you can destroy the painful controls that have so far ruined your life—the same controls that wounded your parents and most likely *their* parents too.**

Let's take a look at people in a way you've never thought about. Everyone is born with a *sin nature* that tends to disobey what's good in God's sight. In other words, you were born *wanting to do wrong*.

And you were also born with demonic controls you got from your parents,

who got them from *their* parents. These invisible controls are called "**strongholds**"—they have a *strong hold* on families. They are passed along through your parents and grandparents. These strongholds act like a spiritual cancer. They keep getting worse until you're hopeless that anything will ever get better.



We want to help you get rid of any demonic strongholds that are hurting *your* life. Again, many of these have been passed along to you from your parents and grandparents because no one knew what to do about them.

We've learned a lot about strongholds and found freedom ourselves from them. And we've been able to help many others break these demon chains. What you're about to read can help *you* demolish the strong hold they have in your life. Father God's goal for you is to walk free in Jesus! If with all your heart you follow these directions, you **WILL** be free!

### What Happened To You Before You Were Born?

(1) The moment your mother conceived you, you were given *your spirit* by God. He is the One who creates all life. God gave you a spirit that's different from

### What You Received Before Birth



any other living creatures. Your spirit is *eternal*, never ending. It wants to go to God in heaven when you die.

(2) From your parents you inherited **your soul**. Your soul is made up of your *mind* (how you think), your *will* (what you choose to do), and your *emotions* (how you feel). And along with your soul you got from your parents a desire to sin—your *sin nature*. Yes, you were born wanting to do wrong.

(3) Your parents also gave you **your body**—your physical parts through your genes. You had no control over how you look, so relax.

Again, in your soul you've received a *sin nature*. This works inside you as an evil force wanting you to sin. And, demonic strongholds work in your soul too. Both your sin nature and strongholds are tempted by whatever Satan sends your way.

As you can see, a battle is being fought over you. It's a battle over who will *rule* your soul: God *or* your sin nature and the demonic strongholds. So before you go on, think about yourself as being made up of **spirit, soul, and body** — one person with three connected parts.

All through your life this brutal battle is taking place over you. The God who gave you life wants you, but so does the devil, Satan. How this battle turns out depends on two choices: 1) whether you'll have the *freedom that Jesus promises* you if you trust Him as your Lord and God; or 2) if you'll be held *captive by the devil* and live in misery.

#### What you can know about the devil

- **He Takes People Captive To Do His Will**  
*People who are in Satan's grip usually have no idea they're trapped this way. They're doing what Satan wants instead of what God wants. They need to come to their senses and escape his snare.* (2 Timothy 2:26)

- **You Aren't Just Fighting a Habit, a Weakness, Or Even Other People**

*Your real struggle is against Satan's workers—demons—who influence the world around you, even the part of the world you can't see.* (Ephesians 6:12)

- **Satan Is Always At Work Trying To Ruin People's Lives**

*You need to be alert and keep away from Satan's traps. The devil is your enemy. He prowls around like a roaring lion looking for someone to devour — someone like YOU.* (1 Peter 5:8).

- **Jesus Came To Destroy the Work of Satan**

*The devil's been sinning and tempting people to sin from the beginning. Everyone who keeps on choosing wrong belongs to the devil. Jesus came so that people wouldn't have to give way to evil. Instead, they could be forgiven and be His own.* (1 John 3:8)

#### **What Is A Demonic Stronghold?**

**Picture a fort in the Old West. A stronghold is a demonic *fort of thoughts* in your soul. Evil spirits live in that fort and they:**

- (1) **affect your attitude, how you act with others, what you do.**
- (2) **beat you down and make you feel bad about yourself — even hopeless.**
- (3) **affect how you see what's going on around you and how you respond to other people.**

A demonic stronghold holds you in its power to **keep you from knowing God's love and truth**. You'll know you have a stronghold this way: it will be the area of your life in which you **most often have problems**. You just keep doing that thing or having that thought *over and over* and can't stop. A **pattern** of failure or hopelessness is in you and doesn't go away.



This isn't a just a one-time event like getting mad at your little brother for getting into your stuff. It's a wrong thought or action that's your *first response*, over and over again.

The Bible tells us that the Name of Jesus has power:

*We live in the world, but we don't wage war like the world does. The weapons we fight with aren't the weapons of the world. The weapons of God have His power to demolish strongholds.*

*We demolish arguments and every lie that sets itself up to keep us from knowing God. And we take captive every thought we have and make it like what Jesus would think* (2 Corinthians 10:3-5).

What gets demolished? The **arguments** in your mind that deny you have a problem; and the **lies** of pride and rebellion that keep you from getting help. Let's take a look at these.

When you raise up arguments or lies like walls, as in the diagram, **God's Love and His Truth** can't enter your thoughts. *His love for you and His truth that you need* are blocked by the demonic forces in that



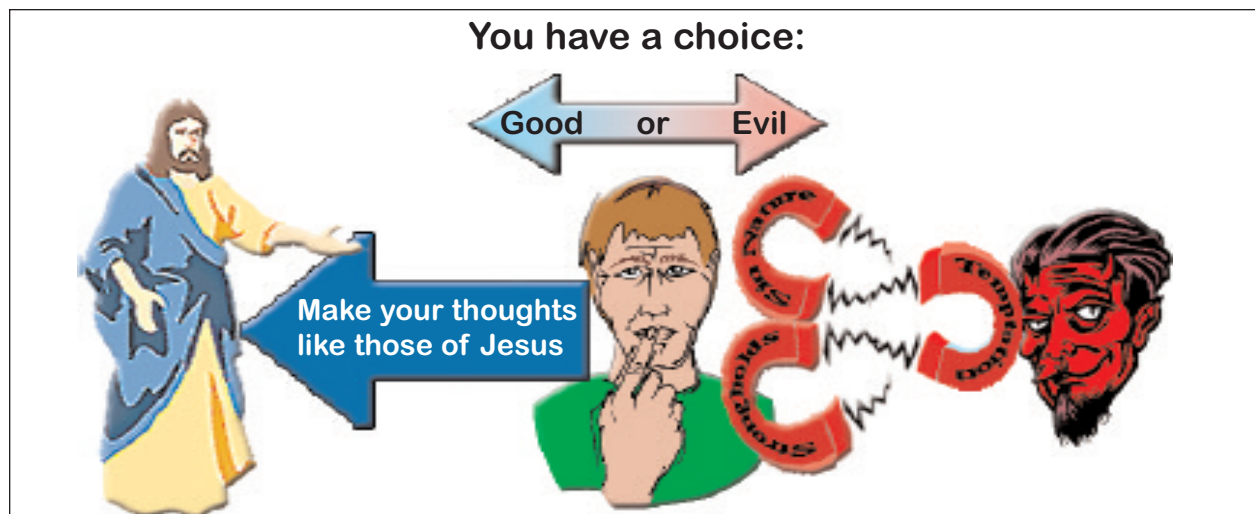
part of your mind that's influenced by them.

You sift all your activities and relationships through your thoughts, your choices and your feelings. These are controlled by the demon that's protected in the stronghold in your mind.

You don't even know this is going on in your thoughts and feelings! The "voice" you're hearing from the stronghold sounds **just like your own inner voice**.

When anyone disagrees with your choices or actions, you **deny** that you have a problem. Or, you think you **have a right** to the way you feel or what you're doing.

Did you know that demons keep track of what you do and set up situations to tempt you? They stir up your thoughts and emotions until you don't know how to resist them. They cause you to look at



things that happen to you as if **some-one's out to get you**. That's because Satan wants to hurt your relationship with others.



Those demonic spirits arouse anger or bitterness or rebellion in you. You start *believing the lie* that everyone wants to hurt you. Hey, demonic spirits are like ravenous wolves, always ready to turn people against each other by ruffling their sin nature!



An example: You may hate your older brother because you *believe a lie* planted in your mind by a stronghold spirit. That spirit lied to you over the years that your brother was always mean to you, always got the

most love or attention, always got to do things you couldn't get away with.

But let's look at this another way. Maybe you were always trying to get **him** in trouble. Maybe you were **jealous of him** and made sure your Mom heard about every little thing he did wrong. Maybe your Mom put your brother in charge when she was out and **you** caused a lot of trouble!

Did you ever get ratted on by your brother for something you did wrong and you got punished for it?

The spirit hiding behind the stronghold turned your anger into a lie that you were **abused** — a lie you believed. Whenever you think about your brother, anger and bitterness flame up—over something that **never happened** the way the spirit made you believe it did!

### Understand this:

Demonic spirits want to destroy your relationships with other people. Why? Because people who are **isolated** from others are easier targets. Demons can easily work in their minds to control them and make them believe lies and feel hopeless. But people who **belong** to others aren't nearly as likely to fall for Satan's tricks.



### How Strongholds Form In You

Satan uses these spirits to tempt your mind with a thought that's out of line with what God calls good. So what happens next? You either let that bad thought hang out in your mind if that area of your mind is captive to Satan's spirits. Or, you take the thought captive and make it line up with Jesus, thinking the way He would.

This kind of spirit-influence happens first in your mind. For example, your friend has ice cream and you don't. The **thought** comes that you want to *get it from her*. You realize in your spirit that that's not a right thought. At this point you have two choices:



1) You can tell the demon that put the tempting thought there to **get lost in the Name of Jesus**. And you can **fight back** by bringing your thoughts into line with **what Jesus would think**, like, "I'd sure like some ice cream, but that's hers, and that's the way it is." Or,

2) You can let that thought stick around a little longer. But if you do, you'll begin to **get a bad feeling** about that thought and the person it's about. Maybe you'll be jealous or angry that she has something you want. If you let yourself chew on that feeling, sooner or later you'll **take action**, like yell at her or grab the ice cream or storm away mad.

Even if you don't act that way now, you'll stay mad at her inside and not be the kind of friend you could be. In fact, at some point in the future you'll probably do something to get back at her for not sharing with you.

If you keep on being angry and treating your friend wrong, these actions will become a **habit**. At that point a **demonic stronghold** has been built in your soul. The "voice" of that spirit sounds just like your own inner thought voice — and you don't even know it's there.











Once the stronghold is formed in that area of your mind, **you're a prisoner** to it. Your thoughts, choices and feelings will be influenced by the demon in the stronghold.

So let's get back to our question. **How do stronghold spirits get formed in you?** It's a process like we talked about with your friend's ice cream cone.

- 1) Demonic spirits tempt you with **THOUGHTS** that your sin nature agrees with.
- 2) When you hold onto these thoughts, you start to have bad **FEELINGS** about the situation or person you're thinking about.
- 3) When you give in to these feelings, you take some sort of **ACTION**.
- 4) If you keep on doing this action, you form a **HABIT**.
- 5) Once a habit is formed, a **STRONGHOLD** is built in your soul by that demon.

**Now keep reading!** In the next few pages we want to show you how you can be free. The Answer? You need to encounter God the Son — Jesus — in a life-changing way. He really is the only One who can help you **GET FREE** and **STAY FREE**.

#### BEFORE your strongholds are demolished:

 <p>"I bet your brother Tyler took your best shirt. You'll look terrible at school today."</p>  <p>"I wonder if Tyler took my best shirt? I'll look terrible at school today."</p> <p>The demon in Kyle's stronghold sounds just like his own voice.</p>	<p>"That shirt always made you look cool."</p>   <p>"This is going to be a bad day. I wanted to impress Maya."</p> <p>The demon wants to hurt Kyle's feelings, and his relationships.</p>	<p>"Good morning Kyle. How ya doing?"</p>  <p>"You took my favorite shirt!" Give it back!</p>  <p>By the time Tyler sees his brother, Kyle's already mad at him.</p>	 <p>"Your brother always has it in for you!"</p>  <p>"Boy! Kyle's always crabbing about one thing or another."</p> <p>The demon also works through the strongholds in Tyler to make him upset and mad at Kyle.</p>
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## Are Demonss Dragging Down Your Life?

Is your life full of attitudes and actions that keep people from getting close to you? Are you in a pit you can't get out of? Many of the symptoms listed below have been passed along to you by your parents and grandparents. The **bold words** are different *demonic strongholds* that may be behind your wrong attitudes and behavior. Below each stronghold are the *symptoms* you may have when each stronghold is influencing you.

Write a number from **0 to 10** in the **first space** next to each symptom that's a **habit** in your life—something that describes you **most of the time**. The number shows how much the spirit is influencing or controlling you. **0** means it *doesn't describe you at all*. **10** means *all the time*. Make sure that the symptom is something that describes your **usual attitudes or actions**—not just something you have or do once in a while.

After you've put down your numbers, have someone **who knows you well** go over your answers and put in the **second space** their number that describes you.

### DECEIT

- \_\_\_ Lying
- \_\_\_ Believes daydreams
- \_\_\_ Misled by others or misleads
- \_\_\_ Makes excuses for wrongs
- \_\_\_ Unbiblical religious beliefs

### CONFUSION (DOUBT & UNBELIEF)

- \_\_\_ Suspicious
- \_\_\_ Fearful
- \_\_\_ Can't make up mind
- \_\_\_ Sarcastic; thinks the worst
- \_\_\_ Anxious, worried

### INDEPENDENCE

- \_\_\_ Careless of others' feelings
- \_\_\_ Lonely/Isolated
- \_\_\_ Makes choices without input
- \_\_\_ Always asks "Why not?"
- \_\_\_ Withdrawn; silent
- \_\_\_ Makes excuses; feels blamed
- \_\_\_ Lack of trust
- \_\_\_ Always feels guilty

### CONTROL

- \_\_\_ Plays people off each other
- \_\_\_ Always has to be *doing*
- \_\_\_ No trust
- \_\_\_ Always takes opposing side
- \_\_\_ Unaware of others' feelings
- \_\_\_ Desires to be noticed
- \_\_\_ Bad language
- \_\_\_ Emotional outbursts

### WITCHCRAFT/ OCCULT ACTIVITY

- \_\_\_ Denies God the way the Bible presents Him
- \_\_\_ Fascinated by evil
- \_\_\_ Involved in occult, drugs, Dungeons & Dragons
- \_\_\_ Rebellious
- \_\_\_ Life has little or no value
- \_\_\_ Controlled by evil desires
- \_\_\_ Fortunetelling; seances

### BITTERNESS

- \_\_\_ Holding a grudge
- \_\_\_ Hating others who are different than you
- \_\_\_ Unforgiveness
- \_\_\_ Anger/Rage
- \_\_\_ Violent
- \_\_\_ Wants Revenge

### REJECTION

- \_\_\_ Addicted (drugs, alcohol)
- \_\_\_ Can't stop certain acts
- \_\_\_ Seeks acceptance
- \_\_\_ No self-worth
- \_\_\_ Withdraws from others

### DULLNESS & UNABLE TO PRAY

- \_\_\_ God seems far away
- \_\_\_ Finds it hard to love
- \_\_\_ Easily distracted
- \_\_\_ Doesn't want to change
- \_\_\_ Lazy
- \_\_\_ Deceived in how you see yourself

### SEXUAL IMPURITY

- \_\_\_ Lust for sex
- \_\_\_ Using sex for attention
- \_\_\_ Frequent masturbation
- \_\_\_ Homosexuality
- \_\_\_ Pornography
- \_\_\_ Sexual fantasies

### DESTROYING SPIRIT

- \_\_\_ Demons attack your body
- \_\_\_ Unconfessed sin
- \_\_\_ Abuses body
- \_\_\_ Life has little or no value
- \_\_\_ Grumbles and complains often
- \_\_\_ Thoughts of suicide
- \_\_\_ Drawn to dangerous activities

### DOWNHEARTED

- \_\_\_ Depression
- \_\_\_ Despair
- \_\_\_ Self-pity
- \_\_\_ Loneliness
- \_\_\_ Hidden sin
- \_\_\_ Thoughts of suicide

### PRIDE

- \_\_\_ Has to be 'top dog'
- \_\_\_ Better than others
- \_\_\_ Self-centered
- \_\_\_ No concern for others
- \_\_\_ Focused on "stuff"
- \_\_\_ Wants to be noticed

### REBELLION

- \_\_\_ Ignores advice
- \_\_\_ Stubborn
- \_\_\_ Pouts
- \_\_\_ Causes trouble
- \_\_\_ Divides people
- \_\_\_ Always disagrees
- \_\_\_ Anger / arguments
- \_\_\_ Independent
- \_\_\_ Unteachable

### IDOLATRY

- \_\_\_ Frustrated
- \_\_\_ Hopeless
- \_\_\_ Greedy/selfish
- \_\_\_ Eager to sin
- \_\_\_ Hunger for wealth and power
- \_\_\_ Create your own god
- \_\_\_ No concern for others
- \_\_\_ God not important

### JEALOUSY

- \_\_\_ Resentful
- \_\_\_ Spreads Gossip/slander
- \_\_\_ Betrays others
- \_\_\_ Finds fault with others
- \_\_\_ Critical of others
- \_\_\_ Suspicious

### RELIGIOUS ON THE OUTSIDE

- \_\_\_ Spouts Bible knowledge
- \_\_\_ No Holy Spirit power
- \_\_\_ Doesn't see need to change
- \_\_\_ Says one thing, does another
- \_\_\_ Fakes spiritual beliefs

### FEAR & INSECURITY

- \_\_\_ Feels second-rate
- \_\_\_ Can't do things right
- \_\_\_ Timid; shy
- \_\_\_ No sense of belonging
- \_\_\_ No trust; worries
- \_\_\_ Fear for no reason
- \_\_\_ Things have to be perfect
- \_\_\_ Can't accept failure
- \_\_\_ Can't keep goals
- \_\_\_ Always talking

### FALSE VIEW OF GOD

- \_\_\_ Denies Jesus as both God .. and Man
- \_\_\_ Bible is a lie, or just stories
- \_\_\_ Leads others on bad path by lies and/or power
- \_\_\_ Humble on the outside, greedy on the inside
- \_\_\_ Open to religious lies
- \_\_\_ Ignores God's standards
- \_\_\_ Makes up dreams or visions to get attention

## Demolish Your Demonic Strongholds In Jesus' Name!

### REMEMBER

**You're dealing with demonic spirits  
in forts in your mind, will and  
emotions. Keep going!**

**Demonic forces will do all they can to  
keep you from getting rid of them.  
Want to be free? Keep reading!**

Here's the good news: all demonic forces have to **surrender** to the **authority of the Name of Jesus**. All the influence of demons in your life is wiped out by the Name and power of the Lord Jesus Christ—the God who became man because *He loves you!* It's HIS power on your behalf that demolishes your strongholds.

### ***1. If Possible, Have Someone With You When You Destroy These Strongholds***

The person with you can **remind you later** that you don't have to listen to those demonic voices any more. The demons **have to leave** because of the power of Jesus.

But they'll try to convince you that *nothing has changed* in your life. The spirits will no longer be in your soul, but they may try to bother you *from the outside* with tempting thoughts. They want you to let them back in!

### ***2. You Need to Be Responsible For What You Did Wrong Through These Spirits***

You probably found many demonic strongholds in your soul. No matter how many you're about to demolish, remember this: **You are responsible for the wrong you did** when you listened to the stronghold spirits. Accept your responsibility. You can't say, "The devil made me do it!"

**Don't just agree that you did wrong.** Take full responsibility for the *hurt* and *harm* you've done. Otherwise, you won't realize how much you were at

fault, and won't see how much you *need to be forgiven*.

You'll go back to your old ways like a dog goes back to its vomit. You'll give way to the same prison pattern of wrong **thoughts** > wrong **feelings** > wrong **actions** > wrong **habits**, which then become a **stronghold** to control your mind, will and emotions.

If you are freed from an evil spirit but *don't* fill in that sin area ***the way God wants you to***, worse ones will enter you.

When Jesus is the ruler of your life you *don't want to live the old way* any more. Jesus will give you power to **resist the voices** that try to get you to think wrong or do wrong. Remember: ***take captive your thoughts and think like Jesus***.

Read the Bible to learn how Jesus wants you to live. Be quick to sense when you you're doing wrong, and **turn away from it**. If your heart is always ready to agree with God and turn away from wrong, then it's harder for demons to tempt you!

### ***3. There Is Great Power In The Authority Of Jesus' Name***

The Name of Jesus has power that you can rely on. All demons have to submit to His Name. And, Jesus has given you permission to **use His Name** to demolish strongholds just as the Bible promises (2 Corinthians 10:4).

After you've gone over the stronghold list and checked off the ones you have, **in the Name of Jesus you can renounce each stronghold by name**. You're relying on the **authority of the Name of the Lord Jesus** and the **power of His death on your behalf** to demolish your strongholds.

### ***4. Now, Go Demolish Your Strongholds In The Name Of Jesus***

Beginning with the stronghold of Deceit on page 6, renounce **one by one** in



the Name of Jesus **each stronghold you checked off**—those you numbered a symptom higher than 0. The symptoms can also help you remember the wrong you did under the stronghold’s influence. Then you can ask God to forgive you for each wrong you’ve done.

Don’t hurry through this! Jesus wants you to be “squeaky clean” when you’re through. That means all your strongholds are gone and all the wrong you’ve done confessed to God and forgiven. Do one stronghold at a time. Include confessing the sins you may have committed also.

**If you don’t know how to pray, this might help guide you:**

“Father in heaven, I come to You in the Name of Jesus. I know that You’ve given me power by Jesus’ death for me and His being alive now. I ask You to help me demolish the demonic strongholds in my life. I confess to You that I’ve done wrong in this way: *(name each sin)* \_\_\_\_\_.

I renounce the stronghold of *(list each one by name)* \_\_\_\_\_ by the authority of the Name of Jesus Christ according to what the Bible says.

Through Your power I don’t want to live that old way any more, and I’m choosing to turn from it. I want each

area of my life to be the way Jesus wants it. Thank You, Lord, amen.”

## What You Can Do Afterward

You’ll need help to replace the old ways you used to live with ways that please God and are good for you. Get to a computer and type in this website:

**<Restorationministries.org>**

Then go to one or more of these topics where you can read or download for free some things that will help you:

1 A complete copy of the ***Demolishing Strongholds*** workbook.

**<<http://www.restorationministries.org/pdf/books/dms/DemolishingStrongholds.pdf>>**

2 The ***Certain Of What We Do Not See*** video series will help you understand the unseen forces around you.

**<<http://www.restorationministries.org/html/CertainOfVideo.html>>**







3 The lessons on ***Discussing How To Restore The Early Church*** will help you learn how to live a life that pleases God and is good for you.

**<<http://www.restorationministries.org/html/RTEClessons.html>>**

4 The ***Jesus In Your Home*** video series will help you learn how much Jesus loves you and wants to help you live by His Word.

**<<http://www.restorationministries.org/html/JIYH.html>>**

**AFTER your strongholds are demolished:**

 <p>“I bet your brother Tyler took your best shirt. You’ll look terrible at school today.”</p>  <p>“I wonder if Tyler took my best shirt? I’ll look terrible at school today.”</p>	 <p>“Wait a minute! That’s not my thought.”</p>  <p>“Demon, in Jesus’ Name I order you to stop speaking! Jesus, I ask you to help me have Your thoughts”</p>	<p>“Good morning Tyler. How ya doing?”</p>  <p>“Just great! By the way Mom put your favorite shirt in my closet. Have you been looking for it?”</p> 
<p>The demon tries to get Kyle angry at his brother Tyler.</p> <p>Kyle recognize the demonic source to the thought.</p> <p>Without strongholds, Kyle can recognize the true source of the evil thoughts. He frees himself from the demon by rebuking him in Jesus’ Name. Then he takes his thoughts captive and makes them like Jesus’.</p>		