

TRUE FREEDOM WORKBOOK

Key Scripture

1 Samuel 7:3-4

3) Then Samuel spoke to all the house of Israel, saying 'if you return to the LORD with all your heart, remove the foreign gods and the Ashtaroth from among you and direct your hearts to the LORD and serve Him alone: and He will deliver you from the hand of the Philistines.' 4) So the sons of Israel removed the Baals and the Astaroth and served the Lord alone.

Session 3 – Fortress of Strongholds

Healing Structure

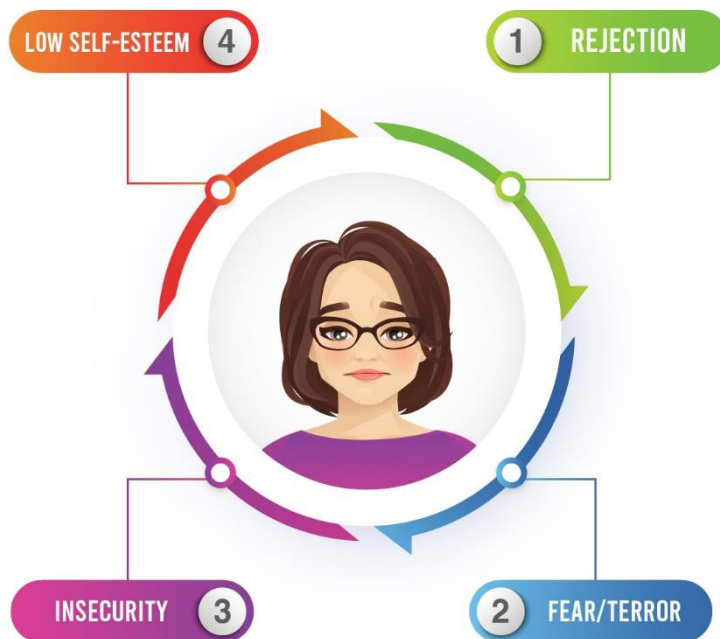


1. This is the _____ of just _____ hurt. But there are often _____.
2. Structure one is _____ .
3. Strongholds are _____ Systems; Behavior _____; and _____ Processes.

4. Structure two is _____/_____!
5. Structure three is _____.
6. Structure four is _____.

The enemies job is to make you totally ineffective.

Fortress of Strongholds



When you Grow in your relationship with the Lord, and then God begins to shine a light into the dark places, where the deepest wounds reside, you can begin to get free. As the Lord shines His truth in the depths of your heart, you will begin to identify the symptoms of the individual strongholds.

7. These _____ are the _____ of the enemy that are based in _____ systems.
8. The _____ Spirit brought _____ and destroyed those _____ in my life.

Fortress Collapsed



9. Don't _____ the _____.

Activity

Pray, then take time to examine yourself. Do a self-assessment and write down anything that you feel may be part of this structure. See if you can begin to build your structure.

Think About It

It may take time to see how the various wounds and strongholds have created a structure in your life. So take time to go through this. Then see how each may have supported the other structures.

During this time though, protect your thoughts and what you read, see or watch on TV. The enemy does not want you free so he may try to bring things in to reinforce the structures. Stay in the Word (Bible) and pray every day for God to open your mind and heart to what HE wants you to know and see. Pray for Holy Spirit to protect you as you go through this process.

Answer Key

1. First, one, many
2. Rejection
3. Belief, Behavior, Thought
4. Fear/Terror
5. Insecurity
6. Low Self-Esteem
7. Symptoms, lies, false belief
8. Holy, healing, strongholds
9. Fear, pain