



Romans 15:13

"May the God of all hope

fill you with all joy

and peace

as you trust in Him,

so that

you may overflow

with hope

by the power of the Holy Spirit."

"Now may the God of hope fill you with all joy and peace as you believe so that you may overflow with hope by the power of the Holy Spirit." (CSB)



HOLIDAY EDITION Bible Study

12.13.22 | Debbie Stuart

It Is Well:

WALKING AWAY FROM ANXIETY AND INTO GOD'S WORD

STRONGHOLDS

- 2 Corinthians 10:4-5:

"The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." (NIV)

Definition of Strongholds:

- Tony Evans = a mindset that accepts a situation as unchangeable even though we know it is against the will of God. A stronghold is a faulty thinking pattern based on lies and deception. Deception is one of the primary weapons of the devil because it is the building block for a stronghold.
- A system of beliefs that has been created in your life that challenges what's true about God and His Word. It becomes the thing you see and "do life" through; your filter.
- Something that holds you hostage against doing the will of God (holding in place, keeping held down).

Examples of Strongholds:

1. Personal Preferences - You want what you want, when you want it!
2. Unhealthy Habits - "too much of a thing" or the wrong thing
3. Faulty Belief System - believing lies, not knowing and applying the Truth

Types of Strongholds:

- Emotional Strongholds - your experiences create them - tied to something that happened
- Relational Strongholds - your feelings create them - tied to something that is not helpful
- Physical Strongholds - your flesh desires them
- Spiritual Strongholds - anything that sets itself up against God

Tearing Down Strongholds:

→ Strongholds are destroyed when the enemy is exposed. 1 Peter 5:8

→ Strongholds are destroyed with exposure and application of God's Word. James 4:7

→ Strongholds are destroyed with change of thoughts and behaviors. 2 Timothy 2:21-22

→ Strongholds are destroyed with prayer, praise, and thanksgiving. Philippians 4:6