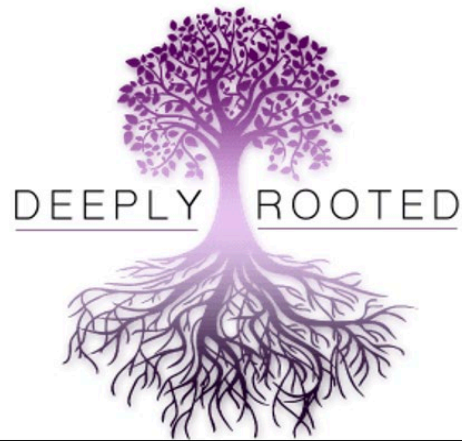


Christians and Strongholds

Breaking Free and Staying Free
From Internal Captivity
Study Guide



Christian Life Center Women's Ministry



Christian Life Center Women's Ministry

Please read the assigned chapters in the book, *Christians and Strongholds*. Come ready to discuss the coordinating study questions. Below is the monthly schedule for assigned reading:

June:

1st meeting: Preface, Intro, Chapters 1 & 2

2nd meeting: Chapters 3 & 4

July:

1st meeting: Chapters 5 & 6

2nd meeting: Chapters 7 & 8

August:

1st meeting: Chapters 9 & 10

2nd meeting: Chapters 11 & 12

September:

1st meeting: Chapters 13 & 14

2nd meeting: Chapter 15

October 5-7

Ladies Advance Conference

Please read, think about each question, and write down what God is showing you while reading.
Bring your study guide with you to the next meeting!

Chapter 1

1. Can you relate with the author on how easily we can get hurt? Have you been through a similar situation? How did you handle it?
2. What is the greatest mistake you can make when offended?
3. What happens when you think too much on what took place? Can you see how our enemy uses this?
4. While reading this chapter did God reveal things in your own life that need to be changed? Explain.
5. What did the author do once she realized satan was using this situation to build his strongholds? How does this help you?

Chapter 2

1. Where do strongholds first begin gaining entrance into our hearts? Have you ever experienced this in your own life?
2. How are spiritual strongholds built in our lives? Were you aware of this before reading this book?
3. While reading this chapter, what are some personal strongholds the Lord revealed to you that you have been struggling with?
4. According to II Corinthians 10:3-5, what are some changes you are going to make in your life after reading this chapter?

Chapter 3

1. What do hurts and offenses often show us?
2. Explain what spiritual role a *dipstick* plays in our lives. Have you ever had a *dipstick* in your life? How did you respond.
3. What is the first step in the healing process?
4. What happens when you get a *splinter* spiritually?
5. What does Isaiah 61:1 speak to you personally regarding hurts and offenses?

Chapter 4

1. How does I Peter 5:8 give us instruction on how to protect ourselves from satan's attacks? How do you apply this in your own life?
2. What happens to those who believe they never have faults or continues to not see the condition of their heart?
3. When Lucifer was stripped of his authority and power, who did God transfer that power to? How is this applied?
4. What two things does satan use to try and destroy man?
5. What is the one area of our lives that many Christians struggle with today? Have you struggled with this personally? If so, how have you overcome?

Chapter 5

1. After reading this chapter and taking an honest look at your life, what could be opening the door to anxiety, fear, or depression?
2. Why was it so important for Israel to conquer Goliath? What consequences did Goliath represent?
3. What type of sins does our enemy allure us with that we may not notice at first?
4. Reflecting on your own life, have you ever been attacked by anything referenced in this chapter? What has God shown you while reading this?

Chapter 6

1. How would you describe your heart condition? What are some areas of your life God is showing you that needs work?
2. When God exposes issues in your heart, what do you do? Do you go to God first? Why or why not?
3. Do you believe a person can completely be delivered through the power of the Word of God? Share any testimony that you have experienced.
4. What was the ministry of Jesus? In what way can you see the Holy Ghost working the same way in our lives?

Chapter 7

1. Read Jeremiah 17:9-10. What does this Scripture mean to you? In what ways does the Lord search our hearts? Share a personal example.
2. This chapter refers to the stronghold's construction taking place in our lives. What does this mean to you?
3. Do you share the deepest parts of your heart with the Lord? Why or why not?

Chapter 8

1. State what forgiveness is *NOT*:
2. In Psalm 66:18, what does the Bible state unforgiveness has the power to do?
3. In Hebrews 1:18-19, what does the Apostle Paul tell us to follow after, or desire? Why do you think this is important?
4. In Matthew 18, Jesus likened bitterness as being the same type of bondage as what?
5. What has the Lord showed you personally while reading this chapter? Please share.

Chapter 9

1. What allows jealousy to continue and operate in a person's life? Have you experienced this? Explain
2. Read and meditate on Proverbs 6:34 and Song of Solomon 8:6. In your own words define the work of jealousy:
3. Name three things that expose the spirit of jealousy:
4. Think back to a situation in your own life where you struggled with jealousy, what do you feel opened the door to it?
5. What did God identify as the "root cause" and what did He reveal to you about your own heart? What was your response?

Chapter 10

1. What is the ROOT of jealousy, envy, greed, selfishness and anger? What did God show you regarding this?
2. James 4:6 and I Peter 5:5 talk about how “God resists the proud.” What is the true nature of Christ and the road to internal greatness?
3. Pride was the first sin recorded in history. What did Lucifer boast about that exposed his pride?
4. As women, what are some ways we are able to release these toxic feelings from out of our hearts?
5. Read Philippians 2:5. Have there been times in your own life where God has placed you on His “Potter’s wheel” to help you fight feelings of pride? How did you respond in those times?

Chapter 11

1. In both the Old and New Testament Scriptures, what was confession of sin and true repentance always associated with?
2. In the story of Corrie Ten Boom, she stated that forgiveness was not a feeling (you will not always feel to forgive) but it is an act of what? What does this tell you?
3. In what ways have you chosen to obey the Lord in times when it was hard?
4. In Romans 5:5, what does the Scripture say the Holy Ghost will do for us? Have you ever had an experience where God's Spirit helped you do something you could not do on your own?

Chapter 12

1. What does Matthew 5:23-24 require us to do?
2. Have you ever had bitterness attack you through a situation?
How did you handle it?
3. If God has given you victory and healing over past hurt, how have you KEPT victory alive in your life?
4. How do you fight bitterness now that you have God's understanding?
5. What does Matthew 6:14-15 tell us about forgiveness?

Chapter 13

1. Give some examples of how jealousy can manifest outwardly:
2. Why is it important to confront jealousy when it attacks?
3. This chapter speaks about “physical actions” we must do to keep free. Have you used these in your own life? Give examples.
4. Proverbs 4:23 states, “Keep thy heart with all diligence; for out of it are the issues of life.” What does this mean to you?

Chapter 14

1. What is the weapon God has given to us that destroys pride?
2. Where does pride get its roots from?
3. How can humility be demonstrated?
4. When you take on the mind of Christ what does He give you in return?
5. How did Jesus portray humility?

Chapter 15

1. What is the difference between the conscious mind and the sub-conscious mind?
2. What is the only weapon God has given to us that is used to tear down and destroy spiritual strongholds? Have you used this weapon? Explain.
3. How do you overcome re-occurring negative thoughts that come to bring you back into bondage?
4. How do you develop self-disciplines that will liberate and set you free? Can you testify to any of these in your personal life?
5. Name one Scripture that has helped you overcome the battle in your mind. Create a short prayer using this Scripture:

**Notes on what the Lord has spoken to you
while reading this book:**