

Memorize 2 Corinthians 10:4-6

“For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, and being ready to punish all disobedience when your obedience is fulfilled.”
(NKJV)

Explain what a stronghold is.

What strongholds have you identified in your life?

Strongholds are created in several ways. Share how strongholds are created.

What do you think caused the strongholds in your life?

Why is unwise to go “Dumpster Diving”, searching for the cause of the stronghold?

What’s a better way to discover the source of a stronghold?

Have there been strongholds you’ve been able to conquer?

Explain the Chambers of the Heart to a family member, friend or a stranger.

Strongholds are often caused by:

W_____ of the H_____

T_____

F_____ A_____

S_____ T_____

W_____ of false g_____

G_____ S_____

U_____ V_____

J_____

F_____ B_____

Explain to a family member, a friend, or a stranger how Strongholds can catapult us out of the God Zone.

Share how you return to the God Zone when you find yourself in the DEN because of a Stronghold.

Is there anything that was unclear to you in the teaching this week?

What do you feel was the most beneficial for you in the teaching this week?

Any questions you need to ask?

Do a daily inventory. Were there any situations that catapulted you out of the God Zone? How long did you remain in the DEN?

Road to the Wound

Wounded and/or a Broken heart Worksheet.

What is the current event that caused my reaction? What happened that triggered me?

Did I overreact or under react? How did it make me feel? Name the emotion(s) or feelings.

Were my feelings justified? Was I right in feeling this way? If so why do I believe this?

Have you ever felt this way before?

Who or what caused you to feel this way in the past? (Pray and ask the Lord to show you the original wound or trauma where this reaction originated. What is it there for?)

Follow the steps below for both the present situation as well as any wounds the Lord may have revealed to you.

Scriptures on FORGIVENESS:

Matthew 18:21-35, Hebrews 11:15, Ephesians 4:25-27, Matthew 6:9-15, Luke 4:16-21

1. Who offended you, who hurt you? (Do not take on another's offence.)
2. What did they do to you? Be specific.
3. How did it make you feel? What were the emotions that you experienced at the time of the offense?
4. What are the emotions that you feel as you remember it now?
5. Did you sin while emotionally charged? If so how?
6. Pray

SAMPLE HEALING PRAYER: (Pray regarding the present situation as well as the past wound.)

Sample Prayer: Dear Heavenly Father, I purpose and choose to forgive (name of the offender #1 above) from my heart for (name the offense #2 above). I cancel all their debts and obligations to me. I release them in the name of Jesus. They owe me nothing. Lord, I take full responsibility for my behavior. I have sinned against you by (#5 above). I am truly sorry. Please forgive me. Please forgive me for the anger, hatred, bitterness, malice, rejection, etc. (#3 and #4 above) in my heart. I have worn these as a garment. I have allowed these feelings to control me, Lord forgive me I pray. I do not want these in my heart any longer. In the name of Jesus, I command (name the emotions #3 and #4 above) to go to the feet of Jesus now. In the name of Jesus, I cancel Satan's power over me in this memory and resulting pain. I ask you Lord Jesus to come into my heart and heal the wound(s) that (name the offender) inflicted upon me. In Jesus name I pray. I invite you Holy Spirit to speak to me about this situation. (Listen, and write down what the Holy Spirit says or does. Receive it and believe it.)

Restoring relationship: Luke 17:3-4 (NIV)

"If your brother sins, rebuke him, and if he repents, forgive him. ⁴ If he sins against you seven times in a day, and seven times comes back to you and says, 'I repent,' forgive him."

Notes of explanation:

Emotions are only that, emotions. However, when we begin to wear them as a garment, when we embrace them as a way to protect ourselves or we allow them to become a part of our character, which is opposed to the character of Christ, then we need to repent, not for feeling the emotion but for wearing them. When I cast rejection to the feet of Jesus I am not casting the emotion of rejection but I'm taking off the *garment of rejection* that I have put on. Every emotion we wear as a garment that is not one of holiness, righteousness, or the fruit of the Spirit, is sin. We need to repent for wearing it.

There is always a specific point in time, a first time when we dressed ourselves in these garments. What were the circumstances? Why did we clothe ourselves in this garment? We must confess and repent for the initial sin or the first time we put on the garment. We must ask forgiveness for wearing it. Jesus said to cast all your cares upon Him because he cares for us. I have heard some people say that they did not feel it was necessary to cast these from us. They felt that Jesus knew what we needed therefore he would just do it without our asking or without our casting.

The Truth: We have to release it before he will take it from us. He would not tell us to cast it from us if he has already removed it from us. It isn't complicated. The problem with us is that we do not like to follow instructions. We want to do it our way. We want Jesus to do it the way we think He should do it rather than follow his clear instructions about what and how we are to remove these garments from ourselves.

Soul Ties

A definition: bonding together; knitting together of two souls in mind, will and emotions.

(knit means to bind up- to join together).

I. Godly soul ties are good. They are healthy.

A. They can exist in:

1. Healthy parent, child relationships

2. Balanced close friendships

1 Samuel 18:1-4 (NKJV)

¹ ...the soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul.

³ Then Jonathan and David made a covenant, because he loved him as his own soul.

⁴ And Jonathan took off the robe that *was* on him and gave it to David, with his armor, even to his sword and his bow and his belt.

3. Intimate, healthy marriages

Gen. 2:24 A man shall leave his

father and mother and cleave unto his wife and they two shall be one "flesh".

B. They are a blessing from God

Proverbs 18:22 (NKJV)

²² *He who* finds a wife finds a good *thing*, And obtains favor from the LORD

C. Healthy soul ties bring Unity and strength

Ecclesiastes 4:9-12 (NKJV)

⁹ Two *are* better than one, Because they have a good reward for their labor.

¹⁰ For if they fall, one will lift up his companion. But woe to him *who is* alone when he falls, For *he has* no one to help him up.

¹¹ Again, if two lie down together, they will keep warm; But how can one be warm *alone?*

¹² Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken.

II. Ungodly soul ties

**Restoring the Foundations:*

Chapter XI (definition focusing on unhealthy soul ties)

Unhealthy Soul ties are an ungodly covenant with another person based on an unhealthy emotional and/or sexual relationship. This covenant binds the two people together. God honors or recognizes these covenants. He leaves us free to decide when and if we will appropriate His provision to break or cut the ties and release these individuals.

Most common ungodly soul ties

A. Fornication and adultery causes ungodly soul ties.

1 Corinthians 6:15-20 (NKJV)

¹⁵ Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make *them* members of a harlot? Certainly not!

¹⁶ Or do you not know that he who is joined to a harlot is one body *with her*? For "*the two*," He says, "*shall become one flesh*."

¹⁷ But he who is joined to the Lord is one spirit *with Him*.

¹⁸ Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body.

¹⁹ Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own?

²⁰ For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

B. Unhealthy emotional soul ties

1. Girlfriend/boy friend, first love even if no sexual relationship (if I'd only married so and so)

2. Child/parents (Child becomes surrogate mate) or parent continues to control child; not allowed to leave home-etc ... hatred results

3. Any friendship where the motivation of relationship is impure -: all of these hinder relationship with God and with others - type of idolatry causes:

- a. Emotional dependency
- b. Control
- c. Manipulation
- d. Confusion

4. Unhealthy soul ties concerning alignment with false teaching.

- a. Cult
- b. Masonic Order.
- c. Drug use partners
- d. Vows made - sororities, fraternities

Spirits transferred through emotional and physical ties

There is evidence in scripture and in counseling experiences to indicate that demonic spirits can be transferred from one individual to another through emotional and sexual ties. It is not uncommon for a person who has broken only soul ties to still be harangued by oppression, spiritual dreams, lust, health problems: mental, physical or emotional because of the transfer of spirits. The cases being most severe when sexual and /or emotional unions have taken place with people who are involved in the occult or in cults, ie: Satanism, Wicca, witchcraft, black arts, fortune tellers, Mormonism, Homosexuality, Lesbianism, etc. Also, those who have opened themselves up to be hosts for demons through hallucinogenic drugs can also transfer spirits to their partners.

A passage of scripture in the second letter Paul wrote to the Corinthians sounds much like the passage found in I Corinthians but notice the subtle differences.

2 Corinthians 6:14-18 (NKJV)

¹⁴ Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness?

¹⁵ And what accord has Christ with Belial? Or what part has a believer with an unbeliever?

¹⁶ And what agreement has the temple of God with idols? For you are the temple of the living God. As God has said: *"I will dwell in them And walk among them. I will be their God, And they shall be My people."*

¹⁷ Therefore *"Come out from among them And be separate, says the Lord. Do not touch what is unclean, And I will receive you."*

¹⁸ "I will be a Father to you, And you shall be My sons and daughters, Says the LORD Almighty."

THE FIRST PASSAGE IS SPEAKING OF PHYSICAL TIES. THE SECOND IS SPEAKING OF SPIRITUAL TIES.

Prayer to renounce a soul tie and the transfer of spirits:

Dear Heavenly Father,

I have sinned against you and in your sight. I have also sinned against my body. I have yoked myself with an unbeliever. I have embraced the spirits of darkness and the gods of this world when I became emotionally and/or sexually involved with (name of individual). Please forgive me. I confess, repent and renounce all association with (name of individual) both physically and emotionally. I choose to separate myself from them physically, spiritually and emotionally. In the Name of Jesus I cancel Satan's authority over me in the soul tie that I have with (name of individual) and ask Lord that you would return to me every part of myself that (name of individual) is holding and I release every part of (name of person) that I am holding and ask you O Lord to remove from me and return to (name of individual) what I have held. In the name of Jesus I break every stronghold held over me because of my sin with (name of individual). I command every spirit that has been transferred to me through this union to go to the feet of Jesus now in the Name of Jesus. Dear Lord Jesus, cleanse my mind, my soul, my body, every part of my being that has been affected because of this sin. I ask you to cleanse me now. Recorder take your recordings, Photographer take your images, and Librarian take your memories. I command you to go to the feet of Jesus, now, in the name of Jesus. I command all the spirits that have been assigned to me because of this sin, including depression and oppression, to go to the feet of Jesus now in Jesus name. Thank you Lord for cleansing me. Fill me with your Holy Spirit, O Lord, I pray. A-men

Holy Spirit, speak to me about this situation. Is there anything more I need to do to be completely free from this unhealthy soul tie? (LISTEN AND OBEY)

Sample Prayer to remove False Beliefs:

Dear Heavenly Father,

I recognize I have believed a lie. I've believed (state the false belief). I'm so very sorry for believing this lie. Please forgive me. I don't want this lie in my heart so I confess, repent and renounce this lie (state the false belief) both personal and in my generations in the name of Jesus. I break and cancel this lie and its effects in my life in the name of Jesus. I command every spirit attached to or associated with this lie to leave now and take this lie to the feet of Jesus in the name of Jesus. Speak to me Lord Jesus about this area of my life. (Pause and listen).

What is the truth according to God's Word? Write below what you know the truth to be that is opposite of your False Belief.