

Kingdom Discipleship & Prophetic Training

Identifying Strongholds That Keep You Weak

2 Cor. 10:3-5 For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against **the knowledge of God**, and we are taking every thought captive to the obedience of Christ,

John 8:44 "You are of your father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth because there is no truth in him. Whenever he speaks a lie, he speaks from his own nature, **for he is a liar and the father of lies.**

Prov. 23:7a For as he thinks within himself, so he is.

Prov. 4:23 Watch over your heart with all diligence, for **from it flow the springs of life.**

[Activation Session]

Tearing Down Your Strongholds

1. The Power of Thanksgiving

1 TH 5:16-18 Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus.

ROM 1:21 For even though they knew God, they did not honor Him as God or give thanks, but they became futile in their speculations, and their foolish heart was darkened.

PSA 100:4 ¶ Enter His gates with thanksgiving And His courts with praise. Give thanks to Him, bless His name.

[Activation Session]

2. The Sacrifice of Praise

HEB 13:15 Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.

1 Chron. 21:22-24 Then David said to Ornan, "Give me the site of this threshing floor, that I may build on it an altar to the Lord; for the full price you shall give it to me, that the plague may be restrained from the people." Ornan said to David, "Take it for yourself; and let my lord the king do what is good in his sight. See, I will give the oxen for burnt offerings and the threshing sledges for wood and the wheat for the grain offering; I will give it all." But King David said to Ornan, "No, but I will surely buy it for the full price; **for I will not take what is yours for the Lord, or offer a burnt offering which costs me nothing.**"

A sacrifice:

PSA 103:1 Bless the Lord, O my soul, And all that is within me, bless His holy name.

Like David:

HEB 11:6 And without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who seek Him.

A sacrifice of praise:

PSA 22:3 Yet You are holy, O You who are enthroned upon the praises of Israel.

PSA 8:2 From the mouth of infants and nursing babes You have established strength Because of Your adversaries, To make the enemy and the revengeful cease.

Praise & worship:

ISA 42:10-13 Sing to the Lord a new song, Sing His praise from the end of the earth! You who go down to the sea, and all that is in it. You islands, and those who dwell on them. Let the wilderness and its cities lift up their voices, The settlements where Kedar inhabits. Let the inhabitants of Sela sing aloud, Let them shout for joy from the tops of the mountains. Let them give glory to the Lord And declare His praise in the coastlands. The Lord will go forth like a warrior, He will arouse His zeal like a man of war. He will utter a shout, yes, He will raise a war cry. He will prevail against His enemies.

Praise & worship:

[Activation Session]

3. Praying in the Spirit and Faith

ROM 8:26-27 In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words; and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to the will of God.

JUD 1:20 But you, beloved, **building yourselves up** on your most holy faith, **praying in the Holy Spirit**,

1CO 14:2 For one who speaks in a tongue does not speak to men but to **God**; for no one understands, but in his **spirit** he speaks mysteries.

1CO 14:4a One who speaks in a tongue **edifies himself**;

JOH 16:13-15 "But when He, the Spirit of truth, comes, **He will guide you into all the truth**; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come. He will glorify Me, for He will take of Mine and will disclose it to you. All things that the Father has are Mine; therefore I said that He takes of Mine and will disclose it to you.

ROM 10:17 So faith comes from hearing, and hearing by the word of Christ.

MAR 11:20-24 As they were passing by in the morning, they saw the fig tree withered from the roots up. Being reminded, Peter said to Him, "Rabbi, look, the fig tree which You cursed has withered." And Jesus answered saying to them, "Have faith in God. Truly I say to you, whoever says to this mountain, 'Be taken up and cast into the sea,' and does not doubt in his heart, but believes that what he says is going to happen, it will be granted him. Therefore I say to you, all things for which you pray and ask, believe that you have received them, and they will be granted you.

[Activation Session]

REMINDER: BRING YOUR PERSONAL PROPHECIES WITH YOU NEXT WEEK.

Identify Your Strongholds

What negative thoughts seem to be in your mind frequently?

What doubts about the Lord do you struggle with?

Tear Down Your Strongholds

I give the Lord thanks....

I recognize these changes:

I will choose to praise & worship the Lord...

I recognize these changes:

I received this word from the Lord:

Makes me feel unimportant

No time for me

Doesn't care about my life

Doesn't care about my feelings

Doesn't take care of my needs

Critical

Judgmental

Physically abusive

Verbally abusive

Doesn't keep his promises

Never satisfied

Hard to talk to

Bad temper/anger problem

Makes me feel rejected

Abandoned

Neglected

Ignored

Disappointed in me

Doesn't like me

Forgotten

Unloved

Misunderstood

Hard to please

Unworthy

Unappreciated

Harsh and demanding