

SET FREE

(part 2)

The following are strongholds, the lie at the core of each and the truth that replaces the lie:

The Stronghold	The Lie	The Truth
Anger	Some people really make me mad, but it's OK. I just can't help it.	It leads to evil; handle it quickly (Psalm 37:8; Ephesians 4:26)
Depression / No Hope	I am of little worth and God doesn't know or care much about me.	God loves you and gave His Son (John 3:16; Matthew 11:28-30)
Worry / Anxiety / Fear	Bad things could happen to me or those I care about at any time.	Worry adds nothing; trust God (Matthew 6:25-27; Philippians 4:6-7)
People pleasing	I am of greater worth if I please and meet the needs of others.	You are wonderfully made by God (Psalm 139:13-16; Galatians 1:10)
Substance use	It is fine to drink, use tobacco or marijuana to relax, and it's legal.	It is very damaging in many ways (Prov. 23:29-35; Ephesians 5:18)
Pornography (Lust #1)	Pornography is OK since I do it in private and it hurts no one.	Committing adultery in the heart (Matthew 5:28)
Fornication / Adultery (Lust #2)	Sex is OK between two consenting people.	Judgement for the sexual immoral (Exodus 20:14; 1 Corinthians 6:9-11)
Unforgiveness	I can't forgive _____ because they just hurt me too much.	Forgive as we are forgiven (Colossians 3:13; Matthew 6:14-15)
Hurtful behavior	My sin is too great to be forgiven; I just can't be good.	The blessing of being forgiven (Psalm 32:1-5; 1 John 1:9)
Lying	Lying is OK if it doesn't hurt anyone and may be helpful.	Don't lie and serve the father of lies (Exodus 20:16; John 8:44)
Greed	Money and things give me great pleasure; I am self-sufficient.	More blessed to give than receive (Hebrews 13:5; Colossians 3:5-6)
Pride / Arrogance	I am a much better person than others; I don't kill, rob, etc.	The Lord hates pride (Proverbs 8:13; Philippians 2:3-5)
Stealing	I have needs and others have more than they need anyway.	Stealing is not compatible with love (Exodus 20:15; Ephesians 4:28)
Coveting / Selfishness	I deserve it more than other people do.	Selfishness is evil (Exodus 20:17; James 3:14-16)
Disrespect	The other person needs to earn my respect first.	Respect everyone (Ephesians 4:1-3; 1 Peter 2:17)
Laziness	No one else is pulling their weight around here so why should I?	Work as unto the Lord, not men (2 Thessalonians 3:10-15)
Legalism	I deserve heaven as I do many good things for so many others.	We are saved by faith, not works (Galatians 3:3; Ephesians 2:8-9)

The power to conquer sin and the strongholds of our lives comes from a surrendered life to Jesus Christ and His Spirit living in us when we give our lives to Him. (Philippians 4:13)