

Identifying and Resolving Strongholds

“Bringing every thought captive to the obedience of Christ”

2 Corinthians 10:5 / James 4:7

Example: DEPRESSION

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| 1. Bitterness | 7. Withdrawal | 13. Anxiety |
| 2. Envy | 8. Avoidance | 14. Sleeplessness |
| 3. Jealousy | 9. Guilt | 15. Tiredness |
| 4. Failure to do chores | 10. Self-Pity | 16. Shyness |
| 5. Lack of Interest | 11. Loneliness | 17. Blue, sad, tears |
| 5. Blameshifting | 12. Disorganized | 18. Frequently asks, “Why?” |

Temptation: Specific Problem Encountered	Satan’s Goal: Your Basic Area of Temptation	God’s Goal: Plan of Action, Christlike Quality	Victory Over a Stronghold	
			Prayer	Scripture
I awoke this morning and did not want to get up and begin doing my daily activities.	The desire to stay in bed was strong because of the habit of putting the “right” things off.	<p>Not to lose heart but to be more than a conqueror through Him Who loved us.</p> <p>I am commanded to be more than a hearer of the Word, but to be a doer also. For this reason I will make a list nightly before I go to bed of things to do in the morning and get up at the appointed time a get busy.</p> <p>When I am tempted I purpose in my heart to seek out ways to minister to others, rather than indulge in self-absorbed, self-serving sin habits. Today I did... for...</p>	<p>1. I am a child of God...</p> <p>2. I renounce (resist) the desire to ...</p> <p>3. I choose to submit to God’s desire to ...</p>	<p>Rom. 10:9, 13, 17 John 3:7 Eph. 1:3-13 2 Cor. 5:17</p> <p>James 1:22 2 Cor. 4:1-18 Eccl. 5:12 Prov. 20:4</p> <p>Gen. 2:15 Pro. 6:6-11 Pro. 10:5 Pro. 12:11 Pro. 13:11 Pro. 20:13 Pro. 31:13 Rom. 12:11</p>