

# BREAKING STRONGHOLDS



restore  
church

Unless indicated otherwise, Scripture quotations are from The Holy Bible, English Standard Version, copyright © 2001 by Crossway, a publishing ministry of Good News Publishers.

Breaking Strongholds workbook © 2024 by Restore Church Network, a dba of Yeshua Society, Inc.

Restore Church Network  
90 South 7<sup>th</sup> Avenue  
Beech Grove, IN 46107

restorechurchnetwork.com  
seeker@restorechurchnetwork.com

## CONTENTS

Preface, p 3

**Unit 1:** What are Spiritual Strongholds? p 4-7

**Unit 2:** Seven Common Strongholds Identified, Explained, p 8-11

**Unit 3:** How to Prepare for Stronghold's Destruction: Biblical Strategy, p 12-15

**Unit 4:** What are Divine Weapons for Destroying Strongholds? p 16-22

**Unit 5:** How Bad Do You Want It? Find Out by Answering 4 Questions, p 23-24

# PREFACE

Since 2020, Restore Church Network has included a Restoration Ministry for men who desire to exchange a life of slavery to alcohol and drug addictions for one where they are slaves of Jesus Christ.

A major hurdle for these men is being able to identify and address their strongholds which cause symptoms such as addictions. Briefly, a stronghold is a fortified mindset that prohibits a person from completely accessing God's healing. An example of a stronghold is a person who was sexually molested as a child by a relative and the person has not been able to forgive the relative for the molestation even though Scripture tells us we must forgive.

Needless to say, forgiving anyone who has hurt us in such a way can be extremely difficult. The more we fail to do so, though, can lead to negative thoughts like, "I'll never be worth anything because of what the relative did to me so I might as well go ahead and get high." Many times, these thoughts end periods of sobriety.

How can someone forgive in such cases? How can strongholds of any kind be broken? In 2 Corinthians 10:3-5 we find the answer:

***For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ***

Only Jesus' power can break strongholds.

Our men who are true Jesus followers and who apply the strategy found in 2 Corinthians, coupled with prayer, can have their strongholds broken and their addictions eliminated.

This *Breaking Strongholds* workbook is for the men in our Restoration Ministry but the Biblical strategy is good for anyone who is struggling with any kind of stronghold.

We encourage you to consider each workbook unit as a step in the process of your stronghold being broken. Coupled with prayer, encouraged by fellowship with believers and powered by the Holy Spirit, we are confident Jesus can divinely tear down your stronghold, freeing you from the awfulness and sin of this world for a joyful life of service to Jesus.

# UNIT 1

## What are Spiritual Strongholds?

For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.

- 2 Corinthians 10:4



*The word “strongholds” is only found in the New Testament once. It’s in 2 Corinthians 10:4. When the author of 2 Corinthians, the apostle Paul, uses it he is describing spiritual battles that engulf men and women at times in their lives. These battles are supernatural ones. They are so fierce that earthly approaches to winning them fail. There is only one way that they can be won.*

*This unit defines mindsets and strongholds and tells how to have them destroyed.*

### **FIRST THINGS FIRST: RELATIONSHIP WITH JESUS REQUIRED**

To be able to understand and truly benefit from the teaching in this course you must believe that Jesus is the only way in which you can be saved from the consequences of sin – eternal separation from God (John 14:6). Then entrust Him as Savior and acknowledge Him as the Lord of your life.

Why is that the case? Because this course is from the Bible. Only true believers in Jesus can understand, thanks to the Holy Spirit, what Scripture says (1 Corinthians 2:14).

If you have not surrendered your life to Christ, now is the time to do so. Ask God to help you understand the gospel which is how Jesus saves us from eternal damnation. Then read and consider the following Scriptures on page 5.

## **THE GOSPEL (GOOD NEWS): HOW YOU CAN BE SAVED**

Because the first man and woman who God created sinned (Genesis 3), all men and women sin (Romans 3:23) and are separated from God because He is holy and He can't accept us as sinners (2 Thessalonians 1:9).

However, God loves us so much He made one way for sinners to be accepted by Him (John 14:6). We call this the gospel, which means "good news." Jesus came to earth to take our punishment for sinning (separation from God) by taking on our sins and being crucified on a cross. He was buried and rose again conquering sin and death. Whoever believes that Jesus did this for us is saved from the eternal consequences of sin – being separated from God forever (Romans 5:8, John 3:16, Romans 10:9-10, Romans 10:13). You can't work your way to God. Instead, it's a free gift from God for those who believe (Romans 6:23, Ephesians 2:8, Titus 3:5).

When we are saved Jesus justifies us (makes us as if we never sinned, Romans 3:26). Those who truly believe in Jesus repent (turn away) from the desire to sin and make Him ruler of their life (Acts 3:19, 2 Corinthians 7:10,

Galatians 2:20, Luke 9:23). As evidence of their salvation, they are baptized and obey Jesus' commands found in the Bible (Matthew 28:18-20).

Believers' eternity will include no more sorrow, no more death, no more pain, and no more strongholds or addictions (Revelation 21:4).

Now that's good news!

**To summarize,** if you want the eternal life of a real Jesus follower:

- **Understand you are a sinner who must believe Jesus is the only way to be saved from the consequences of sin.**
- **Ask Jesus to save you by His grace, forgiving you of your sins.**
  - **Repent from sinning.**
- **Make Jesus Lord of your life – turn the rule of your life over to Him.**

## **BEGINNING DISCUSSION: STRONGHOLDS, MINDSETS DEFINED**

For this *Breaking Strongholds* study, the full definition of stronghold is a fortified mindset that often is associated with a spiritual battle that can cause undesirable symptoms and prohibit a person from completely accessing God's healing and His destruction of the stronghold.

Before getting into strongholds, we must know what a mindset is. A mindset is a mental attitude or inclination. It's a lens through which we perceive the world and our own personal circumstances. It shapes what we believe, and our attitudes and responses about what we believe. A negative mindset can originate from many places, including being fostered on a person by others, a state of depression, rejection, business failures and family difficulties.

Often these types of circumstances lead to a sense of worthlessness. It is there where strongholds form and strengthen, many times as part of a spiritual battle with the evil one taking opportunity after opportunity through lies and deceptions to convince a person he or she is indeed worthless, causing symptoms such as alcohol, drug or pornography addictions.

**A stronghold** is a fortified mindset that often is associated with a spiritual battle that can cause undesirable symptoms and prohibit a person from completely accessing God's healing and His destruction of the stronghold.

**A mindset** is a mental attitude or inclination. It's a lens through which we perceive the world and our own personal circumstances. It shapes what we believe, and our attitudes and responses about what we believe.

## **UNIT 1 REVIEW, PRAYER POINTS**

What is a mindset?

---

---

---

What is a stronghold?

---

---

---

Summarize how a person is saved.

---

---

---

## **For Prayer:**

**Ask Jesus to give you a great understanding of what a stronghold is and what a mindset is.**

**Ask Jesus to identify any wrong mindset you have.**

**Ask Him to identify any Stronghold you have.**

**If you are not saved, pray to be one who is.**

**If you are saved, pray that the Holy Spirit will open up 2 Corinthians 10:3-6 to you, which we will study in Unit 3.**

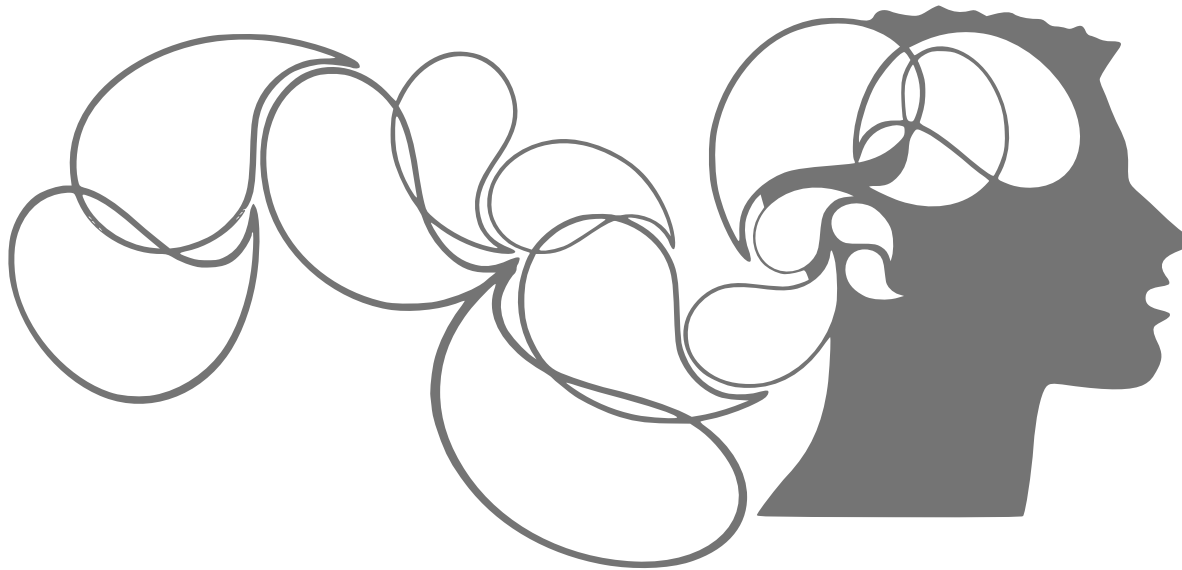
# UNIT 2

## Seven Common Strongholds Identified, Explained

... take every thought captive to obey Christ  
- 2 Corinthians 10:5

*Oh, the thoughts in our heads:  
Perception or reality?  
Hate or love?  
Valuable or worthless?  
Truth or lie?  
Be selfish or be obedient to Christ?*

*This unit looks into seven strongholds and related mindsets and their creation of a warped lens through which we see events in our lives and the associated destructive behaviors they can cause.*





## GOING DEEPER INTO SEVEN STRONGHOLDS, CONSEQUENCES

*A stronghold is a fortified mindset that often is associated with a spiritual battle that can cause undesirable symptoms and prohibit a person from completely accessing God's healing and His destruction of the stronghold.*

There are many strongholds. Here are seven that are rooted in sin and cause people to have mindsets that can produce bodily and spiritually destruction.

**PRIDE** – Proverbs 8:13 tells us that God hates the kind of pride that comes from conceit, a feeling of being better than another, or self-righteousness. It is a roadblock to realizing we need Jesus and it has kept many people from accepting Him as Savior. Psalm 10:4 says the proud are so consumed with themselves their thoughts are, “There is no God.” Pride is essentially self-worship. In it we give ourselves credit for what God has accomplished in our life – we take God’s glory. Satan was cast out of heaven because of pride (Isaiah 14:12-15).

**INFERIORITY** – This feeling of inadequacy that causes one to believe he or she is inferior to others can stem from many places, for instance negative messages received as a child, seldom praised for achievements, failure to excel

at a chosen activity or profession or being controlled by another person. Whatever the cause, people who allow those feelings to control them will be kept from seeing the amazing assignments and goals that God has for them (Ephesians 2:10).

**WORTHLESSNESS** – When one has bought into the lie that there is no value or usefulness in them, the evil one has gained a tremendous advantage. If a person is worthless, there is no reason to not destroy themselves further through drugs, alcohol, sexual immorality and the like and the devil will impress that as a part of temptation. Scripture refutes this lie for believers. Everyone has tremendous value to God. If we are worthless, why would God adopt us into His family (1 John 3:1-2)? Do you think God the Father would give a useless gift to Jesus the Son (John 17:6)? Here’s what Jesus says about our value (Luke 12:6-7): “Are not five sparrows sold for two pennies? And not one of them is forgotten before God. Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.”

**SELFISHNESS** – Closely related to the stronghold of pride, selfishness takes us far from focusing on our purpose in life, which is to glorify God (Isaiah 43:7), and obedience to His greatest commandment, to love Him and others (Matthew 22:36-40). When we’re excessively or even exclusively concerned for ourselves, our focus is on the ways of the evil world – our own advantage and pleasure.

## **GOING DEEPER INTO MINDSETS, STRONGHOLDS; CONSEQUENCES**

(Continued)

**UNFORGIVENESS (BITTERNESS)** – Most believers know if we want forgiveness from God, we must forgive others (For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses. – Mathew 6:14-15). Yet there are times when forgiving someone who has wronged us seems impossible from a human standpoint. So, we hang on to bitterness and hate against that person and the unforgiveness becomes an opening for the evil one to come at us, trying to convince us to instead respond by drinking, using drugs or any other form of self medication so we can forget what the person did to us. Instead, our response should be to ask Jesus to break this stronghold for us enabling our forgiveness to occur.

**FEAR** – When it comes to restoration from past mistakes, for some there is a fear of leaving the lifestyle that enables the mistakes. The old lifestyle, however awful it was, somehow affords comfort. Stepping into a new life with

Jesus may seem a scary way to live if we haven't truly experienced his love, mercy and grace. Jesus can take the fear away. Pray 2 Timothy 1:7 over yourself: "for God gave us a spirit not of fear but of power and love and self-control."

**ANGER** – You don't have to look hard to find Bible verses warning us about the negative consequences of being angry. But Ecclesiastes 7:9 hits directly at the heart of the matter: "Be not quick in your spirit to become angry, for anger lodges in the heart of fools." With that being the case, Paul writes in Colossians 3:8 a command: "But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth." Notice these two words in that Scripture – "you must." How many of us has ever done something foolish when we were angry? Perhaps everyone who is reading this would have to answer that we have. Not being able to let go of anger will continue to lead a person into more and more foolish things, many of which are destructive symptoms of the anger stronghold. Have you ever gotten drunk or high because something didn't go your way and it led to anger? Read Colossians 3:1-17 to see how anger fits into a long list of sinful foolishness non-believers do and from which real believers turn away.

## **UNIT 2 DISCUSSION, PRAYER POINTS**

Read Colossians 3:1-17. How do verses 7 and 8 relate to strongholds and related mindsets?

---

---

---

Do you struggle with any of the seven strongholds listed in this unit? If so, which ones? Do you want them broken?

---

---

---

According to Scripture, what's a key step for strongholds to be broken? (See 2 Corinthians 10:5.)

---

---

---

## **For Prayer:**

**Pray 2 Corinthians 10:5 over yourself.**

**Ask for help taking every thought captive to Jesus concerning your specific stronghold and related mindset.**

**Ask forgiveness for yielding to the symptoms of strongholds that you've done in the past and pray the foolishness will end and be done forever.**

**If you are saved, pray that the Holy Spirit will open 2 Corinthians 10:3-6 to you, which we will study in Unit 3.**

# UNIT 3

## How to Prepare for Stronghold's Destruction: Biblical Strategy

For though we walk in the flesh, we are not waging war according to the flesh.

- 2 Corinthians 10:3

*This unit examines the strategy for the destruction of strongholds. It's found in 2 Corinthians 10:3-6.*

*The Scripture is our preparation for the spiritual battle for your life. This is serious because the evil one – our opponent – wants your stronghold to stay alive and vibrant knowing he can use it to destroy you.*

*If you are a believer, though, you have a Champion who will fight the battle for you. This Warrior has never lost a battle – and He never will.*



## **FOR ADDICTIONS OF ANY KIND TO BE OVER, STRONGHOLDS MUST BE BROKEN**

***Here's Your Strategy:***

### **2 Corinthians 10:3-6**

For though we walk in the flesh,

we are not waging war according to the flesh.

For the weapons of our warfare are not of the flesh

but have

**divine power to destroy strongholds.**

We destroy arguments and every lofty opinion raised against the knowledge of God, and

**take every thought captive to obey Christ,**

being ready to punish every disobedience, when your obedience is complete.

This Scripture is written by Paul as he was defending his ministry. Paul's authority was being questioned and he was being criticized for his humble appearance in the city of Corinth and for his refusal to try to impress people by using professional speaking style and rhetoric of the day.

Paul responds by pointing out that he doesn't need worldly solutions and tactics to be successful in his ministry. Instead, he informs his critics that the weapons he uses come from God Himself and they are needed because the battle he is in – telling non-believers about Jesus – is a spiritual one that can't be won by earthly approaches.

Like Paul, you are a human who can't be successful using human methods for spiritual battles, especially when it comes to the strongholds and the resulting symptoms in your life, including addictions of any kind. God's weapons are available to believers to be utilized in the spiritual battle for the destruction of strongholds. Christians choose to use them if they truly want to exit strongholds and associated mindsets.

God's weapons include prayer and the Bible. (We'll study about all the weapons in Unit 4.) These weapons tear down walls that Satan builds in our lives – strongholds – to keep from us from accessing God's healing. Before examining the weapons closely, we first must understand the strategy for their use.

## **STRATEGY POINT #1: REALIZE IT'S A SPIRITUAL BATTLE**

This point can't be emphasized enough. There is a spiritual battle going on for your soul (if you're not saved) and one to keep you from exiting addictions and using your testimony to tell others about Jesus (if you are saved). If Satan can keep you mired in a stronghold and related mindset, the symptoms of such thinking will continue indefinitely no matter how hard a person humanly tries to stop them. Without Jesus and His divine power and weapons, a human has no chance battling Satan. The only hope for spiritual victory is found in Jesus.

## **STRATEGY POINT #2: TAKE EVERY THOUGHT CAPTIVE TO JESUS**

For wrong thinking and wrong behavior to be avoided, every thought we have must be turned over to Christ as soon as a wayward thought enters our mind. When that happens, we must pray, "Jesus, you know what I'm thinking. I don't want to act on the thought. Please take the thought away from me."

## **STRATEGY POINT #3: ELIMINATE ALL OPPOSITION TO JESUS**

Thoughts, ideologies, philosophies, false religions and false teachings that are used to teach that Jesus isn't the Messiah and He isn't the only way for salvation must be eliminated from our lives. If the evil one can convince you that Jesus isn't God, the devil wins. Not only will your stronghold and its symptoms continue, but he also wins the ultimate spiritual battle – the one for your soul.

## **STRATEGY POINT #4: PUNISH ALL DISOBEDIENCE**

For Paul, standing by while enemies of the faith assaulted the church wasn't an option. As soon as the Corinthian church was completely obedient, Paul was prepared to eliminate the church's enemies. You must have the same attitude. You must get rid of all people, places and things working against your recovery and your desires for strongholds to be gone from your life. Draw the lines between supporters and those who Satan is using to drag you back down into a pit. Kick out anything that is opposed to your restored life in Christ.

## UNIT 3 APPLICATION, PRAYER POINT

Personalize the four verses in 2 Corinthians 10:3-6, making each response an action – a way to apply them in your life.

(Example application: Verse 3 says though we live in the world we can't wage this spiritual war using human weapons. For me, I'll apply verse 3 in my life by asking Jesus to destroy my stronghold, praying for Him to do so at least once a day.)

### Verse 3 personalized application

---

---

---

---

---

### Verse 4 personalized application

---

---

---

---

### Verse 5 personalized application

---

---

---

---

### Verse 6 personalized application

---

---

---

---

## For Prayer:

Pray that the words you write on this application sheet become a living strategy for the destruction of your stronghold for the rest of your life.

# UNIT 4

## What are Divine Weapons for Destroying Strongholds?

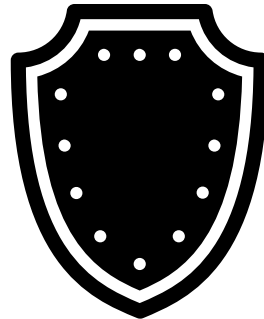
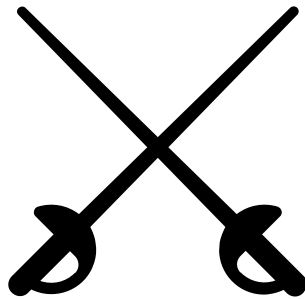
Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of god, that you may be able to stand against the schemes of the devil.

- Ephesians 6:10-11

*Now that you know the strategy for the destruction of strongholds it's time to consider the spiritual weapons that are available to believers through the power of the Holy Spirit to bring down stronghold walls, change associated mindsets and eliminate unwanted symptoms such as alcohol, drug and pornography addictions.*

*This unit takes you to where the weapons are listed in Scripture, Ephesians 6:10-18. This passage is commonly referred to as The Whole Armor of God.*

*You are to put the armor on and never take it off in the ongoing spiritual battles for your life.*





## **STANDING FIRM IN JESUS' STRENGTH BY PUTTING ON GOD'S WHOLE ARMOR**

The Greek word for “whole armor” is “panoplia” and it refers to all of the equipment of a fully armed soldier. A soldier needs the complete set so no part of his body is exposed and so he can respond offensively and defensively as needed.

Paul, who wrote the book of Ephesians where we find The Whole Armor of God passage, is using military imagery in Chapter 6:10-18 to show that Christians are involved in an ongoing spiritual battle that involves superhuman evil powers coming against us. To win, a Christian can't rely on human strength. Instead, you must stand firm in Jesus' strength and utilize the divine weapons that are available to you. By putting on the armor – and never taking it off – in essence we are allowing Jesus to fight for us.

### **No evil force, including Satan, can defeat Jesus!**

Why would you want to fight any other way than utilizing the 2 Corinthians 10:3-6 strategy for the destruction of strongholds and implementing it by putting on the whole armor of God?

## **Ephesians 6:10-18**

Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,

## **VERSE 10: BE STRONG**

Christians can not stand on their own again superhuman evil forces. To be strong, a believer must rely on the strength of the Lord which He supplies mainly through prayer (verse 18).

## **VERSE 11: SCHEMES OF THE DEVIL**

In this verse, the diabolical origin of the spiritual battles for your soul is exposed. The devil wants to keep a non-believer from becoming a Jesus follower and he wants to keep the believer from accessing the total healing power of Jesus for strongholds destruction and restoration in Him.

## **VERSE 12: RULERS, AUTHORITIES, COSMIC POWERS**

The list of the devil's allies is sobering and it should convince you that trying to get sober on your own, for instance, is futile. These forces are far too powerful for you to take on. You're no match for this power but guess who is greater than them – Jesus. (See Colossians 2:15)

## **VERSE 13: THEREFORE**

Because a Christian's spiritual enemies are so strong you must not rely on human strength and tactics. Instead, **TAKE UP THE WHOLE ARMOR OF GOD** so you may **WITHSTAND/STAND FIRM** in the battle line rebuffing the evil one's advances against you. You are not defenseless if you put on – and keep on – the whole armor of God.

## **VERSE 14: BELT OF TRUTH**

Satan fights with lies. He'll tell you that you're worthless, for instance, because of your past. Only believers have God's truth to defeat such lies. If you're saved it's because God gave you as a gift to Jesus and He saved you. You are extremely valuable if God gave you as a gift to Jesus (John 6:39). Fight and win with the truths found in God's Word.

## **VERSE 14: BREASTPLATE OF RIGHTEOUSNESS**

A believer's breastplate of righteousness is living in obedience to and communion with Jesus. It's Jesus'  
*(continued on page 19)*

*(continued from page 18)*

righteousness, not yours, that produces your spiritual breastplate for protection against going back to doing things you no longer want to do. To acquire Jesus' righteousness, you live in obedience to His commandments.

### **VERSE 15: SHOES**

This footwear illustration concerns your readiness to spread the gospel, utilizing your testimony to tell non-believers about how Jesus rescued you from your stronghold and the symptoms of it (drugs, alcohol, pornography, anger and so on). Obeying Jesus' command to tell other about Him (Matthew 28:18-20) is part of recovery and restoration.

### **VERSE 16: SHIELD OF FAITH**

Satan attacks many ways, including temptations and setbacks (the devil's flaming darts). Your faith protects you from those tactics by stopping the darts. Your faith in Jesus enables you to know that whatever happens to you in this life it doesn't compare to what is to come – an eternity with Jesus where there will be no more sorrow, pain, death or addictions (Revelation 21:4).

### **VERSE 17: HELMET OF SALVATION**

The devil wants you to doubt God's Word about your salvation. He'll tell you Jesus isn't real, He isn't the Messiah and so on. You can rest secure in your salvation, though, not believing the lies. A believer has been brought into relationship with Jesus that guarantees your eternal security. Jude 24 says, "Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy," God will never let true believers in Jesus fall away from the faith. At times you'll sin but your salvation is secure.

### **VERSE 17: SWORD OF THE SPIRIT**

This is the Word of God and it is the only armor of God weapon that is offensive. The others are used in defense. There are times when you need to be offensive with Satan, preparing in advance for future attacks. Reading your Bible, studying what it says, enables us to know the truth before Satan's lies and temptations appear.

### **VERSE 18: PRAYING AT ALL TIMES**

What's your most powerful weapon? It's constant  
*(continued on page 20)*

*(continued from page 19)*

prayer. All the armor of God weapons are rooted in prayer. For instance, you pray the sword of the spirit (God's word) enables you to know the truth and prepares you for Satan's attacks. You pray to be able to live a righteous life (shield of faith) so you can withstand temptations. You pray that your assurance of salvation (helmet of salvation) enables you to carry on in this life no matter what Satan throws at us because you know trials and troubles do not compare to your coming eternity with Jesus.

In this verse we're told to be in constant prayer, to pray in the Spirit (submit to God's will, praying within it, and being enabled by the Holy Spirit who intercedes on your behalf) and to pray for other believers in addition for yourself.

Needless to say, prayer is extremely important. Remember the work concerning the destruction of strongholds, related recovery and restoration is done in prayer. The work does not start after prayer – it's in the prayer itself.

Pray that your stronghold will be destroyed by Jesus.

Pray that your mindset will be based on God's truths.

Pray that your recovery from addictions of any kind will be complete and over for good.

You must pray.



## **UNIT 4 APPLICATION, PRAYER POINT**

Personalize the armor of God’s weapons, making each response an action – a way to apply them in your life.

(Example application: Satan is a liar. He will lie to me at any time. I’ll use the belt of truth to be able to recognize the devil’s lies about me and to keep them from impacting me. I’ll take great comfort in knowing God’s truth.

### **Belt of truth personalized application**

---

---

---

---

---

### **Breastplate of righteousness personalized application**

---

---

---

---

---

### **Shoes personalized application**

---

---

---

---

---

### **Shield of faith personalized application**

---

---

---

---

---

### **Helmet of salvation personalized application**

---

---

---

---

---

**UNIT 4 APPLICATION,  
PRAYER POINT (continued)**

**Sword of the Spirit personalized application**

---

---

---

---

**Prayer personalized application**

---

---

---

---

**For Prayer:**

Pray that the words you write on these application sheets become a lifestyle for the destruction of your stronghold for the rest of your life.

# UNIT 5

## How Bad Do You Want It? Find Out By Answering 4 Questions

*Many people say they want out of addictions. Yet they are not willing to give those addictions and the stronghold that causes them 100 percent to Jesus for destruction.*

*They say they want to quit using drugs, but they keep the phone number of the person from whom they buy them. They say they want to quit smoking, but they keep a pack of cigarettes close by. They say they want such symptoms of their stronghold to go away, but they hang on to the stronghold because they think not even Jesus can enable them to forgive others or even themselves, they don't want to not be prideful and so on.*

*How about you? Do you really want it to be over? Do you really believe Jesus can destroy your stronghold and associated symptoms? Are you putting your stronghold and symptoms above Jesus?*

*Now's the time to find out by truthfully answering the questions on the next page.*

**1**

**What's your stronghold?**

**2**

**How are you using Scripture to address your stronghold?**

**3**

**What are you praying specifically concerning your stronghold?**

**4**

**Are you turning your stronghold and its mindset and symptoms completely (100 percent) over to Jesus for their destruction or are you hanging on to them just in case you every want to go back to them sometime in the future?**