



SPG SERIES – Study 8 Heart Healing: Conquering Strongholds

Being “Saturated with the Presence of God” was our last study. How refreshing it was and is to consider what God has in store as we are saturated! The most important thing we receive in this process is being in fellowship with the Father and the Son, being in His presence (1 John 1:3,4). Secondly, we gain a life overflowing with the Fruit of the Spirit (Galatians 5:22), a faith that moves mountains, and a life of love (Matthew 17:20; Ephesians 5:1,2). Thirdly, as a result of our exuberance from our life in Him, we bear much fruit (John 15:8). Wow, how can we passively respond to His invitation for healing our hearts?

What keeps us from experiencing this relationship?

1. The rocks (sins), especially patterned sin that we leave in our lives.
2. Not yearning and asking for His presence. We will deal with this at another time.

We have sin in our lives (rocks) that keep us from being fully in His presence. We acknowledge that we have sins, but we don't intentionally go before Him as often as we ought.

Think about all those healed by Jesus in the gospels: the cripple, lame, leper... They had to go to extreme measures to be in Jesus' path, because they knew they would receive healing if they could get to Him. These were desperate people to experience His healing hand. Are you desperate for His healing touch? You can be freed of your sin patterns, all of them, if you are desperate and will go to all measures to be in His path!

At the risk of creating religiosity, the Lord has given a process that can be followed in helping us to get on His healing path. It is only a tool to prepare us to go before our God and cry out for healing. Let's look at some scripture:

Deut 4:29 But if from there you seek the Lord your God, you will find him if you look for Him with all your heart and with all your soul.

- If you seek, you will find & get in His path. This is not an “if” or possibility, this is a promise.

Matt 5:8 Blessed are the pure in heart, for they will see God.

- Imagine, we can have a pure heart and we will get to see all of God.

Isa 61:1 The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.

- Are you broken hearted about the sins in your life that separate you from the fullness of God?

Rom 6:22 But now that you have been set free from sin and have become slaves to God, the benefit you reap leads to holiness, and the result is eternal life.

Rom 7:20 Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

- He set us free from sin and we choose to leave sin within us. We choose to slow down the sanctification process.

Col 3:5 Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

1 Peter 2:1 Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind.

- Clearly, the Lord is calling us to be intentional and deal with our sin, put it to death. It begins with us being desperate to remove the sin patterns in our lives.

1 John 2:1 My dear children, I write this to you so that you will not sin. But if anybody does sin, we have one who speaks to the Father in our defense — Jesus Christ, the Righteous One.

- The Lord desires that we not sin. As He becomes full in our hearts, we have less capacity to sin.

1 John 3:6 No one who lives in him keeps on sinning. No one who continues to sin has either seen him or known him.

- If we are “in Him” and stay “in Him” (remain 1 John 2:24), sin dissipates in our lives.

1 John 5:21 Dear children, keep away from anything that might take God's place in your hearts. (NLT)

- If we have sensitivity that nothing takes God’s place, including sin in our hearts, then the desire for His presence and the regularity of being there grows.

As a result of reflecting on these verses, what is God saying to you?

2 Corinthians 10:3-5 For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

- Our spiritual life is a war. The enemy wants to take us down, take us out, or minimize us. If we try to deal with our sin patterns by improving our behaviors and thought life/actions, then the enemy has fooled us. We have these sins because they fulfill some desire in our heart. On our part, we must intentionally put these desires to death. We must ask for God’s grace and power to heal and sanctify us. This war requires divine weapons. But what are they?

- Confessing & repenting

- Discernment

- The Word of God

- Embracing all of God so that you will remember to deal with strongholds

- Relationship with others / Koinonia so that we can be vulnerable and have these

people pray over us

You will find other divine weapons (Ephesians 6:10-18) which we will discuss later.

In verse 4, it speaks of strongholds. Strongholds are like a fortress, something to protect, to be relied on. These are sin patterns that are deeply rooted within you.

Let’s also look at the word, demolish, in verses 4 & 5. It means to destroy, take down. What an incredible God we have within us. If we seek Him with all our heart, and utilize His divine weapons, crying out to Him for His grace and healing power to purify...we can be freed!

It’s up to you whether you want the things that keep you from the full presence of God to be demolished. Our Lord will join us, if we are truly desperate to have a pure heart and deal with our sin patterns.

What is the Lord suggesting to you that need to be demolished? What wrong loves, addictions, wounds or other sin patterns are there within you? (If you go back to the previous study, and look at SPG Blessings, you can use it as a tool to assist you in your thinking.) List 3 strongholds and then choose 1 of the 3 that you and the Lord will work together to demolish.

So humble yourselves before God. Resist the devil, and he will flee from you. 8 Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. 9 Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. 10 Humble yourselves before the Lord, and he will lift you up in honor.

James 4:7-10 (NLT)

Begin by identifying your 3:

Now we are about to utilize a worksheet called “Conquering Strongholds”. Questions are included there that will help you increase your desperateness and position you to fully confess all that surrounds the sin in your life. Use the worksheet as an aid. You may choose to approach it in a different way, but the Lord is looking for an authentic confession and repentance of everything that involves that sin. You begin the worksheet with defining the “theme” of a sin in your life and then you will have the opportunity to confess about that sin. Once you have fully confessed, which should include emotion, it is time to ask the Lord into that sin area in your heart and have Him replace that area with His presence. What a beautiful thing this is to gain more of His presence because it is replacing where the sin was. Once you have been healed of the patterned sin, then you are to fully understand what this sin has done in your life. Declare your hate for that sin because the enemy will attempt to come back and retake that territory in your heart. This puts you in the final position: celebrating what the Lord has done. Don’t celebrate just once, celebrate many days!! There is nothing our Lord can’t do, nothing is impossible! Matthew 17:20,21

Conquering Strongholds

2 Corinthians 10: 4-6 proclaims that we are to use divine weapons to demolish strongholds. The divine weapons are numerous, but here are some. Please follow the process for any patterned sin in your life that needs healing. As you go through the process, you are to enter the very presence of God, speaking to Him as you complete this worksheet.

1. Define a **theme(s)** that led you to the central point of a wound or sin i.e. What bitterness, lusting or coveting is keeping you from more of His presence? Reflect on what the consequences of this sin/wound have been on your life and that of your loved ones.

Note: you are actually not just confessing but repenting. You are expelling them, by the power of God, from your heart! Since the Lord resides in your heart, declare you want Him alone to take this space in your heart!

2. Define & confess the **lie** Satan wants you to believe: that your wound or sin will never be resolved. Record the lie and confess it.

3. **Self- Protective Strategies:** we use these regularly to protect our fleshly heart. i.e.: minimize emotional attachment & relationship therefore relationships with God and others are kept at a platonic or business like basis. What strategies have you employed that separates you from God? Record and confess them.

4. All of the above may have lead to “Making a **vow** by which I will live my life” i.e. “I will always avoid emotional attachment and I will never again allow anyone to attack me without my defending myself”. What vow may you have made? Record, confess, and reject them.

