

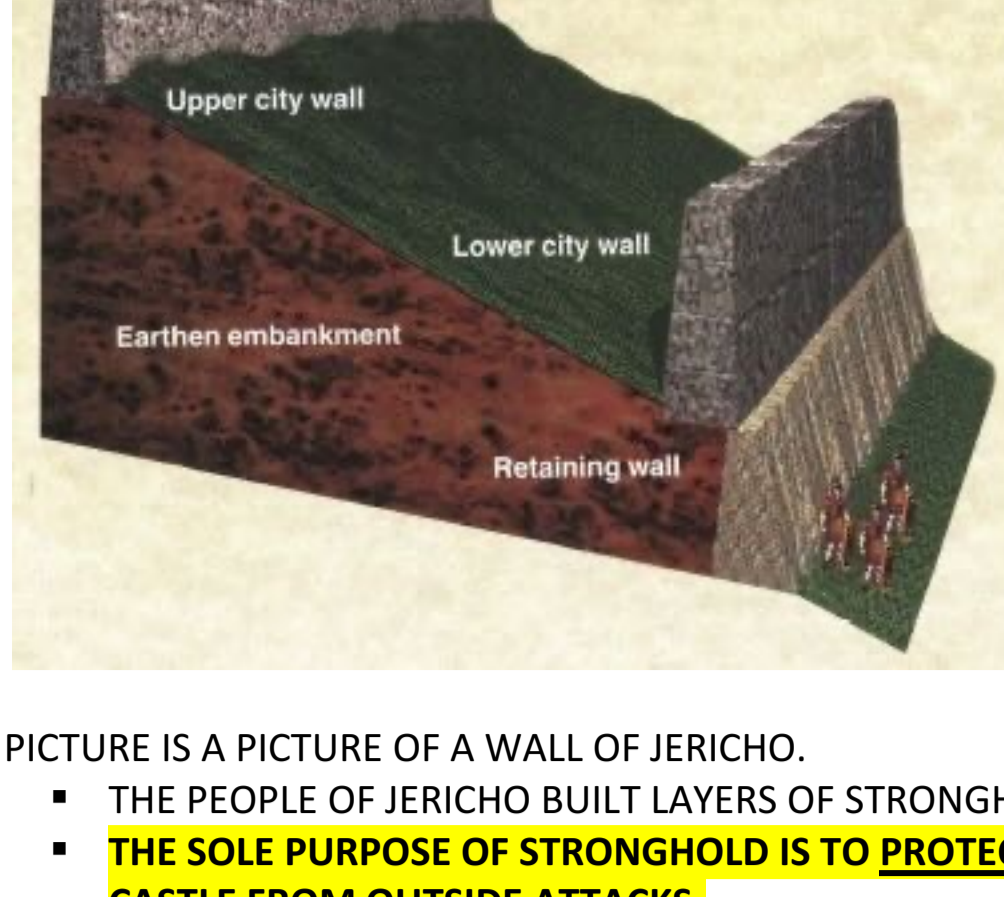
# BREAKING FREE FROM GENERATIONAL STRONGHOLDS

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## PREPARE CHAIN

### WHAT IS STRONGHOLD?

- **STRONGHOLD IS A FORTIFIED PLACE.**



THIS PICTURE IS A PICTURE OF A WALL OF JERICO.

- THE PEOPLE OF JERICO BUILT LAYERS OF STRONGHOLDS.
- **THE SOLE PURPOSE OF STRONGHOLD IS TO PROTECT THE INHABITANTS OF THAT CASTLE FROM OUTSIDE ATTACKS.**
- HOW MANY OF YOU KNOW THAT THE ENEMIES:
  - PLANT LIES, WRONG SETS OF BELIEFS IN OUR LIVES.
  - AND **THEY WILL BUILT STRONGHOLDS TO PROTECT WHAT THEY'VE BUILT IN OUR MINDS.**
  - BELIEFS >> PATTERNS
    - ◆ YEARS IN CHURCH, STILL CHAINED IN ADULTERY/PORNOGRAPHY.
    - ◆ SAVED!! BUT STILL LIVE HOPPING FROM RELATIONSHIP TO RELATIONSHIP, FROM BROKENNESS TO BROKENNESS.
    - ◆ YEARS IN CHURCH, BUT STILL LIVING IN ANXIETIES AND CONSTANT FEAR.
    - ◆ WE NEVER GOT BETTER, WE JUST GET BETTER IN "HIDING OUR CHAINS".
- **2 COR 10:4-6**
  - FOR THE WEAPONS OF OUR WARFARE ARE NOT CARNAL BUT MIGHTY IN GOD FOR PULLING DOWN **STRONGHOLDS**, CASTING DOWN **ARGUMENTS** AND EVERY **HIGH THING** THAT EXALTS ITSELF **AGAINST THE KNOWLEDGE OF GOD**, BRINGING EVERY THOUGHT INTO CAPTIVITY TO THE OBEEDIENCE OF CHRIST.
  - **THIS VERSE WAS WRITTEN FOR THE BELIEVERS!**
  - YES EVEN WHEN THEY HAVE BEEN SAVED BY GOD.
    - YES WE HAVE BEEN SET FREE AT THE CROSS.
    - YES WE HAVE BEEN FORGIVEN, RIGHTEOUS, DELIVERED, BUT WHY ARE THEY LIVING IN BONDAGE???
    - **IT'S BECAUSE THE ENEMY DID A GOOD JOB WHEN WE'RE UNSAVED BUILDING STRONGHOLD IN THE MIND, IN OUR PATTERNS.**
    - **AND THESE STRONGHOLDS ARE THE THINGS THAT WILL KEEP PREVENTING US FROM BREAKING THROUGH TO THE NEXT LEVEL.**
    - BUT HOW MANY OF YOU KNOW THAT'S NOT THE KIND OF LIVES THAT GOD WANTS YOU TO LIVE?!
      - ◆ HE DOESN'T JUST WANT YOU TO BE SAVED, BUT HE WANTS YOU TO LIVE WHERE FREEDOM IS A LIFESTYLE.
      - ◆ WHERE VICTORY IS A LIFESTYLE.
      - ◆ WHERE BREAKTHROUGH IS A LIFESTYLE.
      - ◆ TONIGHT, I CAME TO DECREE AND DECLARE THAT TONIGHT IS THE END OF YOUR BONDAGE!!
      - ◆ TONIGHT, FREEDOM WILL BE YOUR LIFESTYLE.

### 3 WAYS STRONGHOLDS CAN ENTER OUR LIVES:

#### 1. PAST EXPERIENCES

- **TRAUMATIC ONE TIME EXPERIENCES OR REPETITIVE SITUATIONS IN OUR PAST FORM THE BASIS OF STRONGHOLD**
- IN MY OWN EXPERIENCE,
  - I GREW UP QUITE DIFFERENT TO MY BROTHER AND SISTER.
  - I WAS THE DARKEST, THE UGLIEST OUT OF THEM ALL.
  - MY SISTER LOOKS SO CHINESE, MY LITTLE BROTHER LOOKS LIKE CAUCASIAN AND I LOOK SO....UGLY.
  - AND I GREW UP THINKING THAT I WAS THE ADOPTED SON.
  - ALL MY AUNTIES AND UNCLES TOLD ME THAT I WAS ADOPTED.
  - MY BIRTH CERTIFICATE.
    - AND OUT OF ALL THE 3 CHILDREN I WAS THE ONLY ONE WITH NO SURNAME. "OH WE FORGOT!", THEY SAID.
  - I ASKED MY MOM SO MANY TIMES, MOM, AM I REALLY YOUR SON? YOU CAN BE HONEST WITH ME MOM.
    - I GREW UP WITH FEAR THAT ONE DAY THAT KNOCK ON THE DOOR WILL COME THAT MY PARENTS FINALLY HAVE GOT THE GUTS TO TELL ME THE REAL STORY.
    - **SO THAT REJECTION AND DOUBT BEGIN TO FORM STRONGHOLD OF INSECURITY**
    - IT SPIRALED OUT OF CONTROL.
      - ◆ GUILTY FEELINGS.
      - ◆ I HAD TO PRAY FOR FORGIVENESS
      - ◆ I NEVER BELIEVE THAT I WAS MEANT FOR ANYTHING BIG IN MY LIFE.
      - ◆ WHENEVER THERE IS A CHALLENGE/OPPORTUNITY TO STEP UP, I WILL BE THE FIRST ONE TO SAY "I'M NOT THE ONE, CHOOSE SOMEBODY ELSE"
    - **WHEN I GOT SAVED IT DIDN'T LEAVE RIGHT AWAY, IT TOOK STRATEGIC REMOVING OF THAT STRONGHOLD.**
      - SO LITERALLY I HAD TO REPLACE THE ENEMY'S THOUGHT WITH GOD'S THOUGHT EVERY DAY.
      - I HAD TO READ BIBLE VERSES IN FRONT OF MY MIRROR THAT I AM LOVED, I AM FORGIVEN.
      - **AND WHEN GOD'S THOUGHT REPLACES THEIR THOUGHTS, THE STRONGHOLD OF THE ENEMY WENT DOWN, AND THE STRONGHOLD OF GOD WAS BUILT.**

#### 2. INFLUENCES OF ENVIRONMENT

- **BE NOT CONFORMED TO THE PATTERN OF THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND.**
- PAUL SAID 'DON'T LET YOUR ENVIRONMENT FORM YOU (CONNED, TRICKED)
- THE ENEMY WANTS TO TRICK YOU AND I INTO BELIEVING A LIE ABOUT OURSELVES.
- SOMETIMES PEOPLE GREW UP WITH IN A COMMUNITY **THAT LIMITS YOU** FROM THE GREATNESS THAT GOD HAS IN THEM.
  - MAYBE YOU GREW UP FROM A FAMILY THAT'S ALWAYS LACKING.
    - AND BECAUSE OF IT, ITS HARD FOR YOU TO BELIEF SOME OF THESE PROMISES OF GOD THAT HE WANTS TO PROSPER YOU.
    - YOU GROW UP WITH THE 'LACK MENTALITY', WITH THE VICTIM MINDSET.
    - THIS IS WHY WE DO LIFESTYLE OF FREEDOM.
    - FOR YOU TO BE SURROUNDED WITH PEOPLE OF FAITH....THAT BELIEVE WITH YOU.
    - HOW MANY KNOWS THAT IF YOU WANT RADICAL CHANGE IN YOUR LIFE, **YOU NEED TO GET OUT FROM THE ENVIRONMENT THAT LIMITS YOU**, AND YOU NEED TO SURROUND YOURSELVES WITH THE PEOPLE THAT SET YOU FREE!

#### 3. DISOBEDIENCE AND SINS

- **REPEATED SIN BRINGS MORE CONTROL AND THEN IT BECOMES A STRONGHOLD**
- YOUR STORY - PORN.
  - ONE NIGHT I SAW MY DAD SNEAKED OUT TO WATCH THESE ADULTS MOVIES.
  - SINCE THAT DAY PORN STARTED TO HAVE CONTROL UPON MY TEENAGE YEARS.
  - IT BECAME A LIFESTYLE OF SINS.
  - THAT'S WHY A LOT OF CHRISTIANS..... EVEN WHEN WE WANT TO DO WHAT'S RIGHT, BUT THE STRONGHOLD KEEP TAKING THEM BACK TO THE OLD LIFESTYLE.
  - THEY DON'T WANT TO GO THERE, BUT BECAUSE THEY'VE YIELDED SO MUCH TO IT NOW IT'S BECOME A STRONGHOLD.
  - THAT'S WHY WE HAVE COACHES IN YOUR GROUP, THAT'S WHY IT IMPORTANT THAT WE PAIR YOU IN YOUR GROUPS, THEY CAN HELP YOU GET FREE FROM THE SIN PATTERNS THAT YOU'VE YIELDED TO EVEN AS A CHRISTIAN.

### EXAMPLES OF BIBLE GENERATIONAL STRONGHOLDS

- **VIOLENCE AND MURDER BEING PASSED DOWN.**
  - David killed Uriah (2 Samuel 11).
  - David's son killed his own brother (2 Samuel 13:23-33).
- **SEXUAL PERVERSION BEING PASSED DOWN**
  - David committed adultery (2 Samuel 11:1-5).
  - David's sons had issues with perversion (Ecclesiastes 2:1-1 1), (2 Samuel 13:8-14).
- **LIES AND DECEITFULNESS BEING PASSED DOWN**
  - David deceived his servant Uriah, the Hittite, to cover up his adultery (2 Samuel 11)
  - David's son Ammon deceived and raped his own sister Tamar (2 Samuel 13:14-15)
  - David's son Absalom deceived, with a murderous plot and then killed, his own brother, Ammon (2 Samuel 13:24-39).

### HOW DO I BREAK FROM MY GENERATIONAL STRONGHOLDS?

- IN JUST A MOMENT WE WILL BE BROKEN INTO SMALL GROUPS.
- YOUR COACH WILL GUIDE YOU DO 3 THINGS:
  1. **RECOGNISE.**
    - RECOGNISE THE STRONGHOLDS OF THE ENEMY.
    - TAKE A CLOSER LOOK AT YOUR LIFE TO IDENTIFY AND UNCOVER DESTRUCTIVE HABITS AND BEHAVIOURS.
    - NOT TO PLAY THE "BLAME GAME" — BUT TO TAKE PERSONAL RESPONSIBILITY AND BEGIN TO TRULY FIND OUR FREEDOM.
    - YOU NEED TO TAKE AN ATTITUDE OF "THIS STOPS AT MY GENERATION"
    - IT MAY TAKE MONTHS, IT MAY TAKE YEARS.....
    - BUT I'M BREAKING FROM THIS STRONGHOLD.
    - IT STOPS WITH ME.
  2. **REPENT.**
    - **JAMES 5:16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective**
    - **DON'T HIDE YOUR CHAIN.**
    - **THERE IS HEALING IN YOUR CONFESSION.**
    - **REVEALING YOUR FEELING IS THE BEGINNING OF YOUR HEALING.**
  3. **REBUILD.**
    - **REBUILD THE STRONGHOLD OF THE WORD**
    - **REPLACE ALL LIES WITH THE TRUTH // THE WORD OF GOD, HIS PROMISE FOR YOUR LIFE.**

### COACHING TIME

#### 1. RECOGNISE

Listed below are some strongholds.

- **SEXUAL SIN**  
fornication (sex before marriage), adultery, pornography, rape, incest, lust, masturbation, homosexuality, bestiality (sexual acts with animals), pedophilia (sexual acts with minors), exhibitionism, sexual fantasy, perverse language, romance novels
- **ADDICTIONS**
- **NEGATIVE THOUGHT PATTERNS**  
regarding self or others, toward God (His people/the Church/the Bible), pessimism (negative outlook and behavior), double-mindedness, doubts, skepticism, lack of trusting yourself or others, prejudice/bigotry/sexism, malice,
- **PRIDE**
- **FEAR**  
fear of failure, fear of succeeding, fear of rejection, fear of others' opinions, anxiety, worry, despair,
- **DECEIT/DISHONESTY**  
lying, cheating, stealing, white lies exaggeration, half~truths
- **REBELLION**
- **ANGER/VIOLENT ACTS**
- **PHYSICAL/MENTAL ILLNESS**  
depression, hypochondria (fear of illness), physical illness, disease bipolar, Obsessive/Compulsive Disorder (OCD), other
- **BROKEN RELATIONSHIPS**  
divorce, fatherlessness, abandonment, other
- **IDOLATRY** -materialism, love of money, worship of people, self-worship
- **WITCHCRAFT, SATANISM, AND THE OCCULT** astrology, fortune-telling, New Age, crystals, Buddhism, psychics, ESP, psychic healing, out of body experiences, hinduism, cults, occultism, black magic,perverted satanic ritual abuse, superstitions, Dungeons Dragons, other wicked or demonic games, spells, occult literature (satanic bible and the like), words or statements, gossip,

#### 2. REBUILD THE STRONGHOLD OF THE WORD!!!

- **SEXUAL IMORALITY**  
**19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.**
- **ADDICTION**  
**13 No temptation[a] has overtaken you except what is common to mankind. And God is faithful;he will not let you be tempted[b] beyond what you can bear. But when you are tempted,[c] he will also provide a way out so that you can endure it. 1 Corinthians 10:13**
- **DEPRESSION**  
**For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord (Romans 8:38-39).**
- **I CAN'T DO IT**  
**I can do all this through him who gives me strength PHIL 4:13**
- **FEAR**  
**Isaiah 43:1 "Don't fear, for I have redeemed you; I have called you by name; you are Mine."**

#### 3. REPENT

- **Lead the group through repentance prayers.**