

## Demolishing Strongholds

### STEP 1 – ASK

- Ask God to Reveal Strongholds
- Remember- Satan wants you to stay in bondage.
- Remember- “You will know the truth, and the truth will set you free.”-John 8:32

### STEP 2– IDENTIFY

Identify the lie (i.e. Unloved, Abandoned, Rejected, Inadequate, Hopeless, Ugly, etc.):

- The lie (the issue I’m struggling with) I have believed about myself is

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Identify the effect the lie has on my life:

- Believing this lie has caused me to

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- Identify God’s truth (Scripture) to replace the lie (Name the truth that demolishes the stronghold).

- Scripture Verse: \_\_\_\_\_

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- Scripture Verse: \_\_\_\_\_

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- Scripture Verse: \_\_\_\_\_

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Write a Declaration of Truth

- I no longer choose to believe the lie that \_\_\_\_\_

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- Instead I choose to believe the **truth** that \_\_\_\_\_

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### STEP 3– IMPLEMENT

- COMMIT TO RENEW YOUR MIND WITH THE ABOVE SCRIPTURES FOR 40 DAYS.