

# LOF 2 - WEEK 2 FINDING YOUR FREEDOM - BREAKING GENERATIONAL STRONGHOLDS

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## INTRODUCTION:

- STUDENT HAVE YOU BROUGHT YOUR NOTES?
- INSTASTORY AND INSTAFEED HAVE TRAINED OUR GENERATION TO CONSUME SOOOO MUCH INFORMATIONS IN THE LEAST POSSIBLE TIME POSSIBLE.
- ‘SWIPE THROUGH’ GENERATIONS.
  - THE MOMENT WHAT WE SEE OR HEARD DOESN'T INTEREST US WE ARE TRAINED TO “SWIPE THROUGH”.
  - WITHOUT REALISING IT OUR ATTENTION SPAN GOES LOWER AND LOWER. THE AVERAGE ATTENTION SPAN OF MILLENIAL IS 12 SECONDS, AND FOR GEN ZERS, THAT NUMBER IS EVEN FASTER 8 SECONDS.
  - BUT HOW MANY OF YOU KNOW THAT WE DON'T WANT TO BE A GENERATION THAT “SWIPE THROUGH” THE WORD.
  - BUT WE WANT THE WORD TO TAKE ROOT, AND BE FRUITFUL IN OUR LIVES!
  - “DON'T SWIPE THROUGH IT, TAKE NOTE OF IT!”

## WHAT IS STRONGHOLD?

- **STRONGHOLD IS A FORTIFIED PLACE.**
  - HAVE YOU EVER SEEN CASTLE? OUTSIDE THAT CASTLE IS A WALL.
  - OUTSIDE THAT WALL IS WATER.
  - **THE PURPOSE OF THAT STRONGHOLD IS TO PROTECT THE INHABITANTS OF THAT CASTLE FROM OUTSIDE ENEMIES.**
- **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 OBEDIENCE OF CHRIST.**
- **THIS VERSE WAS WRITEN FOR THE BELIEVERS.**
  - YES EVEN WHEN THEY HAVE BEEN SAVED BY GOD.
  - BUT THE ENEMY IS ABIDING IN THE THOUGHT PROCESSES AND THE PATTERNS IN GOD'S PEOPLE.
  - EVEN THOUGH THEY HAVE BEEN SET FREE AT THE CROSS.
  - EVEN THOUGH THEY'VE BEEN ALREADY FORGIVEN, RIGHTEOUS, DELIVERED, THEY ARE ALREADY WHAT GOD SAYS THEY ARE, BUT THEY ARE STILL LIVING IN BONDAGE EVEN THOUGH THEY HAVE BEEN SET FREE.
  - THEY STILL LIVE IN THE SAME PRISON CELL, EVEN THOUGH THE CELL HAS BEEN UNLOCKED BY THE POWER OF THE CROSS.
  - ITS BECAUSE THE ENEMY DID A GOOD JOB WHEN WE'RE UNSAVED BUILDING STRONGHOLD IN THE MIND, IN OUR PATTERN.
  - **AND THIS STRONGHOLD WILL KEEP PREVENTING US FROM BROKEN THROUGH TO THE NEXT LEVEL.**
  - SO TONIGHT WE'RE GOING TO DEAL WITH THESE STRONGHOLD THAT MAY BE HINDERING WHAT GOD ALREADY DIED TO GIVE YOU.
  - HOW MANY WANTS ALL WHAT GOD ALREADY DIED TO GIVE YOU?
  - SAY AMEN SOMEBODY.

## 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.
      - THEY LOOK SO CHINESE AND I LOOK SO DARK.
      - I GREW UP I ALSO FELT SO UNLOVED BY ALL MY UNCLES AND AUNTIES, THEY ALWAYS CHOOSE MY SISTER AND BROTHER.
      - AND I GREW UP THINKING THAT I WAS THE ADOPTED SON.
      - ALL MY AUNTIES AND UNCLES TOLD ME THAT I WAS ADOPTED.
      - AND OUT OF ALL THE 3 CHILDREN I WAS THE ONLY ONE WITH NO SURNAME. “OH WE FORGOT!”
      - 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**
- 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 ‘IM NOT THE ONE, CHOSE 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.
  - **AND WHEN GOD'S THOUGHT REPLACES THEIR THOUGHTS, THE STRONGHOLD OF THE ENEMY WENT DOWN, AND THE STRONGHOLD OF GOD WAS BUILT**
  - CMON HOW MANY OF YOU WANT A STRONGHOLD OF GOD TO BE BUILT IN YOUR LIFE.
  - TONIGHT MARKS THE BEGINNING OF PULLING DOWN THE
    - STRONGHOLD OF DEPRESSION IN YOUR LIFE.
    - STRONGHOLD OF SICK
    - STRONGHOLD OF LACK
    - STRONGHOLD OF INSECURITY
  - I DECREE AND DECLARE THAT TONIGHT MARKS THE BEGINNING OF
    - THE STRONGHOLD OF FAITH IN YOUR LIFE
    - THE STRONGHOLD OF POWER IN YOUR LIFE
    - THE STRONGHOLD OF LOVE
    - THE STRONGHOLD OF INCREASE, FAVOUR,
    - WHENEVER YOU GO, YOU CALL ON BLESSING UPON YOUR LIFE!

### 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 BIGNESS THAT GOD HAS IN THEM.
  - CONAN CAME TO ME LAST NIGHT AND SAID ‘PASTOR, I HAVE BEEN TRYING TO LAND A JOB FOR MONTHS AND I HAVEN'T GOT IT AND NOW IM ENTERING THIS ZONE OF ‘SELF PITY’ IN MY LIFE.
  - AND I TOLD HIM, THAT'S THE MORE REASON WHY YOU NEED TO COME TO LIFESTYLE OF FREEDOM.
  - YOU NEED TO BE SURROUNDED WITH PEOPLE OF FAITH.
  - THAT BELIEVE WITH YOU.
  - HOW MANY KNOWS THAT IN THE SEASON OF WAR, YOU NEED TO GET OUT FROM THE ENVIRONMENT THAT LIMITS YOU, AND YOU NEED TO SURROUND YOURSELVES WITH THE PEOPLE OF FAITH.
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### 3. DISOBEDIENCE AND SINS

- **TEMPTATION IS NOT SIN, YIELDING TO IT IS.**
- **REPEATED SIN BRINGS MORE CONTROL AND THEN IT BECOMES A STRONGHOLD**
- A PATERN OF THINKING, A LIFESTYLE.
- THAT'S WHY A LOT OF CHRISTIANS 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 YOU PAIR YOU IN YOUR GROUP, 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)
  - 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 past and your present to identify and uncover destructive habits and behaviors.
    - 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 STOP AT MY GENERATION’
    - IT MAY TAKE MONTHS, IT MAY TAKE YEARS.
    - BUT IM BREAKING FROM THIS STRONGHOLD.
  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**
    - **THERE IS HEALING IN YOUR CONFESSION.**
    - LET NO DEVIL STEAL YOU FROM YOUR HEALING TONIGHT.
  3. **REBUILD.**
    - **REBUILD THE STRONGHOLD OF THE WORD**

## COACHING TIME

### 1. RECOGNISE

Listed below are some strongholds.

**Question:** “Which one of these that that you see or know of in your family (parents step-parents, aunts, uncles, etc.)”

**Get your group to share their life.**

- **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,
- **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, Scientology, seances, ESP, psychic healing, out of body experiences, Hinduism, cults, Buddhism, psychic beliefs and practices, Eastern religions, secret orders/lodges, Voodoo, 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 [q] has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted [q] beyond what you can bear. But when you are tempted, [q] 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.