

OVERCOMING STRONGHOLDS

Identify

UNCONVER WHATS
BELOW THE SURFACE

ASK THESE 3 QUESTIONS TO IDENTIFY STRONGHOLDS

WHAT AM I DOING?

IDENTIFY THE DESTRUCTIVE BEHAVIOR.

2. WHEN, WHERE AND WHAT HAPPENS BEFORE I GIVE IN?

IDENTIFY THE TRIGGER OR ENVIRONMENT.

3. WHAT AM I WANTING?

IDENTIFY THE DESIRE UNDERNEATH THE BEHAVIOR.

IDENTIFY
THE STRONGHOLD
THE LIE I HAVE COME TO BELIEVE

WRITE IT DOWN
TAKE IT CAPTIVE

Demolish

TEAR IT DOWN AND
WALK IN FREEDOM

ONCE THE STRONGHOLD IS IDENTIFIED,
TAKE THESE 3 STEPS TO DEMOLISH IT.

EXPOSE IT

WHO DO I NEED TO TELL?

CONFESS TO TRUSTED PERSON AND INVITE
THEM TO PRAY FOR YOU.

2. REPLACE IT

WHAT DOES GOD SAY IS TRUE?

FIND SCRIPTURE AND BIBLICAL STORIES THAT
CONFRONT THE LIE. WRITE DOWN KEY VERSES
AND MEDITATE ON THE TRUTH.

3. REBUILD

WHAT NEEDS TO CHANGE?

CREATE A PRACTICAL PLAN TO REMOVE OR
CHANGE THOSE TRIGGERS. MAKE SPECIFIC,
MEASURABLE CHANGES.