

# Stronghold Case Studies

(All cases are fictional but represent real people's strongholds.)

**For each assigned case, 1) identify the stronghold, 2) find a scripture reference to confront the lie with Truth, 3) and discuss how the scripture should reshape your thinking about the stronghold.**

## Lust of the Eyes

1. Jami over spends, especially when she is stressed. Her husband calls it "Retail Therapy." Jami keeps a personal credit card she uses when she wants to spend beyond the family budget. She has already maxed out two other credit cards. In her worst moments, she even gambles. She knows if she can hit the jackpot just once, all her troubles will go away.
2. Jack is lured by watching pornographic videos. They fill a void in his life and make him feel significant and accepted. Whenever alone, it's common for him to use his phone to access pornography in order to escape reality. Sometimes, his quest consumes hours of time.

## Lust of the Flesh

3. Cody is obsessed with eating. He constantly looks to the next meal for happiness that never comes. At night, when everyone else is in bed, he secretly binges on food.
4. Catherine refuses to eat food. She thinks if she doesn't eat food, she'll be more acceptable to herself, to others, and to God. Refusing to eat demonstrates she is in control. At times, when she's alone, she even forces herself to vomit.

## Pride of Life

5. Beverly is very concerned about her appearance. For Beverly, she can only be happy when she looks her best. She refuses to let anyone know what is really going on inside, because she knows she would not be accepted. Exercise, food, and clothes consume Beverly's thoughts.
6. Bob worries daily about having enough money. He holds his money tightly and refuses to give because he fears not having enough. At times, he even refuses to spend on legitimate needs because he worries he may not have enough for whatever emergency comes his way.
7. Bill is in constant motion whether at work or at home. He works all the time and has forgotten how to relax. "I don't feel like I have enough time in the day to do everything." "Why has God given me so much to do?" "All I do is rush from one thing to the next." Bill believes that participating in a variety of tasks (a filled, full life), will lead to a fulfilled life.