

Renewing Your Mind-Stronghold Busting

Identify the Lie

Identify a lie that you are often believing **and** what it's costing you in your relationship with God and people.

Some examples:

- I'm always driven to _____. Therefore, I tend to hurt people and not love them.
- I'm always fearful about _____. Therefore, I tend to be negative and push God and others away.
- Giving into _____ [a temptation] will make me happy. But I always end up more alone and even angrier. It makes me hate myself and creates distance between me and those I love.

Proclaim the Truth (verses)

- Choose 2-3 verses that speak truth to the lie you've chosen to combat.
 - You can ask a trusted fellow Christian.
 - You can use Google or a topical Bible search tool for assistance.
 - Consider both positive blessings scriptures and negative consequence scriptures.

Write Prayer/Declaration

Formulate your stronghold-buster prayer by following these steps.

1. State the lie. (I renounce the lie that....)
 - State how the lie is affecting you or how your life would be different without this faulty belief.
 - Example: I'm always driven to _____. Therefore, I tend to hurt people and not love them like I should.
2. Announce the truth. (I announce the truth that...)
 - Use the scriptures you chose to speak truth to this area. (I announce the truth that....)
 - Weave the 3 to 4 scriptures you chose into "announcements" from your own heart.

40 Days of Prayer / Declaration

Every day, for 40 days, say your prayer ALOUD!

Example: "I renounce the lie that I now realize that it is causing me... I accept the truth that"

- Examples and templates on pages 159-167 of your book.
- Consider sharing your statement with someone.
- Set a time for a reminder to appear on your phone each day. *A Quiet Time isn't enough!*
- Each day for the next 40 days, you will get a reminder to read aloud your Stronghold-Buster. Stay with this process even when it seems pointless. You will begin to catch the lie and quickly recall the truths from scripture that combat it. Over time, this stronghold will no longer hold you.

Renewing Your Mind-Stronghold Busting

I renounce the lie that _____.

I recognize that it is costing me _____.

God has said (Scriptures: Positive Blessings/Negative Consequences)

- 1
- 2
- 3

I accept the truth that _____.

Say you Stronghold Buster out loud for the next 40 days. Mark off the days:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22
23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40