



# True Freedom | Session 4

## Tearing Down Strongholds

Speaker Name:

Date:

### 1| Stronghold

a) Spiritual Warfare (2 Corinthians 10:3-5, 1 Peter 2:11)

*"You can't cast out the flesh and you can't disciple a demon."*

*-Ps. Jack Hayford*

b) Captive Thoughts (2 Corinthians 10:5, Judges 9:46-49, Philippians 4:8, Psalm 18:2 NKJV)

Notes:

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**Discussion:** Do you regularly evaluate the thoughts you have and take them captive? How do you do this?

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### 2| Spirit, Soul, Body

a) Past, Present, Future (Hebrews 13:8, Revelation 1:8)

b) Past Tense of Grace (Romans 10:13, Ephesians 1:3-4,13, 1 Corinthians 6:11)

c) Secure Future

i. Understanding the past tense of grace gives us peace in the present and faith for the future.

Without understanding, we have pressure in the present and fear of the future!

ETERNAL	PAST	PRESENT	FUTURE
God	Was	Is	Is to Come
Saved	Have been	Are being	Will be
Sin	Penalty	Power	Presence
Saved in your...	Spirit	Soul	Body

**Notes:**

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**Discussion:** How does understanding the past tense of grace help you live free? Please share.

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**3| Spirit, Soul, Body: Who is in control?**

(Romans 7:15-20, 24-25, Romans 13:13-14, Romans 8:16)

*We are tripartite beings: Spirit, Soul (mind, will, emotions), and Body (flesh).*

- a) Non-Christians
- b) Carnal (Christians living in bondage)
- c) Spirit-controlled

Which Part is in Control?	Non-Christian	Carnal (Bondage)	Spirit-Controlled
Ruled by	Body (flesh)	Soul	Spirit
Rules over	Soul	Spirit	Soul
Rules over	Spirit	Body	Body

**Notes:**

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**Activation: What is the Holy Spirit saying to me?**

- Take 2 minutes to hear from the Holy Spirit.
- Ask the Holy Spirit to help you identify areas where you have strongholds in your life.
- Confess and repent.
- Ask Him to help you take these thoughts captive and submit them to Jesus Christ.

*Casting out the tormenters is only part of living in freedom. We continue to walk out this process by taking our thoughts captive and making them obedient to Christ. Understanding the completed work of salvation and choosing to live a Spirit-controlled life gives us the power to tear down strongholds and live in victory!*

### **To Deepen Your Relationship**

1. Meditate on 1 John 5:13:

*"I have written this to you who believe in the name of the Son of God, so that you may know you have eternal life."*

**Reflect** What is the Holy Spirit saying to you through this scripture?

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2. Please take some time and watch *Set Free* (from the *Free Indeed* sermon series found at [gatewaypeople.com](http://gatewaypeople.com) or [HERE](#))

**Reflect:** How does the information presented in *Set Free* impact or change the way you think about the fact that believers can be in bondage to the enemy? What did the Holy Spirit say to you?

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