



SPIRITUAL WARFARE

BOOK





SPIRITUAL WARFARE

GLC **3** LEAD

BOOK

BOOK 11: SPIRITUAL WARFARE

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The GLC Program

Global Leadership Center (GLC) is CCF's very own discipleship resource to help you grow in your walk, start a group, and help others start their own group.

ENGAGE

Build relationships
and share Jesus with
others

EDIFY

Grow together in a
Discipleship Group

EQUIP

Start leading a
Discipleship Group

EMPOWER

Help others start their
own Discipleship
Group

A SIMPLE TRAINING ROADMAP
TO GUIDE YOU THROUGH THIS
JOURNEY OF FAITH IN CHRIST

GLC
LEVEL 1

GLC
LEVEL 2

GLC 



DISCIPLESHIP JOURNEY

engage

build relationships and
share Jesus with others



edify

grow together in a
Discipleship Group



Hey, Sis!
Do you want to
know more about
Jesus and the
Bible?



Disciple/
Member

Okay! When
can we meet?



Guest,
family
or friend

Bro! Are you
interested in
joining a Dgroup?



Disciple/
Member

Game!
Where do
I sign up?



Guest,
family
or friend

TOOLS FOR YOUR JOURNEY:

Best Decision Tract
Real Talk Booklet

TOOLS FOR YOUR JOURNEY:

Real Talk Booklet
True Life Retreat
GLC 1

equip

start leading a
Discipleship Group



**You're ready to
start leading your
own Dgroup, brother.**



Dleader

**Really? But,
how do I
start leading?**



Dmember

TOOL FOR YOUR JOURNEY:
GLC 2

empower

help others start their own
Discipleship Group



**Can you help
your Dmembers start
their own Dgroup?**



Dleader

Sure!



Dleader

TOOL FOR YOUR JOURNEY:
GLC 3

OUR TRAINING

GLC
LEVEL 2

GLC
LEVEL 1

ENTRY
OPEN TO ALL

► GLC LEVEL 1

Trainees at this level are taught basic Biblical truths and how to effectively share the Gospel **(Pray, Care, Share)**



MILESTONES



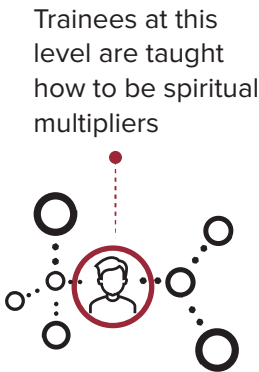
ENTRY
TRAINEES SHOULD BE DISCIPLING
AT LEAST THREE PEOPLE

▶ GLC 3 LEAD

ENTRY
TRAINEES SHOULD BE FOLLOWING
UP AT LEAST TWO PEOPLE

▶ GLC LEVEL 2

Trainees at this level
are taught the right
doctrines and how
to start discipling
through a DGroup



GLC LEVEL 1

OPEN TO ALL

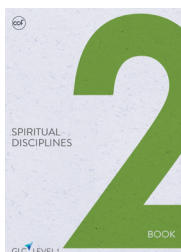
EXPLAINS THE GOSPEL, THE BASICS OF THE CHRISTIAN LIFE, AND CCF'S DNA.

EDIFY



ONE BY ONE

Explore how you can experience lasting change from the inside out through a personal encounter with Jesus Christ. Make a positive impact on the world around you as you discover and live out the truth and grace of the gospel.



SPIRITUAL DISCIPLINES

Learn about spiritual habits that, when practiced diligently will help you know Jesus more. Discover His will for your life through His Word, the Bible.



THE HOLY SPIRIT

Discover who the Holy Spirit is and the importance of the Spirit-filled life for every child of God. Understand the gifts and fruit of the Spirit and learn how to be more dependent on the Lord as you apply the truth about the Holy Spirit in your life.



CCF DNA

See the big picture of what Christ's Commission Fellowship is all about, discover our God-given mission, vision, and core values. Know how you are uniquely designed by God to take part in this lifetime of faith adventure of fulfilling God's Great Commission.

**OPEN TO ALL**

True Life, a two-day spiritual retreat, explores the meaning of a truly fulfilling life. Many seek happiness through worldly success, possessions, and relationships, yet these often leave a void.

The retreat emphasizes that it's faith in Jesus Christ alone that brings true life, one that's filled with joy, hope, and purpose. John 10:10, ("I have come that they may have life and have it to the full") highlights Jesus' promise of abundant life. Participants examine their hearts, share their stories, and discover the victorious life Christ makes available to all who believe in Him.



Coming to know Jesus as our Lord and Savior causes us to experience various changes in our lives, beginning with our hearts. Water Baptism is the outward expression, a symbol of what has taken place inside us when we accepted Jesus as Savior and Lord.

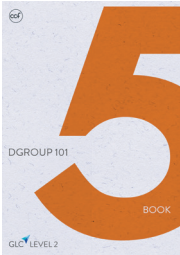
GLC LEVEL 1 COMPLETION REQUIREMENTS

1. Completed Books 1 to 4
2. Registered as a Dgroup Member
3. Attended / Commit to attend a True Life Retreat
4. Accomplished the LifeApp form (signed/attested by Dgroup Leader)

GLC LEVEL 2

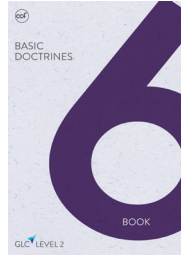
**OPEN TO ALL GLC LEVEL 1 FINISHERS
AND DGROUP LEADERS**

TRAINS YOU HOW TO START A DGROUP,
NURTURE YOUR FAMILY, AND KNOW THE BASIC
DOCTRINES OF OUR FAITH.



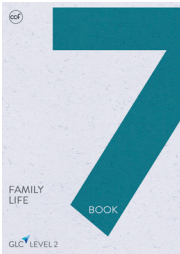
DGROUP 101

Learn about how we grow in a Dgroup that is faithful to Christ's design and is truly transformative.



BASIC DOCTRINES

Discover the foundational doctrines behind the Statement of Faith which we believe and profess.



FAMILY LIFE

Be a blessing to your family and lead them to Jesus as you become a Christ-like spouse, sibling, and child.



BIBLE SURVEY

This module presents an extensive chronological overview of the Bible from Genesis to Revelation.

GLC LEVEL 2 COMPLETION REQUIREMENTS

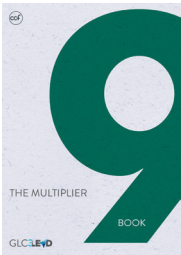
1. Completed all GLC LEVEL 1 requirements
2. Completed Books 5 to 8
3. A Dgroup leader with at least 2 members
4. Accomplished the LifeApp form (signed/attested by Dgroup Leader)

EMPOWER



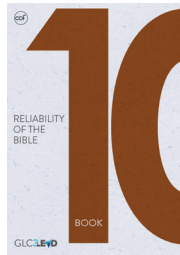
OPEN TO ALL DGROUP LEADERS WITH ACTIVE MEMBERS

TEACHES CCF DGROUP LEADERS HOW TO BETTER MENTOR, COACH, AND EMPOWER THEIR MEMBERS TO START THEIR OWN DGROUP.



THE MULTIPLIER

Be equipped to lead with Christlike character and multiply leaders for God's glory.



RELIABILITY OF THE BIBLE

Discover why the Bible is truly reliable and examine the historical accuracy of Scripture.



SPIRITUAL WARFARE

This module provides an overview of Biblical principles for winning in Spiritual Warfare.



LEADERSHIP SKILLS

Be equipped to lead others Biblically through mentoring, counseling, conflict resolution, and disciple-making relationships.

GLC3 LEAD COMPLETION REQUIREMENTS

1. Completed GLC LEVEL 1 and GLC LEVEL 2 requirements
2. Completed all sessions of books 9 to 12 (*or its equivalent*)
3. A Dgroup Leader with one timothy, discipling 2 members
4. Accomplished the LifeApp form (signed/attested by Dgroup leader)

WHAT'S A GLC LIFEAPP?



The end goal of discipleship is Christ likeness. The Christian life is not a “to-do” list; it is a moment-by-moment loving, relationship with our Heavenly Father. It is a life of faith and obedience as we follow Jesus through the discipleship path He has laid for us.

The GLC training curriculum aims for the life application of God’s Word. The Bible-based lessons are not merely for information, but for transformation. Hence, the GLC Life App is intended to ensure we apply what we learn.

**Download the
GLC LifeApp here:**

go.ccf.org.ph/LifeApp

GLC TRAINING PLATFORMS

GLC training is offered through different learning platforms so you can choose which one best suits your needs.



Make your “on-the-job” training experience more meaningful by joining face-to-face classes and interacting with GLC teachers and other trainees. Check out your local and international CCF satellites announcements and schedules.



Be part of a live online class and learn together in the comfort of your own home, office, or anywhere you are in the world. Check out your local and international CCF satellites announcements and schedules.



Learn together with your DGroup members as you meet for fellowship, accountability, and Bible study using GLC resources.



Can't Attend GLC F2F and Zoom Classes? Choose the GLC E-Learning Self-Paced program that is designed to fit your busy schedule. Start your discipleship journey to be equipped on your own time, at your own place, and at your own pace.



Welcome Wednesday is a weekly Bible study community designed for those who want to grow in their Discipleship Journey.

Whether you're just starting your walk with God, asking questions, or wanting to grow deeper, this is a safe and encouraging place for you.

Through our Biblical Foundation Series, you'll learn more about who God is, what it means to follow Him, and be plugged into a Dgroup.

Biblical Foundations First-Timers Bible Study Series

This series is well-suited for those who are taking baby steps in their walk with Christ, or those who are simply curious and have questions about the Christian faith. Discover life-transforming answers from God's Word about the forgiveness of sins, heaven and hell, and the best decision you can ever make in this life and for eternity.

Biblical Foundations Follow-Up Bible Study Series

Examine more closely what you know and believe about the nature of sin and its effects on us; the characteristics of genuine faith in Christ and why salvation is free for us, yet has a very high cost that we cannot even pay for.

Holy Spirit

Discover who the Holy Spirit is and the importance of the Spirit-filled life for every child of God.

Galatians

The Book of Galatians is as relevant to us today as it was to the first Christians and within its pages we find important Biblical truths for the defense of the true gospel.

Evangelifestyle

A very important part of our relationship with Jesus is to take part in His mission to reconcile people back to our Heavenly Father. Here you will learn how to pray, care and share the love of Christ to family, friends and even strangers as you go about your daily life.

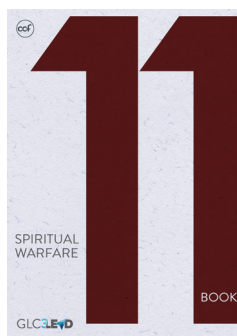
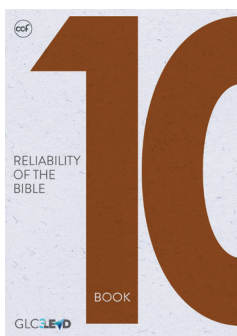
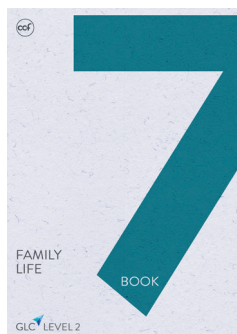
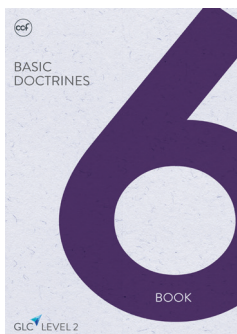
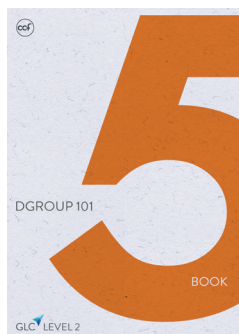
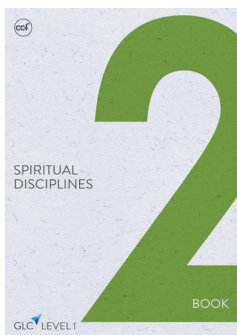
Spiritual Disciplines

Learn about spiritual habits that, when practiced diligently will help you know Jesus more. As you get to know Christ, you will also discover His will for your life through His Word, the Bible.

Membership (CCF DNA)

See the big picture of what CCF is all about, discover our God-given mission, vision, and core values. Know how you are uniquely designed take part in this lifetime of faith adventure of fulfilling Christ's Great Commission, and what it means to be a member of God's CCF family.

GLC TRAINING



MATERIALS



Want to get your own copy of the GLC Books?

You may send your request to glc@ccf.org.ph, and our team will gladly assist you with the details.

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INTRODUCTION

Following Christ puts us in the midst of a spiritual battle — one that is often unseen but felt in our thoughts, relationships, emotions, etc. Ignoring it doesn't make it go away; it only leaves us unprepared.

Book 11: Spiritual Warfare shows us how to face this reality with confidence. Spiritual warfare isn't about fear or fixating on the enemy — it's about embracing God's truth, standing firm in Christ, and relying on His power. We'll explore how strongholds form, how they influence our thinking, and how we can break free from them.

Ultimately, this book points to hope and victory. Through Christ, we are not powerless. By learning to take our thoughts captive and overcome strongholds, we are invited to live with greater freedom, discernment, and confidence — walking daily in the victory Jesus has already won.

HOW TO USE THIS WORKBOOK

This workbook is for the GLC Book 11: Spiritual Warfare study. If you are a Dgroup facilitator, please make sure that you do a personal Bible study using this workbook ahead of your Dgroup meeting.

Encourage your group members to have their own workbooks. You may download the PDF version for free at glc.ccf.org.ph. Do not divert from the teaching topic – stick to what is in the workbook.

The workbook includes the Bible lesson, and individual and Dgroup learning activities to help you get the most out of your meetings. There are four parts in every session: Welcome, Talk About It, Apply It and Pray It.

Welcome —

Contains individual and small group activities that help prepare you for the Bible study.

Talk About It —

This is where you go through the Bible lesson with the group. This is also where the members of the group get a chance to express more of their insights, questions, and thoughts about the Bible lesson. They can do it in writing, doodling or drawing, and sharing with the rest of the group.

Apply It —

This section is accomplished outside the group meeting time. There are suggested individual or group Life Apps that will hopefully help you experience life transformation as you apply God's truth in practical ways.

Pray It —

Suggested prayer points based on the lesson asking for the Lord's grace in applying what has been learned after the study.

This workbook is just a tool. We need to depend on the Holy Spirit to teach us God's truth and transform our hearts as we go through the Bible studies.

So, come and discover the One who will change your life!

SESSION ONE

THE REALITIES OF SPIRITUAL WARFARE



We're going to talk about a subject many people are hesitant to talk about. The Bible makes it clear that we have a real enemy and are engaged in a real battle.

The good news is that we are not fighting this battle alone. We are already on the winning side, but we must understand the tactics of our enemy so we can stand firm in our faith.



WELCOME

“The Two Common Lies” (5-6 minutes)

This activity is a simple way to get people thinking about the reality of spiritual battles in everyday life.

1. A major part of spiritual warfare is recognizing the lies we are tempted to believe.

- Small Group Sharing (3-4 mins): Form a small group of 3-4. For a few minutes share one or two “lies” about your identity you have heard or been tempted to believe. These could be subtle thoughts that cause doubt, fear, or discouragement.

- Examples: “You aren’t good enough for this task,” “God is disappointed with you,” or “You’re all alone in this struggle.”

2. Wrapping up: The lies you shared are the starting point of spiritual battles. Today’s session, we will learn how to identify them and fight back with God’s truth.”

Learning Nugget

The doubts, fears, and discouragements mentioned are not random thoughts; they are often the tactics of an unseen enemy. This is the reality of spiritual warfare: a battle fought not with physical weapons, but in the mind. The good news is that we are not helpless in this fight. The Bible gives us the tools to recognize and expose these lies, allowing us to stand firm in God's truth and live in the victory Christ has already won for us.

NO LONGER IN THE DARKNESS

TALK ABOUT IT

I. The Reality of 2 Kingdoms

When we trusted in Christ, we have been **transferred** from the domain of darkness into the kingdom of God's Son.

"He (God) rescued us from the domain of darkness and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sin."(**Colossians 1:13**)

A. Two Kingdoms

1. Kingdom of _____.
2. Kingdom of _____.

B. Enemies of our Soul

1. The _____ (**Romans 12:2, 1 John 5:19**)
2. The _____ (**Romans 7:14-25; 8:1-2**)
3. The _____ (**Ephesians 6:12**)

C. The Reality of Warfare

1. Satan is our _____. (1 Peter 5:8)

Where did Satan come from?

He is a created being and a fallen angel, who fell from heaven because of his pride.

- Ezekiel 28:12, 14-15, 17
- Isaiah 14:12-15

Different Names of Satan

Abaddon / Apollyon	Revelation 9:11 “They have as king over them, the angel of the abyss; his name in Hebrew is Abaddon, and in the Greek he has the name Apollyon.”	Destroyer, Destruction
The Accuser of the Brethren	Revelation 12:10 “...the accuser of our brethren has been thrown down, he who accuses them before our God day and night.”	Gk: katorgor One who brings condemning accusations against others; maligns God’s character and His plans
The Adversary	1 Peter 5:8 “...Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.”	Gk: antidikos Opponent, Arch-enemy
Angel of Light	2 Corinthians 11:14 “No wonder, for even Satan disguises himself as an angel of light	Copies as much of God as he can, but will distort, pervert, substitute, or leave out key ingredients of truth

god of this world	2 Corinthians 4:4 “...the god of this world has blinded the minds of the unbelieving...”	
Lucifer	Isaiah 14:12 “How you have fallen from heaven, O star of the morning, son of the dawn!”	The shining one; refers to his pre-fall condition and the cause of his fall; pride
The Tempter	Matthew 4:3 And the tempter came and said to Him, “If You are the Son of God, command these stones become bread.”	Gk: ho peirazon Entice
Devil	Revelation 12:9 And the great dragon was thrown down, the serpent of old who is called the devil and Satan, who deceives the whole world; he was thrown down to the earth, and his angels were thrown down with him.	Gk: diabolos Slanderer, defamer, divider
Satan		Adversary, one who withstands
Father of All Lies	John 8:44 “...he is a liar and the father of lies.”	Deceiver, promotes false doctrines in the name of God

D. Kinds of Spiritual Attacks

- Temptations (**Luke 4:13**)
- Spiritual Blindness (**2 Corinthians 4:4**)
- Wrong Thinking (**2 Corinthians 10:3-5**)
- Bondage/Addictions – pornography, computer games, sex, etc. (**1 Corinthians 6:12**)
- Lies and Deception (**Revelation 12:9; John 8:44**)
- Accusations (**Zechariah 3:1**)
- Anger – Unforgiveness – Bitterness (**Ephesians 4:26-27**)
- Demonization – Influenced, controlled (**1 Corinthians 5:1-5, Matt. 12:44-45**)

Examples of Satan's Lies

- “There is no absolute truth.”
 - “The Bible is not reliable.”
 - “Everyone is doing it, so it’s okay.”
 - “You only live once.” (YOLO)
 - “Follow your heart.”
 - “God does not really care or want me to be happy.”
 - “I need _____ to be happy.”
-

E. Satan's Schemes

HOW?	WHERE?	WHEN?
Deception and lies	In the Mind	Whenever he can When we are weak When we are unguarded When pride sets in

“

In spiritual warfare, once you know the enemy,
once you know his technique, then you are prepared.
Confront the enemy with the truth.

– Ptr. Peter Tan-Chi

F.

It is a Truth Encounter not a Power Encounter

Confront the enemy with the truth. (John 8:31-32)

LIE: “Many are doing
it, so it must be okay.”

TRUTH: “Enter through the narrow
gate; for the gates are wide and the way
is broad that leads to destruction, and
there are many who enter through it.
¹⁴For the gate is small and the way is
narrow that leads to life, and there are
few who find it.” **(Matthew 7:13-14)**

II. The Battle is in the Mind

Take every thought _____.

(2 Corinthians 10:3-5; Ephesians 6:13-17; Hebrews 4:12)

A.

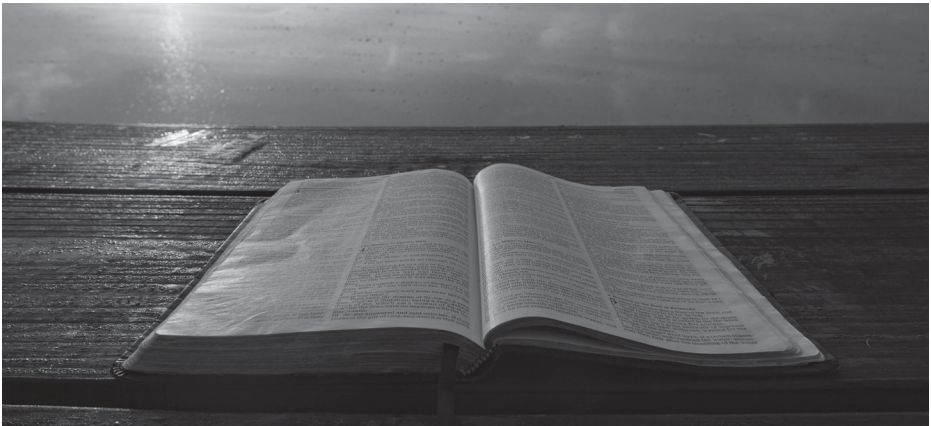
How to take every thought captive?

1. _____
2. _____
3. Memorizing _____
4. Accountability with _____ people
5. Think TNRPLAEP (Philippians 4:8)

“

**“To believe and not to obey is not yet
to believe. So, don’t deceive yourself, be a
real follower of Jesus.”**

- Ptr. Peter Tan-Chi



Discussion Questions:

1. The Devil's schemes are primarily focused on our minds. Why do you think the mind is the main battlefield for spiritual warfare?

2. According to the Bible, the "world," the "flesh," and the "Devil" are our enemies. Can you give an example of how a spiritual attack might involve all three of these at the same time? For example, a temptation (from the Devil) that targets our sinful desires (the flesh) and is reinforced by cultural messages (the world).

APPLY IT

Session 1 Homework: The Realities of Spiritual Warfare

This homework is about defense. Its goal is to train trainees to be spiritually alert and recognize the first stage of an attack. The task is to identify a specific lie—a single negative thought or deceptive idea—and immediately counter it with a biblical truth.

It's a foundational exercise in using the “sword of the Spirit” to defend the mind.

Part 1: Identify the Lie

Throughout the coming week, pay attention to the negative thoughts or doubts that enter your mind. For each one, identify the lie behind it. Is it a lie of accusation, temptation, or deception? Write it down.

Your notes here..

Part 2: Confront with Truth

For each lie you identified, find a Bible verse that directly contradicts it. Write down the lie and the corresponding truth from God's Word. For example:

LIE: "I'm not good enough for this."

TRUTH: "I can do all things through Christ who strengthens me."
(Philippians 4:13)

Share this with your Dgroup Leader for accountability purposes.

Your notes here..

PRAY IT

Heavenly Father, we thank you for the truth of Your Word.

We know that we are in a spiritual battle, and we pray that you would open our eyes to the schemes of the enemy. Give us the discernment to recognize lies and the courage to confront them with Your truth.

Strengthen us to stand firm in our faith and to trust in the power of Jesus Christ, our victory.

In Jesus' name, Amen.



SESSION TWO

OVERCOMING STRONGHOLDS



In our previous session, we explored the reality of two kingdoms and a very real spiritual adversary. Today, we move from understanding to action. We will not only confront the spiritual strongholds in our lives but also learn the Biblical and practical steps to overcome them.

Our victory is not based on our strength, but on the authority of Jesus Christ, who has already won the battle. This session will equip you with the knowledge and tools to stand firm and live in the freedom Christ has provided.

WELCOME



“Identifying Our Walls” (5-6 minutes)

This activity helps participants identify specific areas of spiritual bondage in a safe, non-confrontational way.

1. Instructions (1 min): In a small slip of paper write down one “stronghold” you struggle with. This could be a persistent negative thought, a recurring temptation, a habitual sin or a negative habit. No need to write your name.

2. Collection & Share (3-4 mins): Collect the papers and place them in a bowl. Briefly read a few of the anonymous examples aloud to show the commonality of these struggles.

3. Tie-in (1 min): “The struggles we just read—the doubts, the fears, the habits—are real strongholds that the enemy uses to hold us back. Today, we’re going to learn how to tear down these walls and walk in the victory we have in Christ.”

Learning Nugget

The “walls” we identified are more than just bad habits; they are spiritual strongholds the enemy uses to keep us in bondage. The good news is that we are not helpless. Because we are in Christ, we have the authority to tear down every stronghold and every lie.

Today, we will learn how to apply God’s truth to these areas, break free from the enemy’s grip, and walk in the freedom and victory that Jesus has already secured for us.

BREAKING STRONGHOLDS

TALK ABOUT IT

Misconceptions of Spiritual Warfare

- 01 Over Spiritualize
- 02 Exaggerate the power of the enemy
- 03 Always blame the enemy
- 04 Vomit the evil spirit
- 05 Use things to remove the evil spirits

Any Spiritual encounter should be tested through the lens of God’s Word.

Beloved, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world.
(1 John 4:1)

HOW TO HELP OTHERS BECOME OVERCOMERS



1. Share the Gospel

2. True Life Retreat



3. Overcoming Strongholds material



GUIDELINES FOR FACILITATORS

1. Be there to assist them to be strong in the Lord and in the strength of His might.

To put on the full armor of God that they be able to stand firm against the schemes of the devil (Ephesians 6:10-11). They need to understand the authority they have in Christ, to resist the devil and assume responsibility for overcoming their strongholds and maintaining their victory.

2. Be aware that as they go through overcoming strongholds, Satan may influence their thoughts and tell them lies. Encourage them to share those thoughts with you when it happens so that they can rebuke those lies in Jesus' name and you can pray with them.

Some lies of Satan:

- You can't change
- You're ok as long as you go to church

- Just love yourself, you don't need God
- It's your right
- Do whatever you want as long as you feel fulfilled and happy

3. Confess all known sin in your own life. If you are in sin you will have no power. (1 John 1:9; Psalm 66:18)

Lord, I confess that I have been guilty of _____.
I repent and renounce these and claim Your forgiveness and deliverance. In the Name of the Lord Jesus Christ, I command all evil spirits that are in me or around me because of these sins/ bondages, to leave me, to never return, to not send any similar spirits, or any reinforcements. I claim that any evil influences that were in my life are rendered powerless and cleansed from my life in the Name of the Lord Jesus Christ, Amen.

4. Be controlled and empowered by the Holy Spirit. (Galatians 5:16-17)

5. Put your confidence in the authority and power of the Lord Jesus -

“...All authority has been given to me in heaven and on earth.”
(Matthew 28:18)

“¹⁰ So that at the name of Jesus every knee will bow, of those who are in heaven and on earth and under the earth, ¹¹ and that ‘every tongue will confess that Jesus Christ in Lord, to the glory of God the Father.’” **(Philippians 2:10-11)**

6. Don't be afraid for greater is He who is in you than He who is in the world. (1 John 4:4)

7. Be prayerful – Ask others to pray also.

It is better to have another person pray with you.
(Mark 9:29; Matthew 17:19-21)

“

The power is in the name of the Lord Jesus Christ. ***Nothing is greater than Jesus Christ.***

He has power to set people free.

– Ptr. Peter Tan-Chi

8. Don't talk with the demons, they are liars.

9. Pray with and for the person. Then encourage them as they go through each stronghold to confess and repent of all their sins from their heart. If they don't confess all their sins, Satan will still have a hold on them and influence them.

Until a Christian confesses their sins, Satan and the evil spirits will often resist leaving.

10. If there is a manifestation of an evil spirit **such as the person speaking in different voice, shouting, becoming catatonic,** or if the spirit threatens you or tries to hurt you, then bind the evil spirit in Jesus' name not to hurt you and to be silent. They have no power over you in Jesus' name. **(Luke 10:19)**

11. When demons leave a person, they will usually leave quietly. However, in some cases there may be coughing or vomiting or shouting when they come out.

If that happens, be calm and just assist the person.

Pray and observe. (Mark 5:12-14)

12. Don't shout at the demons to cast them out of the person. **It's not your power; it's Christ's power** that you depend on. Be calm and confident that the demons must come out in the name of the Lord Jesus Christ. Speak in a firm but normal voice.

13. Very important: Do not speak in tongues while helping the person overcome their strongholds. This can scare and confuse them because they do not know what you are saying. **Use the language the person speaks and understands.**

14. Be discerning as to what may be causing their problem (Deuteronomy 18:20, 22)

Spiritual “demonized” – manifestations include: sometimes they are normal, at times incoherent; will not confess Jesus as LORD. Test the spirits and if they can’t say, “Jesus is Lord,” a demon may be controlling them. (1 John 4:1-3)

Is it Physical?

Is it Psychological – are they consistently crazy, consistently incoherent?

How to help unbelievers who are demonized with manifestations of being controlled by Satan or evil spirits: (Acts 16:18)

Say to Satan and the demons: “In the name of the Lord Jesus Christ, Satan and all demons who are controlling this person, be bound. I command you to come out of this person. Do not return to them or send similar or replacement spirits to them.”

-
- If the demons resist, repeat the command and stand firm in the truth of God's word, that they must obey the Lord Jesus Christ. Recite bible verses as you tell them they must obey the Lord Jesus Christ: **(Philippians 2:9-10; Matthew 28:18)**
 - If the demons still resist, ask the demonized person, if they are coherent, whether they or their ancestors were involved in the occult or spiritism or were witchdoctors. If they were, tell the person to repeat after you: **"In the Name of the Lord Jesus Christ, I renounce all the occult practices of my ancestors and myself. I cancel all control of Satan and the demons in life because of these."**
 - **Then command the evil spirits to leave in Jesus' name.** If they don't, continue to command them to leave in the Name of the Lord Jesus Christ until they do.
 - When the evil spirits leave and the person is normal, **ask the person if they have trusted in Jesus Christ to be their Lord and Savior.** If they have not, share the gospel with them and have them pray to receive Jesus Christ. Explain to them that they need Jesus Christ to protect them from evil.

Then have them go through the Steps to Overcoming Strongholds and how to live in victory.

These things I have spoken to you, so that in Me you have peace. In the world you have tribulation, but take courage; I have overcome the world. **(John 16:33)**

Practice God's Presence

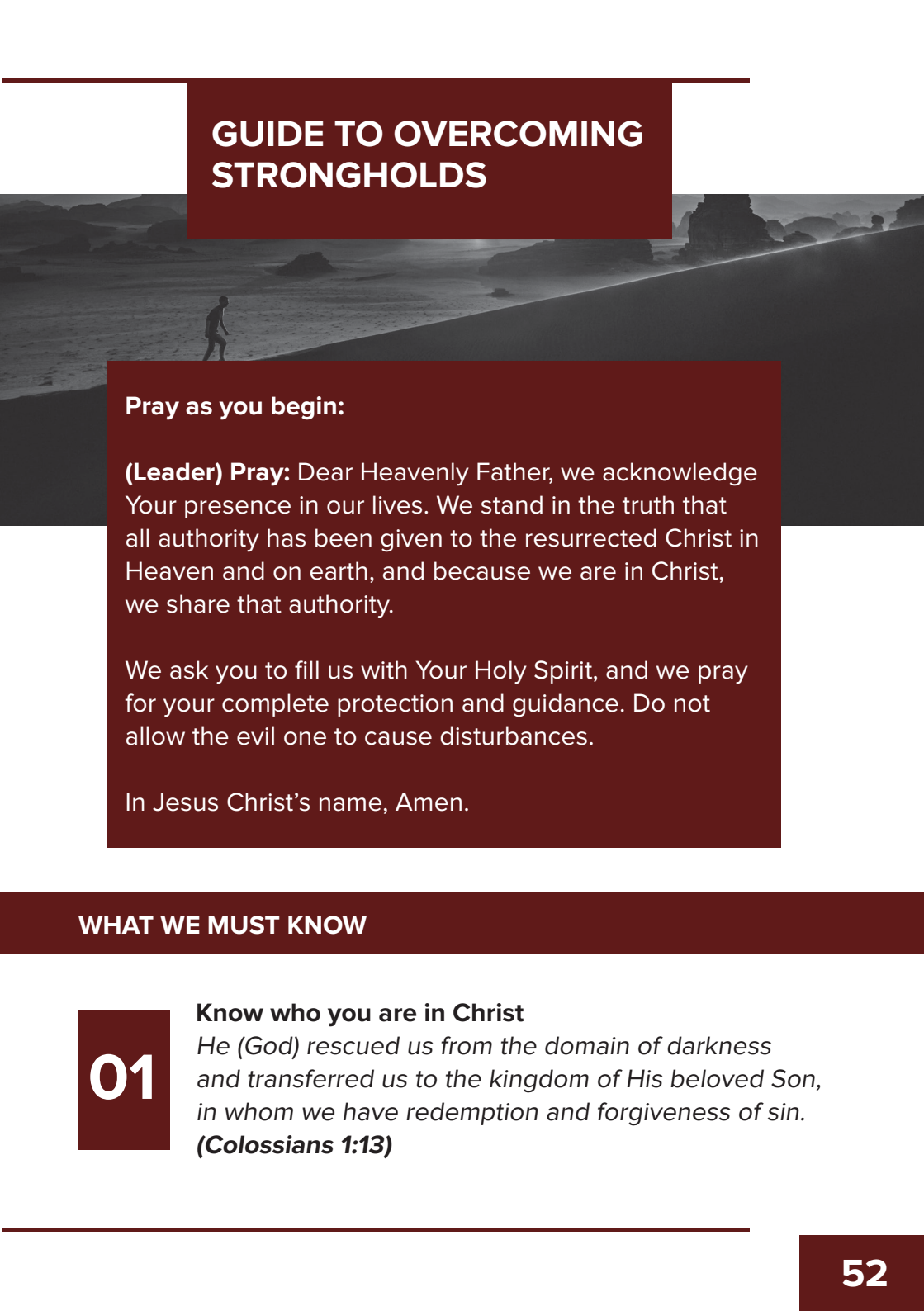
1. Prayer
2. Bible reading
3. Memorizing Scripture
4. Dgroup
5. Serve

Our Confidence in Christ

You are from God, little children, and have overcome them; because greater is He (Christ) who is in you than he (Satan and demons) who is in the world.” **(1 John 4:4)**

When you trusted in Jesus Christ to be your Lord and Savior, He set you free from the power of sin and death through His death and resurrection. At the cross, He defeated Satan.

But if we live with unconfessed sin in our live and believe the lies of Satan, instead of believing the truth in God's word, Satan and demons have access or a right of way to us and can build strongholds in our minds and our flesh through which they influence and control us.

A person is walking on a sandy beach at sunset. The sun is low on the horizon, creating a long, bright reflection on the water. The sky is a mix of orange, yellow, and blue. The person is a small figure in the distance, walking towards the left. The overall mood is peaceful and contemplative.

GUIDE TO OVERCOMING STRONGHOLDS

Pray as you begin:

(Leader) Pray: Dear Heavenly Father, we acknowledge Your presence in our lives. We stand in the truth that all authority has been given to the resurrected Christ in Heaven and on earth, and because we are in Christ, we share that authority.

We ask you to fill us with Your Holy Spirit, and we pray for your complete protection and guidance. Do not allow the evil one to cause disturbances.

In Jesus Christ's name, Amen.

WHAT WE MUST KNOW

01

Know who you are in Christ

He (God) rescued us from the domain of darkness and transferred us to the kingdom of His beloved Son, in whom we have redemption and forgiveness of sin.

(Colossians 1:13)

02

Know that you are protected by the power of God

...who are protected by the power of God through faith for a salvation ready to be revealed in the last time.

(1 Peter 1:5)

03

Know that we are in a Spiritual Battle

“Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.” **(1 Peter 5:8)**

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. **(Ephesians 6:12)**

04

Know we have victory in Christ

...but thanks be to God who gives us the victory through our Lord Jesus Christ. **(1 Corinthians 15:57)**

05

Know Jesus Christ's Authority

“All authority has been given to Me in heaven and on earth.” **(Matthew 28:18)**

For this reason, God highly exalted Him and gave Him the name that is above every name, so that at the name of Jesus every knee will bow, of those who are in heaven and on earth and under the earth, and that every tongue will confess that Jesus Christ is the Lord to the glory of God the Father. **(Philippians 2:9-11)**

06

Know that you are protected by the power of God

Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing will injure you. Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven.” (Luke 10:19-20)

07

Know that we are in a Spiritual Battle

Resist the devil and he will flee from you. (James 4:7)

08

Know your authority in Christ

The seventy returned with joy, saying, “Lord, even the demons are subject to us in Your name.” And He said to them, “I was watching Satan fall from heaven like lightning.” (Luke 10:17-18)



STRONGHOLDS INVENTORY

1. UNFORGIVENESS AND BITTERNESS

“²⁶ BE ANGRY, AND yet DO NOT SIN; do not let the sun go down on your anger, ²⁷ and do not give the devil an opportunity. ³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

³² Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.”

(Ephesians 4:26-27, 31-32)

“¹⁰ Anyone you forgive, I also forgive. And what I have forgiven — if there was anything to forgive — I have forgiven in the sight of Christ for your sake, ¹¹ in order that Satan might not outwit us. For we are not unaware of his schemes.” **(2 Corinthians 2:10–11)**

Unforgiveness

Bitterness/ Anger

Hatred

Unforgiveness and Bitterness are major strongholds of Satan. We are to forgive because God has forgiven us. Even though we may not feel like it, we are to forgive. This is called motion or action before emotion. Forgiveness is an act of our will in obedience to Christ by His power.

It is not forgetting the person's sins but rather it is no longer holding the sin against them and no longer wanting them to suffer for it. It is leaving them in God's hands to work in their life.

Forgiveness from the heart acknowledges the hurt and the pain. It is agreeing to live with the consequences of the person's sin and trusting God to cause what happened to work out for our good and the good of others who were hurt.

OUR ASSURANCE

And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. **(Romans 8:28)**

To be set free from the stronghold of unforgiveness, anger, bitterness and hatred, ask the Lord to reveal to you any person whom you haven't forgiven. List down their names and their offenses against you. Then in obedience to the Lord through the power of the Holy Spirit, forgive them one by one by praying the following prayer:

Dear Heavenly Father, because You have forgiven me all my sins through the blood of Jesus Christ and by the power of the Holy Spirit, I now forgive _____(person's name) _____(what they did) and the emotional pain of _____ (list how it affected you) that it caused me as You have forgiven me. I now trust in You to use this experience for good in my life and in the lives of others. I claim in Jesus' name and based on His shed blood that any evil influences that were in my life are now rendered powerless and cleansed from my life.

In Jesus' name, Amen.

2. SEXUAL IMMORALITIES

Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived; neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor homosexuals, nor thieves, not the covetous, nor drunkards, nor revilers, nor swindlers, will inherit the kingdom of God. Such were some of you but you were wash, but you were sanctified, but you were justified in the name of the Lord Jesus Christ...

(1 Corinthians 6:9-11)

“Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore, glorify God in your body.”

(1 Corinthians 6:18–20)

Lustful thoughts (opposite or same sex)	Abortion	Raping another person
Pornography (including internet)	Fetishes (abnormal sexual desire linked to an object)	Incest
Adultery (married person having sex sexual outside marriages)	Fornication (sex outside of marriage)	Others
Homosexuality (having sex with a person/people of the same gender)	Molesting a child	

List down every person, including prostitutes, with whom you had immoral sexual relationship. **When you have an immoral sexual relation with another person, there is a literal bonding which needs to be renounced and broken in Jesus's name.**

Pray:

Dear Heavenly Father, please forgive me for having a sexual relationship with _____ (name each person's name). I repent and claim Your forgiveness and Your cleansing from these sins. In the name of the Lord Jesus Christ, I renounce these sinful sexual relationships and I break any bonding between me and those persons and cancel any stronghold of Satan in my life.

In the name of the Lord Jesus Christ, I command all evil spirits that are in me or around me as a result of my sinful sexual relationships, to leave me forever, to not send similar spirits, or replacement or reinforcement spirits to me. In Jesus' name and based on His shed blood, I claim His victory over these sins.

In Jesus' name, Amen.

If you were sexually abused, or raped, you were a victim. God grieves with you, but He promises to heal you. Pray the following prayer:

Pray:

Dear Heavenly Father, I was _____
(sexually abused, raped) by _____
(person's name). I renounce having my body used in this way. I claim cleansing and healing of my mind, body, soul and spirit by the blood of Jesus Christ.

In the name of the Lord Jesus Christ, I cancel any ground that Satan has gained in my life by this and I command any evil spirits that were transferred to me to leave me forever, to not send similar, replacement or reinforcement spirits. I trust You to use this experience for good as you promised. I now dedicate my body to you to be used for your glory.

In Jesus' name, Amen.

Although you were a victim, if you feel guilty or that you should have done something to stop the abuse, then pray:

Pray:

Lord Jesus Christ, I know that I was a victim. But I feel I should had done something to stop the abuse/rape or I did something to cause it. I now want to be released from this nagging guilt. In the name of the Lord Jesus Christ, I ask for your forgiveness and claim Your healing.

Please cancel all strongholds that Satan and the demons have built in my life. I am a new creation in you, washed and cleansed by the blood of Jesus Christ. I dedicate my body to you.

In Jesus' name, Amen.

FOR THE SIN OF ABORTION:

(David after the death of his baby said, “I shall go to him but he shall not return to me.” – 2 Samuel 12:23) You will see your child in heaven because he/she is with the Lord.

Pray:

Dear Heavenly Father, life is a gift from You. Only you have the right to take it. I realize that aborting my unborn child was a sin against the child and against you. I am very sorry. Please forgive me for taking the life of my child. I look forward to seeing my child in heaven when I see You and spending eternity together.

Thank you for your healing in my life. I now cancel all the ground that Satan and evil spirits have gained in my life as a result of this sin.

In Jesus' name, Amen.

3. OTHER SINS AND BONDAGES

“Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God.” **(Galatians 5:19–21)**

- Temper
- Violent Tendencies
- Spouse Beating
- Profanity
- Anger
- Stealing
- Swindling
- Envy
- Jealousy
- Depression
- Cutting Wrists
- Disobedient to Authority
- Rage
- Unbelief
- Blasphemous Thoughts against God
- Lying
- Slander
- Covetousness
- Greed for Power
- Greed for Money
- Gossiping

- Gambling
- Sarcasm
- Quarreling
- Cheating
- Anorexia
- Bulimia
- Addiction to:
 - Drugs
 - Alcohol
 - Computer Games
 - Music
 - Television
 - Internet/FB
 - Social Media
 - Masturbation
- Laziness
- Procrastination
- Ungrateful
- Grumbling
- Inferiority Complex
- Fear/Worry
- Others

OTHER SINS THAT LEAD TO STRONG BONDAGES

PRIDE:

God is opposed to the proud but gives grace to the humble.
(1 Peter 5:5-6)

For the sin of pride pray:

I have lived independently of you, sought self-glory instead of your glory. I have taken pride in my accomplishments, my abilities, my possessions instead of acknowledging you as the source of all that I am and all that I have and all that I have accomplished. I have reacted to correction and looked down on others.

Please forgive me. I repent and renounce this sin of pride. In your name, I cancel all strongholds that Satan and demons have gained in my life because of my pride.

By the power of the Holy Spirit, may I glorify you in all I am and do and regard others as more important than myself.
(Philippians 2:3)

REBELLION:

Now we live in a rebellious generation. God commands us to be subject to our authorities. Rebellion to authority is described by God in 1 Samuel 15:23 as serious as the sin of divination and insubordination as the sin of idolatry. It opens us to demonic influence.

For the sin of pride pray:

Dear Heavenly Father, You have instructed me to be in submission to all the authorities in my life: Parents, Husband, Civil Government, Church authorities, employers. I acknowledge that in my attitude and actions I have sinned against you with my rebellious heart towards _____
(name the authority).

You have said that rebellion to authority is a sin. Please forgive me. I repent. In the name of the Lord Jesus Christ I cancel all strongholds in my life gained by Satan and evil spirits because of my rebellion. I now choose to be submissive to my authorities from the heart.

In Jesus' name, Amen.

SUICIDAL THOUGHTS:

For a Child of God, suicidal thoughts are Satan's implants. He comes to kill, steal and to destroy. (John 10:10a) He wants us to kill ourselves and by so doing to dishonor God and thwart God's plan for our lives. We believe these thoughts because Satan implants his lies in our brain using the 1st person pronoun "I". Example: "I want to kill myself."

So, don't own this thought. It solves no problem and creates a bigger problem for eternity. Renounce and rebuke the thought of suicide in the name of the Lord Jesus Christ. Trust in Him to solve your problems and to cause all things to work out for your good in His time as He promises. Romans 8:28. He came to give you an abundant life. **(John 10:10b)**

DEPRESSION:

It is natural to feel sad and to grieve for a time when there are trials, death of a loved one, sickness, regrets or setbacks. However, depression occurs when these feelings are prolonged. Our focus is deflected from God to the problem and the pain. There is loss of faith and hope because of believing Satan's lies. But, no problem is too big for our powerful God who loves us and who promises that He has good plans for us, not for destruction but to give us a future and a hope **(Jeremiah 29:11)**.

He commands us to cast all our cares on Him because He cares for us and has all the power to solve our problems. When we do that we resist the devil and his plans for our destruction. God will strengthen you. **(1 Peter 5:7-10)**

If you believe in these lies of suicide and hopelessness,

Pray:

Dear Heavenly Father, I have believed the lies of Satan. I now disown and renounce any thoughts of suicide and hopelessness in the name of the Lord Jesus Christ. I choose to believe Your word, the truth. Jesus said that if we know the truth then the truth will set us free. (John 8:32)

I surrender all my problems to you and thank you in advance for how you will solve them. I declare that you have come to give me abundant life and to give me a future and a hope (Jeremiah 29:11). Please forgive me for not trusting in you. In your name, Lord Jesus, I repent and cancel all ground that Satan has gained in my life as a result of my lack of faith.

In Jesus' name, Amen.

For the other sins and bondages that you checked,**Pray:**

Dear Lord, I confess that I have been guilty of _____ (say each one you checked). I repent and renounce these sinful acts and strongholds and claim Your forgiveness and victory. In the name of the Lord Jesus Christ, I command all evil spirits that are in me or around me as a result of these sins and bondages, to leave me, to never return, to not send any similar spirits, or any reinforcements. I claim in Jesus' name and based on His shed blood that any evil influences that were in my life are rendered powerless and cleansed from my life.

In Jesus' name, Amen.

4. PERSONAL COUNTERFEIT SPIRITUAL EXPERIENCES

OCCULT PRACTICES

Begin by praying:

Dear Heavenly Father, I ask You to guard my heart and mind, and reveal to me all the cult or occult practices, false religions, and idolatry in which I have knowingly or unknowingly been involved.

In Jesus' name, Amen.

“You saw no form of any kind the day the LORD spoke to you at Horeb out of the fire. Therefore, watch yourselves very carefully, so that you do not become corrupt and make for yourselves an idol, an image of any shape, whether formed like a man or a woman,”
(Deuteronomy 4:15-16)

“And when you look up to the sky and see the sun, the moon and the stars—all the heavenly array—do not be enticed into bowing down to them and worshiping things the LORD your God has apportioned to all the nations under heaven.”
(Deuteronomy 4:19)

“Let no one be found among you who sacrifices their son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, 11or casts spells, or who is a medium or spiritist or who consults the dead. Anyone who does these things is detestable to the LORD; because of these same detestable practices the LORD your God will drive out those nations before you.”
(Deuteronomy 18:10-12)

“Do not turn to mediums or seek out spiritists, for you will be defiled by them. I am the Lord your God.” **(Leviticus 19:31)**

- Spirit of the Glass
- Ouija Board
- Fortune Telling
- Palm Reading
- Tarot Cards
- Horoscope
- Consulting Mediums
- Feng Shui
- Dwendes
- Arbolaryo/ Witchdoctor
- Witchcraft/ Kulam
- Astrology
- Séance
- Anting-Anting / Amulet
- Faith Healing
- Transcendental Meditation
- Astral Projection
- Speaking in Trance
- Animal Sacrifice
- Clairvoyance
- Spirit Guides
- Gayuma/Love Spells
- Automatic Writing
- Idolatry
- Praying to the dead, ancestors, images, saints, idols or any other being besides the Living God (the Father, Son, and Holy Spirit)
- Others

Pray:

Lord, I confess that I have participated in _____ (say each one you checked above or listed). I repent and ask for Your forgiveness, and I renounce these. In the name of the Lord Jesus Christ, I command any evil spirits that are in me or around me as a result of these things, to leave me right now, to never return, to not send any other similar or replacement spirits to me.

In Jesus' name, Amen.

**Prayer to or worship of
anything or any being
other than the Living God
(God the Father, God the
Son, God the Holy Spirit)**

“They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator—who is forever praised. Amen.”
(Romans 1:25)

“You shall not make for yourself an idol, or any likeness of what is in heaven above or on the earth beneath or in the water under the earth. You shall not worship them or serve them; for I, the Lord your God, am a jealous God, visiting the iniquity of the fathers on the children, on the third and the fourth generations of those who hate Me, but showing lovingkindness to thousands, to those who love Me and keep My commandments.”
(Exodus 20:4-6)

“I am the LORD, that is My name; I will not give My glory to another, Nor My praise to graven images.” **(Isaiah 42:8)**

“I am jealous for you with a godly jealousy. I promised you to one husband, to Christ, so that..”

“I might present you as a pure virgin to him. But I am afraid that just as Eve was deceived by the serpent’s cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ.”
(2 Corinthians 11:2-3)

“For there is one God, and one mediator also between God and men, the man Christ Jesus, who gave Himself as a ransom for all, the testimony given at the proper time.”
(1 Timothy 2:5-6)

Pray:

Lord Jesus, I confess that I have venerated and prayed to other gods, images and idols. etc. I ask for your forgiveness and repent and renounce having done this. You are the only true God. In the name of the Lord Jesus Christ, I command any evil spirits that are in me or around me because of these things, to leave me right now, to never return, to not send any similar or replacement spirits to me. I claim that any evil influences that were in my life are rendered powerless and cleansed from my life.

In Jesus' name, Amen.

Note: Remove idols that have been worshipped and all other occult items in your possession. If you are living with family members and in-laws who own the idols and occult items, pray over these objects and cast out any demons residing in them in the name of Jesus Christ and bind them not to come back.

5. FAMILY HISTORY - SINS OF ANCESTORS

Demonic strongholds can be passed on from one generation to the next. The cure for generational sins is salvation in Jesus Christ, repentance and renunciation.

“You shall have no other god before Me. You shall not make for yourselves an idol...You shall not worship them or serve them; for I, the LORD your God, am a jealous God, visiting the iniquity of the fathers on the children, on the third and the fourth generations of those who hate Me, 6 but showing loving-kindness to thousands, to those who love Me and keep My commandments you.”

(Exodus 20:4-6)

Pray:

Lord Jesus Christ, please help me to recall any occult practices, idol worship and addictions in my parents and grandparents.

In Jesus' Name, Amen.

1. Occult Practices



2. Idol Worship of



3. Addiction in the Family



4. Immorality



Declaration: In the name of Jesus Christ, I reject and disown all the sinful practices of my ancestors. I do not agree or approve of their activities. I pledge my allegiance to Jesus Christ, and I cancel any claim that Satan has over me through the occult and sinful practices of my ancestors or any curses placed on me.

CLOSING DELARATION:

As one who has been delivered from the power of darkness and transferred into the kingdom of God's Son, Jesus Christ, I cancel all Satanic and demonic strongholds in my life. I belong to the Lord Jesus Christ, who purchased me with His own blood. By the power and authority of the Lord Jesus Christ, I command Satan and all evil spirits that are in me or around me to depart now.

I bind them not to return to me and not to send any replacement or similar spirits. I declare myself to be eternally and completely committed to the Lord Jesus Christ in body, soul, and spirit. I will faithfully follow Jesus and do His will by the power of the Holy Spirit in me, from this day forward. I am His and I love Him!

Prayer:

Dear Heavenly Father, I am your child through faith in Jesus Christ, my Lord and Savior, the King of Kings and Lord of Lord. Now I submit myself and my body to you as a living sacrifice to be used for righteousness. Glorify Yourself through me. Please fill me now with Your Holy Spirit and enable me to grow in Christlikeness.

In Jesus' name, Amen.

The Devil's Destiny

“And the devil who deceived them was thrown into the lake of fire and brimstone, where the beast and the false prophet are also; and they will be tormented day and night forever and ever.”
(Revelation 20:10)

LIVING IN VICTORY

You have just won a victory over the strongholds in your life, but the spiritual battle is still raging. To live in victory, assume responsibility to maintain your victory. Say “No!” to sin and Satan’s lies and Say “Yes” to God. If you do sin, immediately confess your sin to God.

Repent and claim His forgiveness (1 John 1:9), This is very important because if you continue in sin, Satan will gain strongholds in your life again from which he will control and influence you.

- Be continually controlled and empowered by the Holy Spirit. If you live by the power of the Holy Spirit you will not carry out the desires of the flesh.

(Ephesians 5:18)

(Galatians 5:16-17)

- Put on the full armor of God daily **(Ephesians 6:11-17)**

- Be part of a discipleship group for Christian fellowship, accountability, mentoring and serving together.

(Hebrews 10:25)

- Read your bible daily. Memorize and meditate on bible verses

(Joshua 1:8, Psalm 1:1-3)

- Don't believe Satan's lies, believe the truth of God's word.

(2 Corinthians 10:5)

(Romans 12:2)

- Pray to God the Father in the name of Jesus Christ as a way of life **(Colossians 4:2)**

- Flee from sin and the places and people that tempt you to sin.

(James 4:7, 1)

(Corinthians 6:18)

(2 Timothy 2:22)

- Worship the Lord in private and corporately on Sundays in a church that teaches God's word. **(Psalm 100:2-5)**

READ THIS DECLARATION OF FAITH OFTEN:

I recognize that there is only one true and living God (Exodus 20:2-3), who exists as the Father, Son, and Holy Spirit, and that He is worthy of all honor, praise, and worship as the Creator, Sustainer, and Beginning and End of all things (Revelation 4:11; 5:9-10; Isaiah 43:1, 7, 21).

I recognize Jesus Christ as the Messiah, the Word who became flesh and dwelt among us (John 1:1, 14). I believe that He came to destroy the works of Satan (1 John 3:8), that He disarmed the rulers and authorities and made a public display of them, having triumphed over them (Colossians 2:15).

I believe that God has proven His love for me, because when I was still a sinner Christ died for me (Romans 5:8). I believe that He delivered me from the domain of darkness and transferred me to His kingdom, and in Him I have redemption, the forgiveness of sins (Colossians 1:13-14).

I believe that I am now a child of God (1 John 3:1-3), and that I am seated with Christ in the heavenlies (Ephesians 2:6).

I believe that I was saved by the grace of God through faith, that it was a free gift and not the result of any works on my part (Ephesians 2:8).

I choose to be strong in the Lord and in the strength of His might (Ephesians 6:10). I put no confidence in the flesh (Philippians 3:3), for the weapons of my warfare are not of the flesh (2 Corinthians 10:4). I put on the whole armor of God (Ephesians 6:10-17), and I resolve to stand firm in my faith and resist the evil one.

I believe that Jesus has all authority in heaven and on earth (Matthew 28:18), and that He is the head over all rule and authority (Colossians 2:10). I believe that Satan and his demons are subject to me in Christ because I am a member of Christ's body (Ephesians 1:19-23). I, therefore, obey the command to resist the devil (James 4:7), and I command him in the name of the Lord Jesus Christ to leave my presence.

I believe that apart from Christ I can do nothing (John 15:5), so I declare my dependence on Him. I choose to abide in Christ in order to bear much fruit and glorify the Lord (John 15:8).

I announce to Satan that Jesus is my Lord (1 Corinthians 12:3), and I reject any counterfeit gifts or works of Satan in my life.

I believe that the truth will set me free (John 8:32), and that walking in the light is the only path of fellowship (1 John 1:7). Therefore, I stand against Satan's deception by taking every thought captive in obedience to Christ (2 Corinthians 10:5). I declare that the Bible is the only authoritative standard (2 Timothy 3:15-17). I choose to speak the truth in love (Ephesians 4:15).

I choose to present my body as an instrument of righteousness, a living and holy sacrifice, and I renew my mind by the living Word of God in order that I may prove that the will of God is good, acceptable, and perfect (Romans 6:13; 12:1-2).

I ask my heavenly Father to fill me with His Holy Spirit (Ephesians 5:18), to lead me into all truth (John 16:13; Psa. 25:5), and to empower my life, so that I may live above sin and not carry out the desires of the flesh (Galatians 5:16). I crucify the flesh (Galatians 5:24) and choose to walk by the Spirit.

I renounce all selfish goals and choose the ultimate goal of love (1 Timothy 1:5). I choose to obey the greatest commandment, to love the Lord my God with all my heart, soul, and mind, and to love my neighbor as myself (Matthew 22:37-39).

I believe that Jesus has all authority in heaven and on earth (Matthew. 28:18) and that He is the head over all rule and authority (Colossians 2:10). I believe that Satan and his demons are subject to me in Christ since I am a member of Christ's body (Ephesians 1:19-23). Therefore, I obey the command to resist the devil (James 4:7) and command him in the name of Christ to leave my presence.

(Source: Bondage Breaker, Neil Anderson)

REMIND YOURSELF OF WHO YOU ARE IN CHRIST DAILY IN CHRIST..

I AM ACCEPTED...

John 1:12	I am God's child.
John 15:15	As a disciple, I am a friend of Jesus Christ.
Romans 5:1	I have been justified (declared righteous).
1 Corinthians 6:17	I am united with the Lord, and I am one with Him in spirit.
1 Corinthians 6:19-20	I have been bought with a price and I belong to God
1 Corinthians 12:27	I am a member of Christ's body.
Ephesians 1:3-8	I have been chosen by God and adopted as His child.
Colossians 1:13-14	I have been redeemed and forgiven of all my sins.
Colossians 2:9-10	I am complete in Christ.
Hebrews 4:14-16	I have direct access to the throne of grace through Jesus Christ.

I AM SECURE...

Romans 8:1-2	I am free from condemnation.
Romans 8:28	I am assured that God works for my good in all circumstances.
Romans 8:31-39	I am free from any condemnation brought against me and I cannot be separated from the love of God.
2 Corinthians 1:21-22	I have been established, anointed and sealed by God.
Colossians 3:1-4	I am confident that God will complete the good work He started in me.
Philippians 1:6	I am a member of Christ's body.
Philippians 3:20	I am a citizen of heaven.
2 Timothy 1:7	I have not been given a spirit of fear but of power, love and a sound mind.
1 John 5:18	I am born of God and the evil one cannot touch me.

I AM SIGNIFICANT...

John 15:5	I am a branch of Jesus Christ, the true vine, and a channel of His life.
John 15:16	I have been chosen and appointed to bear fruit.
1 Corinthians 3:16	I am God's temple.
1 Corinthians 5:17-21	I am a minister of reconciliation for God.
Ephesians 2:6	I am seated with Jesus Christ in the heavenly realm.
Ephesians 2:10	I am God's workmanship.
Ephesians 3:12	I may approach God with freedom and confidence.
Philippians 4:13	I have been redeemed and forgiven of all my sins.
Philippians 4:13	I can do all things through Christ, who strengthens me

Discussion Questions:

In your small group, discuss the following points and share your insights with one another.

1. Having unconfessed sin can give Satan “access or a right of way.” Based on your experience, why do you think confessing our sins is such a crucial step in breaking a stronghold?

2. “The battle is in the mind.” Can you share a specific example from your life where a spiritual struggle began with a wrong thought or lie and how a stronghold was built from it?



APPLY IT

Session 2 Homework: Overcoming Strongholds

This homework is about offense. It assumes that a lie, if believed over time, can lead to a deeper stronghold (e.g., a persistent negative habit, a pattern of thinking, or a bondage).

The homework is a practical, three-step plan to break that stronghold by identifying it, finding a corresponding truth, and, most importantly, involving accountability from a fellow believer. It's an actionable approach to achieving lasting freedom.

Part 1: Personal Inventory: Using the categories of spiritual attacks, identify one specific stronghold in your life that you want to overcome. This could be a recurring temptation, an area of wrong thinking, or a lie you've believed. Write it down.

Part 2: Truth Encounter: Find at least one **Bible verse** that directly counters the lie or stronghold you identified. Write down the verse and a short prayer asking the Holy Spirit to help you claim this truth. Throughout the week, when the stronghold or negative thought arises, speak this verse out loud as a declaration of faith.

Part 3: Accountability: Share your **commitment to overcoming this stronghold** with your Dgroup leader, a trusted small group member or friend and ask them to pray for you this week.

PRAY IT

Heavenly Father, we thank you for the victory we have in Jesus Christ. We confess that we often feel powerless against the strongholds in our lives. We ask you to fill us with Your Holy Spirit and help us to apply the truths we learned today.

Give us the courage to confess our sins, the faith to stand on Your authority, and the discernment to fight the battle in our minds with Your truth. We pray for one another, that we may be united in this fight and walk in the freedom and victory that is ours.

In Jesus' name, Amen.

WHAT'S NEXT?

Book 12: Leadership Skills

As you grow in awareness of spiritual realities and learn to stand firm in Christ, God also invites you to take greater responsibility in caring for others. Spiritual maturity naturally leads to influence, and influence brings the call to lead with wisdom and love.

Just as standing strong in faith requires discernment, leading others requires skill, humility, and a servant's heart. God uses everyday leaders to guide, encourage, and strengthen His people—often in ordinary but deeply meaningful ways.

So how do we lead well? How do we help others grow while navigating challenges with grace and truth? These questions, and more, will be explored in Book 12: Leadership Skills.

Our hope is that as you go through this book, you will be equipped to lead with confidence and integrity—serving others faithfully and reflecting Christ in every relationship and responsibility entrusted to you.

ANSWER KEY

Session 1

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I. The Reality of 2 Kingdoms

A. Two Kingdoms

1. Kingdom of God

2. Kingdom of Darkness

B. The Enemies of Our Soul

1. The World

2. The Flesh

3. The Devil

C. The Reality of Warfare

1. Adversary

2. Spiritual warfare

II. The Battle is in the Mind

Take every thought captive

How to take every thought captive?

1. Prayer

2. God's Word

3. Memorizing Scripture

4. Accountability with Godly people

STAY UPDATED!

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