



Freedom

Becoming Fully Alive!

Part Three: Winning The War For Your Heart

by Pastor Steve Peterson



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Freedom - Part 3: Winning The War For Your Heart

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PART 3 - SESSION 1

TEARING DOWN SPIRITUAL STRONGHOLDS

“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

II Corinthians 10:3-5 (NIV)

I. TEARING DOWN SPIRITUAL STRONGHOLDS

A. RECOGNIZING SPIRITUAL STRONGHOLDS

1. II Corinthians 10:3-5
2. “Unevangelized” areas of our lives - areas that are not submitted to the Lordship of Jesus Christ
3. Unbelief, misbelief, or judgments
4. “Houses of Thought”
5. Examples of common strongholds:
 - a. Pride...believing in yourself...you are always on your mind.
 - b. Shame...believing you are the sum total of your life’s experiences or some defining part thereof
 - c. Fear...faith in reverse...a lack of revelation of God’s love
 - d. Rejection...what happens when you put more faith in others and yourself rather than God
 - e. Anger...what happens when you demand what you think is “right,” and/or try to control the outcome of a situation
 - f. Depression...what happens when you put your hope in something or someone other than God
 - g. Unbelief...not believing in God
 - h. Self-Pity...when you make yourself the “god of all self-comfort”
6. Strongholds will keep you from knowing Jesus as He really is and keep you from knowing who you really are in Christ.

B. HOW TO TEAR DOWN SPIRITUAL STRONGHOLDS

1. Recognition And Ownership (Conviction)
 - a. Requires facing yourself, not focusing on others.
 - 1) Matthew 7:1-5
 - 2) Luke 18:9-14

- b. Requires humility
- c. What is the stronghold in your life?

2. **Willingness (Repentance)**

- a. Willing to give up control
- b. Willing to be willing
- c. Seeing that some strongholds are really “sin-holds.” Fear, unbelief, pride, self-pity, anger are all sin - **my** sin.
- d. Seeing that my sin is a crime against God
Psalm 51:1-4
- e. Repenting of “victim thinking” and all **known** sin
 - 1) II Corinthians 7:10
 - 2) Luke 13:3

3. **Absolute Surrender Of Self (Faith)**

- a. Luke 14:26-27
- b. Matthew 10:37-39
- c. Romans 12:1-2

Sometimes we may say we “aren’t ready” to surrender or obey God on a particular issue or we don’t have “the ability” to do so. We must realize, however, that not to obey God is wrong (sin). Therefore, not being ready or feeling we don’t have the “ability” does not excuse us from responsibility in God’s eyes. Remember, that in whatever His will is for us, **He will give us His ability**, if we humble ourselves.

- d. James 4:1-7
- e. I Peter 5:5-7

4. **Power (The Holy Spirit)**

- a. Being filled with the Holy Spirit
 - 1) Ephesians 5:18
 - 2) Luke 11:11-13

b. Letting God be God and fully yielding and cooperating with His indwelling Spirit.

1) Philippians 2:13

2) Ezekiel 36:26-27

5. **Instruction In Righteousness (The Word)**

a. Exchanging lies for The Truth

b. Philippians 4:8

c. John 8:31-32

6. **Revelation Of Hidden Things (Roots)**

The only reasons to “dig” into the past are: If something from the past is still affecting you in the present - **OR** - if you are having difficulty consistently obeying God, though you really want to obey.

a. Psalm 19:12-14

b. Psalm 139:23-24

See: **“Processing The Issues Of The Heart”**

7. **Release From The Wounds Of Life (Healing)**

a. Continue “Processing The Issues Of The Heart”, forgiving those you need to forgive.

b. Repent of any unrighteous judgments and vows rooted in those judgments.

c. Invite the Holy Spirit to heal your heart.

d. Isaiah 61:1

8. **Release From The Power And Works Of Satan (Deliverance)**

a. **The primary weapons of our warfare** (II Corinthians 10:3-5)

1) The Word of God

a) Ephesians 6:17

- b) Hebrews 4:12
- 2) The Name of Jesus
 - a) Philippians 2:9-11
 - b) Acts 16:16-18
- 3) The Blood of the Lamb (Jesus)
Revelation 12:10-11

b. **The Armor of God**

Ephesians 6:10-18

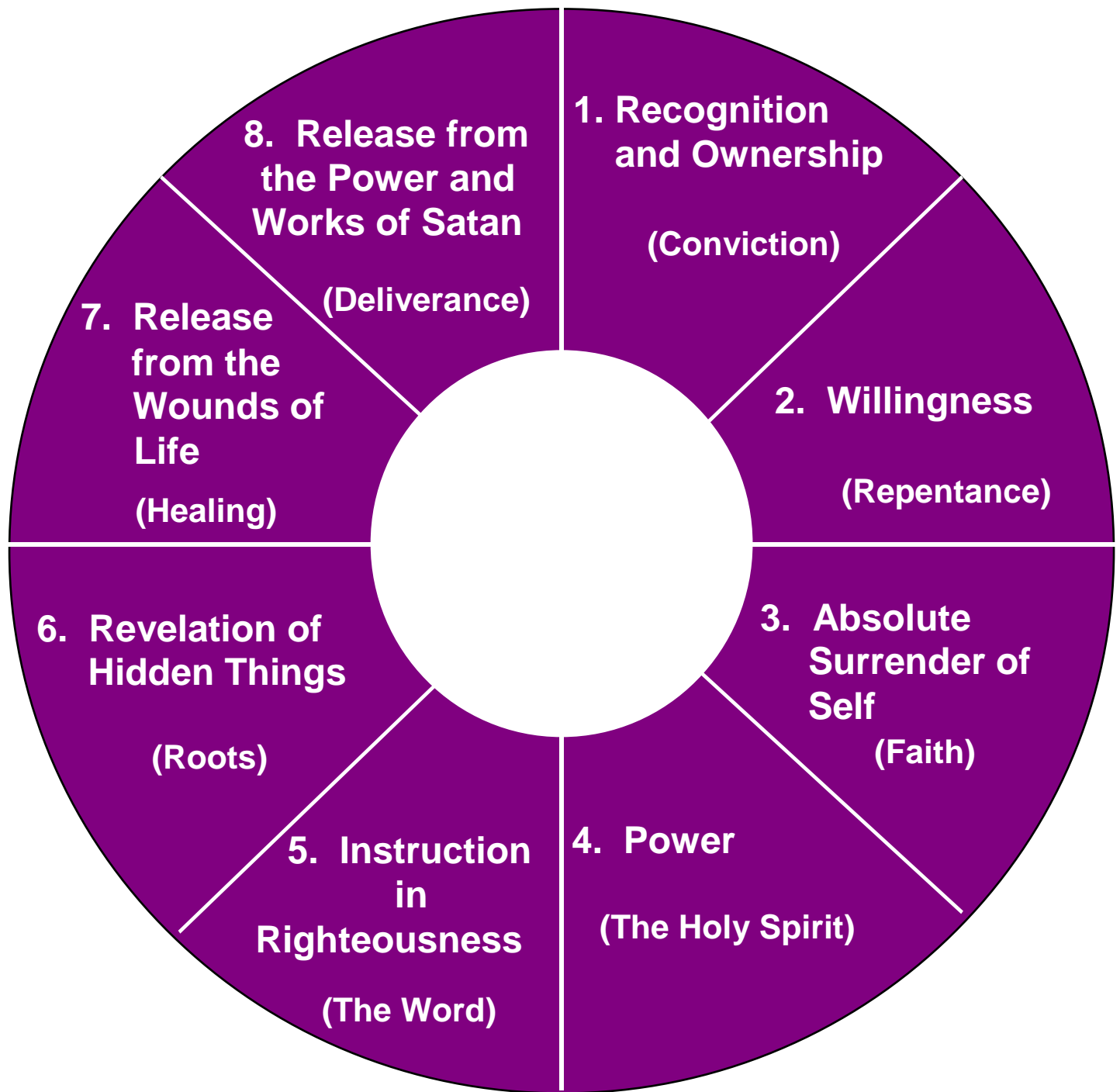
c. **The Authority of the Believer**

- 1) Ephesians 1:17-23
- 2) Luke 10:17-20

II. APPLICATION

- A.** Can you identify any spiritual strongholds in your life? Please explain?
- B.** What “step” would you place yourself on in the “process” of that stronghold being totally torn down? (Refer to the ‘How To Tear Down Spiritual Strongholds’ diagram on the next page)
- C.** In light of your answers to the above, what do you believe is your next step?
- D.** Would you be willing to approach a trusted person to receive prayer and encouragement as you take your next step? If so, proceed.

How To Tear Down Spiritual Strongholds





PROCESSING

1. Who/What has offended or hurt you? Or... Who/What have you lost?

- (a) List specific offenses, hurts, or losses and the person(s) involved.
- (b) Choose one of the above offenses, hurts, or losses to "process" at this time.

Psalm 26:2

THE ISSUES OF

2. How have you been affected?

How has this specific offense, hurt, or loss affected you?

- (a) What have your thoughts been?
- (b) What have your feelings been?

Psalm 139:23

THE HEART

3. How have you responded?

- (a) What have you said?
- (b) What have you done?
- (c) What have you decided?

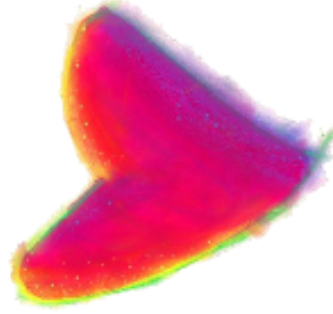
Psalm 139:24



PROCESSING

4. Pour out your heart

- (a) Pour out your heart to the Lord. Let HIM know exactly how you feel.
- (b) Express your unmet desires to the Lord.
- (c) Express your current desires to the Lord.
Psalms 62:8
Psalms 142:1-2
- (d) Express thanks to the Lord.
1 Thessalonians 5:18
Ephesians 5:20
Romans 8:28-29
Psalms 50:14-15, 23
Psalms 116:17



THE ISSUES OF

5. Forgive

- (a) Write out your confession of unforgiveness to the Lord along with related wrong attitudes and/or responses:

Choose to forgive the person who has hurt or offended you.
CANCEL THE DEBT!

Write out your prayer to the Lord expressing your decision to forgive the person who has hurt or offended you.

Matthew 18:21-35
- (b)
- (c)

THE HEART

6. Release the offense, hurt, or loss to the Lord.

- (a) Entrust the person and/or situation to the Lord.
Psalms 55:22-23
Romans 12:16-21
Psalms 19:14
- (b) Write down who/what you are committing to the Lord.
Luke 23:34
Matthew 5:43-45
- (c) Pray for the person who has offended or hurt you.



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PART 3 - SESSION 2

PUTTING ON THE ARMOR OF GOD

“Finally, be strong in the Lord and his mighty power.
Put on the full armor of God so that you can take
your stand against the devil’s schemes.”

Ephesians 6:10-11 (NIV)

I. PUTTING ON THE ARMOR OF GOD

A. PREPARING FOR BATTLE

Ephesians 6:10-11

B. IDENTIFYING YOUR ENEMY

Ephesians 6:12

C. DRESSED FOR BATTLE

Ephesians 6:13

1. The Belt Of Truth
Ephesians 6:14
2. The Breastplate Of Righteousness
Ephesians 6:14b
3. Your Feet Fitted With Readiness
Ephesians 6:15
4. The Shield Of Faith
Ephesians 6:16
5. The Helmet Of Salvation
Ephesians 6:17
6. The Sword Of The Spirit
Ephesians 6:17b
7. Prayer In The Spirit
Ephesians 6:18

II. DAVID'S ARMOR IN HIS STAND AGAINST GOLIATH

A. DAVID PREPARING FOR BATTLE

I Samuel 17:20-37

B. DAVID IDENTIFYING HIS ENEMY

I Samuel 17:4-11; 36-37

C. DAVID PUTTING ON THE ARMOR OF GOD, NOT THE ARMOR OF KING SAUL

I Samuel 17:38-45

D. DAVID DECLARING THAT THE BATTLE IS THE LORD'S

I Samuel 17:46-51

III. DRESSED TO STAND AGAINST YOUR ENEMY

EPHESIANS 6:14-18

A. "WITH THE BELT OF TRUTH BUCKLED AROUND YOUR WAIST"

1) You are accepted in the Beloved!

2) Ephesians 1:6 KJV

B. "WITH THE BREASTPLATE OF RIGHTEOUSNESS IN PLACE"

1) You are the righteousness of God in Christ Jesus!

2) II Corinthians 5:21

C. "WITH YOUR FEET FITTED WITH READINESS THAT COMES FROM THE GOSPEL OF PEACE"

1) Jesus is your readiness, for you can do all things through Him who strengthens you!

2) Philippians 4:13

D. “TAKE UP THE SHIELD OF FAITH WITH WHICH YOU CAN EXTINGUISH ALL THE FLAMING ARROWS OF THE EVIL ONE”

1. You have the faith of the Son of God!

Galatians 2:20 KJV

2. No Weapon formed against you will prosper!

Isaiah 54:17

3. The causeless curse will not alight!

Proverbs 26:2

E. “TAKE THE HELMET OF SALVATION”

1. Jesus is your Salvation!

2. John 1:12-14

F. “TAKE THE SWORD OF THE SPIRIT”

1. The Word of God, The Truth will set you free!

2. John 8:31-32

G. “PRAY IN THE SPIRIT”

1. The Spirit intercedes for us!

2. Romans 8:26



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PART 3 - SESSION 3

TAKING EVERY THOUGHT CAPTIVE

“...and we are taking every thought captive to the obedience of Christ.”

II Corinthians 10:5b (NASB)

I. TAKING EVERY THOUGHT CAPTIVE

A. WINNING THE BATTLE FOR YOUR MIND

1. “Bringing every thought into captivity to the obedience of Christ”
(II Corinthians 10:5b NKJV)
2. “Let this mind be in you which was also in Christ Jesus”
(Philippians 2:5 NKJV)

B. WHAT CHARACTERIZES THE MIND OF CHRIST?

1. Meekness and humility
2. Philippians 2:5-11 (NKJV and NIV)
3. Matthew 11:28-30

C. “THINKING” THAT IS LACKING IN MEEKNESS AND HUMILITY

1. Angry, bitter and jealous thinking
 - a) I Samuel 18:8-10
 - b) Ephesians 4:26-27; 31
2. Unforgiving thinking
Matthew 18:28-35
3. Bitter envy and selfish ambition thinking
James 3:14-16 (contrast with verse 17)
4. Prideful and covetous thinking
 - a) Proverbs 13:10
 - b) James 4:1-3
 - c) Romans 12:3
5. Judgmental thinking
Matthew 7:1-5

6. Self-righteous and condescending thinking
Luke 18:9-14
7. Ungrateful and rebellious thinking
 - a) Romans 1:21-32
 - b) I Samuel 15:23

D. HOW TO TAKE EVERY THOUGHT CAPTIVE

1. **REPENT** (A change of mind)
 - a) Luke 13:3
 - b) II Corinthians 7:10
2. **RECEIVE** The Yoke of Jesus
Matthew 11:28-30
3. **RESIST** The Devil
James 4:7
4. **RENEW** Your Mind
Romans 12:2
See “**The Christian’s Identity In Christ**”
5. **REMEMBER: “Above all else, guard your heart.”**
Proverbs 4:23

◆ The Christian's Identity In Christ ◆

| | |
|-------------------------|-------------------------------------------------------------------------|
| <i>Matthew 5:13, 14</i> | I am the salt of the earth and the light of the world |
| <i>John 1:12, 13</i> | I am a child of God , born of God |
| <i>John 15:15</i> | I am Christ's friend |
| <i>John 17:23</i> | I am loved |
| <i>Romans 6:1-10</i> | I am crucified, buried, and risen with Christ |
| <i>Romans 8:1, 2</i> | I am free forever from condemnation |
| <i>Romans 8:15</i> | I am adopted into God's family |
| <i>Romans 8:17</i> | I am an heir of God, co-heir with Christ |
| <i>Romans 8:37</i> | I am more than a conqueror through Him |
| <i>1 Cor. 1:2</i> | I am sanctified |
| <i>1 Cor. 2:16</i> | I am a possessor of the mind of Christ |
| <i>1 Cor. 3:16</i> | I am God's temple ; God's Spirit lives in me |
| <i>1 Cor. 6:17</i> | I am united with the Lord, one with Him in spirit |
| <i>1 Cor. 6:19, 20</i> | I am one bought with a price ; I belong to God |
| <i>1 Cor. 12:27</i> | I am a member of Christ's body |
| <i>1 Cor. 15:57</i> | I am victorious in Christ |
| <i>2 Cor. 5:17</i> | I am a new creation in Christ |
| <i>2 Cor. 5:18</i> | I am a minister of reconciliation for God |
| <i>2 Cor. 5:18</i> | I am reconciled to God |
| <i>2 Cor. 5:20</i> | I am an ambassador of Christ |
| <i>2 Cor. 5:21</i> | I am the righteousness of God in Christ Jesus |
| <i>2 Cor. 6:1</i> | I am God's fellow worker |
| <i>Galatians 2:16</i> | I am justified by faith in Christ |
| <i>Galatians 2:20</i> | I am crucified with Christ |
| <i>Ephesians 1:1</i> | I am a saint |
| <i>Ephesians 1:4</i> | I am one chosen in Christ to be holy and blameless |
| <i>Ephesians 1:5</i> | I am one adopted by God through Jesus Christ |
| <i>Ephesians 1:6</i> | I am accepted in the Beloved |
| <i>Ephesians 1:13</i> | I am sealed with the Holy Spirit of promise |
| <i>Ephesians 2:6</i> | I am seated with Christ in the heavenly realms |
| <i>Ephesians 2:10</i> | I am God's workmanship, created in Christ Jesus to do good works |
| <i>Philippians 3:20</i> | I am a citizen of heaven |
| <i>Colossians 1:14</i> | I am one redeemed and forgiven of all my sins |
| <i>Colossians 2:10</i> | I am one who is complete in Christ |
| <i>Hebrews 7:25</i> | I am saved to the uttermost |
| <i>1 Peter 2:9</i> | I am a member of a royal priesthood, a holy nation |
| <i>1 Peter 2:9, 10</i> | I am one belonging to God , part of His chosen people |
| <i>2 Peter 1:4</i> | I am a partaker of the Divine Nature |



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PART 3 - SESSION 4

ESCAPING TEMPTATION

“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape...”

I Corinthians 10:13 (NKJV)

I. ESCAPING TEMPTATION

“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”

I Corinthians 10:13 (NKJV)

A. TEMPT:

1. To try the strength of, to urge
2. To test; try
3. To try to persuade; induce or entice
4. To rouse desire in; be inviting to; attract
5. To incline strongly

B. TEMPTATION

The **proposition**, presented to the mind or to the intellect, to satisfy a God-given appetite in a “Non-God-Approved” way.

C. SIN

The **decision** to gratify a God-given appetite in a “Non-God-Approved” way.

II. THE “ZONES OF TEMPTATION”

James 1:13-15

A. THE “A ZONE”

Awareness:

1. **Be aware** of your God-given appetites:

- Food
- Knowledge
- Significance
- Sex
- Pleasure

2. **Be aware** of the Flesh:

- The inner inclination to satisfy God-given appetites in a “Non-God-approved” way.
- Heidelberg Catechism on Romans 6:6 - “The old man is crucified and buried with Him, so that the corrupt inclination of the flesh may no more reign in us.”

3. **Be aware** of the Enemy’s Schemes:

- *“Your enemy the devil prowls around like a roaring lion looking for someone to devour.”* I Peter 5:8b

B. THE “B ZONE”

1. **Be Prepared:**

2. Be alert.
3. Be careful.
4. Be self-controlled.

- *“Be self-controlled and alert...”* I Peter 5:8

“But every man is tempted, when he is drawn away of his own lust, and enticed.”
James 1:14(KJV)

***This is the pivotal point. Will we yield to sin at this point, or yield to God?**
Romans 6:13

WE MUST AVOID THE “C-ZONE!”!

C. THE “C ZONE”

Conceived Lust:

Where the lust takes root

Where temptation gives way to sin

- *“Then when lust hath conceived, it bringeth forth sin...”*
James 1:15 (KJV)

D. THE “D ZONE”

Death:

The result

- *“...and sin, when it is finished, bringeth forth death.”*
James 1:15b (KJV)

III. TEMPTATION AND THE GREAT ESCAPE

A. DISCOVERY STEPS

1. Identify The Temptation

- a. What temptation is common to you?
- b. I Corinthians 10:13

2. Buttons, Triggers And The Scenes Of The Temptation

- a. How does the temptation usually present itself?
- b. What is (are) the scene(s) of the temptation?

3. Typical Responses To The Temptation

- a. How do you typically respond to this temptation?
- b. How have you tried to resist this temptation?

4. The Snares Of The Temptation

Which of the following Biblical mandates have you violated in relationship to the temptation, and how?

- “Make not provision for the flesh...” Romans 13:14 (KJV)
- “Abstain from all appearance of evil.” I Thessalonians 5:22 (KJV)
- Avoid the paths or scenes of temptation. Prov. 7:6-27 (paraphrase)
- “Flee also youthful lusts...” II Timothy 2:22 (KJV)

B. ACTION STEPS

1. Exercise Your Will

- a. **Decide now** what your choice will be in the face of temptation.
- b. *“Walk in the Spirit...”* Galatians 5:16 (KJV)
- c. Say “yes” to the “Divine Yes” in you... Corinthians 1:19-20 (Amplified)

2. Exchange Your Life

- a. Repent of all known sin, in thought, word or deed.
- b. Exchange your “self-life” for Christ’s Life.
 - 1) I John 1:9
 - 2) Ephesians 4:26-32
 - 3) Romans 6:1-14
 - 4) Galatians 2:20

3. Renew Your Mind

Renew your mind on the truth(s) of your Identity In Christ to counter the temptation.

See: **“The Christian’s Identity in Christ”**

See: **“Responding From Your New Identity in Christ”**

4. Resist The Devil

Submit to God and resist the Devil.

James 4:7

IV. APPLICATION

- A. Referring to “**TEMPTATION AND THE GREAT ESCAPE**”, please identify the temptation that is common to you.
- B. Please respond to the Discovery Steps and Action Steps related to the area of temptation that you have identified.
- C. Please share with a trusted person how walking through these steps has made a difference in your life.

The Zones of Temptation

Awareness

*Of God-Given Appetites
The Flesh
The Enemy's Schemes*

Be Prepared

*Be Alert
Be Careful
Be Self-Controlled*

Conceived Lust

*Takes Root
Brings Forth Sin*

Death

The Result

RESPONDING FROM YOUR NEW IDENTITY IN CHRIST

| Situation | Responding After The Desire Of The Flesh | Walking After The Spirit | Real Identity Truth |
|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------|-----------------------------------------------------------------------------------|
| You do not feel valued or accepted by a “significant other”. | Anger, resentment, bitterness, hatred, self-pity | Humility, meekness, forgiveness | Ephesians 1:6 KJV In Christ, ACCEPTED is who you are! |
| Someone is speaking ill of you to others. | Anger, resentment, bitterness, hatred, slander, fear | Humility, meekness, forgiveness | Philippians 2:3-8 KJV In Christ, HUMILITY is who you are! |
| You are feeling hurt or offended because of a wrong done to you. | Anger, resentment, bitterness, hatred | Humility, meekness, forgiveness | 1 Peter 2:21-23 In Christ, MEEKNESS is who you are! |
| You are looking at someone of the opposite sex who is “attractive” to you. | Lust, and/or committing adultery in your heart | Love, purity of heart | 1 Corinthians 1:30 James 3:17 In Christ, PURITY is who you are! |
| As a victim of sexual abuse, you feel violated or unclean, dirty and sometimes even evil. | Anger, resentment, bitterness, hatred (of self and/or other), lust, sexual sin | Forgiveness, purity | Colossians 1:21 In Christ, HOLY and WITHOUT BLEMISH is who you are! |

“TEMPTATION AND THE GREAT ESCAPE”

Discovery Steps

1. Identify the Temptation

- ◆ What temptation is common to you?
1 Corinthians 10:13

2. “Buttons”, “Triggers” and “Scenes” of the Temptation

- ◆ How does this temptation usually present itself?
- ◆ What is (are) the scene(s) of this temptation?

3. Typical Responses to the Temptation

- ◆ How do you typically respond to this temptation?
- ◆ How have you tried to resist this temptation?

4. The Snares of the Temptation

- ◆ Indicate which of the following Biblical mandates you have violated and how:
 - ◆ “Make not provision for the flesh...”
Romans 13:14 KJV
 - ◆ “Abstain from all appearance of evil.”
1 Thessalonians 5:22 KJV
- ◆ Avoid the paths or scenes of temptation.
Proverbs 7:6-27 (paraphrase)
- ◆ “Flee also youthful lusts...”
2 Timothy 2:22 KJV

“TEMPTATION AND THE GREAT ESCAPE”

Action Steps

8. Resist The Devil

- ◆ Submit to God and resist the Devil.
James 4:7
Ephesians 1:17-23
Ephesians 2:6

7. Renew Your Mind

- ◆ Renew your mind on the truth(s) of your identity in Christ to counter the temptation.
1 Corinthians 1:30
2 Corinthians 5:21
Ephesians 1:6
Romans 8:1

6. Exchange Your Life

- ◆ Repent of all sin(s) committed in thought, word or deed, and exchange your “self life” for Christ’s Life.
1 John 1:9
Ephesians 4:26-32
Romans 6:1-14
Galatians 2:20

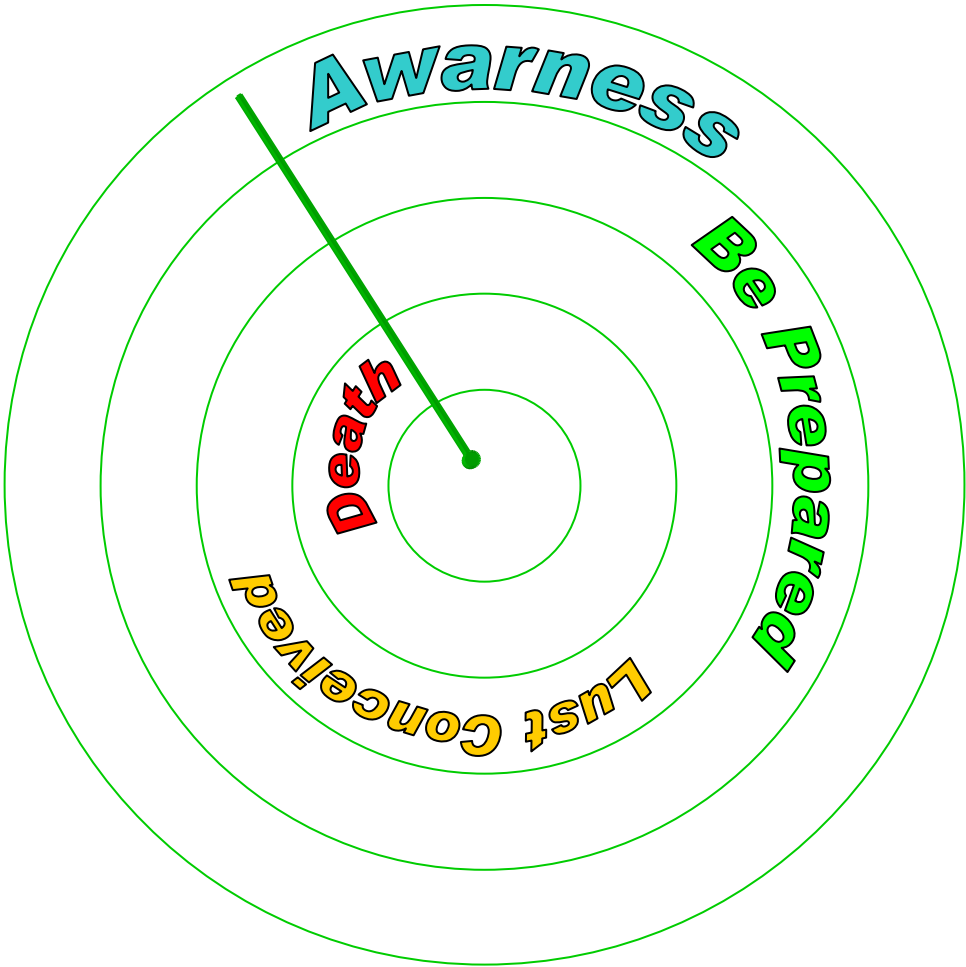
5. Exercise Your Will

- ◆ List the practical choices that you will make to avoid repeating future violations.
Galatians 5:16

◆ The Christian's Identity In Christ ◆

| | |
|-------------------------|-------------------------------------------------------------------------|
| <i>Matthew 5:13, 14</i> | I am the salt of the earth and the light of the world |
| <i>John 1:12, 13</i> | I am a child of God , born of God |
| <i>John 15:15</i> | I am Christ's friend |
| <i>John 17:23</i> | I am loved |
| <i>Romans 6:1-10</i> | I am crucified, buried, and risen with Christ |
| <i>Romans 8:1, 2</i> | I am free forever from condemnation |
| <i>Romans 8:15</i> | I am adopted into God's family |
| <i>Romans 8:17</i> | I am an heir of God, co-heir with Christ |
| <i>Romans 8:37</i> | I am more than a conqueror through Him |
| <i>1 Cor. 1:2</i> | I am sanctified |
| <i>1 Cor. 2:16</i> | I am a possessor of the mind of Christ |
| <i>1 Cor. 3:16</i> | I am God's temple ; God's Spirit lives in me |
| <i>1 Cor. 6:17</i> | I am united with the Lord, one with Him in spirit |
| <i>1 Cor. 6:19, 20</i> | I am one bought with a price ; I belong to God |
| <i>1 Cor. 12:27</i> | I am a member of Christ's body |
| <i>1 Cor. 15:57</i> | I am victorious in Christ |
| <i>2 Cor. 5:17</i> | I am a new creation in Christ |
| <i>2 Cor. 5:18</i> | I am a minister of reconciliation for God |
| <i>2 Cor. 5:18</i> | I am reconciled to God |
| <i>2 Cor. 5:20</i> | I am an ambassador of Christ |
| <i>2 Cor. 5:21</i> | I am the righteousness of God in Christ Jesus |
| <i>2 Cor. 6:1</i> | I am God's fellow worker |
| <i>Galatians 2:16</i> | I am justified by faith in Christ |
| <i>Galatians 2:20</i> | I am crucified with Christ |
| <i>Ephesians 1:1</i> | I am a saint |
| <i>Ephesians 1:4</i> | I am one chosen in Christ to be holy and blameless |
| <i>Ephesians 1:5</i> | I am one adopted by God through Jesus Christ |
| <i>Ephesians 1:6</i> | I am accepted in the Beloved |
| <i>Ephesians 1:13</i> | I am sealed with the Holy Spirit of promise |
| <i>Ephesians 2:6</i> | I am seated with Christ in the heavenly realms |
| <i>Ephesians 2:10</i> | I am God's workmanship, created in Christ Jesus to do good works |
| <i>Philippians 3:20</i> | I am a citizen of heaven |
| <i>Colossians 1:14</i> | I am one redeemed and forgiven of all my sins |
| <i>Colossians 2:10</i> | I am one who is complete in Christ |
| <i>Hebrews 7:25</i> | I am saved to the uttermost |
| <i>1 Peter 2:9</i> | I am a member of a royal priesthood, a holy nation |
| <i>1 Peter 2:9, 10</i> | I am one belonging to God , part of His chosen people |
| <i>2 Peter 1:4</i> | I am a partaker of the Divine Nature |

What Is On Your Radar Screen?





Freedom

Becoming Fully Alive!

PART 3 - SESSION 5

EXERCISING YOUR SPIRITUAL AUTHORITY

“The seventy-two returned with joy and said, ‘Lord, even the demons submit to us in your name.’ He replied...‘I have given you authority...to overcome all the power of the enemy...However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven.’”

Luke 10:17-20 (NIV)

I. EXERCISING YOUR SPIRITUAL AUTHORITY

A. PRIORITY FOCUS

Luke 10:17-20

B. KNOWING THE ONE WHO IS ALL AUTHORITY

1. Matthew 28:18
2. Ephesians 1:17-23
3. Colossians 1:15-20
4. Isaiah 9:6-7
5. I Peter 3:22
6. Philippians 2:9-11
7. Mark 1:23-27

C. WHAT IS THE STATUS OF YOUR ENEMY'S AUTHORITY?

1. Colossians 2:9-15
2. I John 3:8
3. I John 5:18-20

D. WHAT AUTHORITY DO YOU HAVE IN JESUS CHRIST?

1. Luke 10:17-20
2. Ephesians 2:1-6
3. Mark 16:17
4. Acts 3:1-10
5. Acts 16:16-18
6. Acts 19:11-17
7. John 14:12-14
8. James 4:7
9. I John 4:4



Freedom

Becoming Fully Alive!

PART 3 - SESSION 6

WIELDING THE WEAPONS OF OUR WARFARE

“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.”

II Corinthians 10:3-4 (NIV)

I. WIELDING THE WEAPONS OF OUR WARFARE

A. THE WEAPONS OF OUR WARFARE HAVE DIVINE POWER

II Corinthians 10:3-4

B. WHAT DOES IT MEAN TO WIELD A WEAPON?

To handle a weapon with full command and authority

C. WHAT ARE OUR PRIMARY WEAPONS?

1. The Word of God

- a. Ephesians 6:17
- b. Hebrews 4:12
- c. John 8:31-32, 36
- d. Matthew 4:1-11
- e. Contrast: I Corinthians 2:1-5; 4:20

2. The Name of Jesus

- a. Philippians 2:9-11
- b. Acts 3:1-10
- c. Acts 16:16-18
- d. Contrast: Acts 19:11-17

3. The Blood of the Lamb

- a. Revelation 12:10-11
- b. Colossians 1:19-22
- c. Hebrews 9:11-14
- d. Contrast I Peter 1:18-19; Galatians 2:20-21

D. WIELDING ADDITIONAL WEAPONS OF OUR WARFARE

See: **II Chronicles 20:12-30**

1. **Obedience**
2. **Humility**
3. **Prayer**
4. **Praise**
5. **Worship**
6. **Faith**
7. **Giving Thanks**

II. APPLICATION

- A.** Referring to “Parts C and D” of this outline, do you believe that you are handling the weapons of our warfare with full command and authority? Please explain.

- B.** Which of the weapons listed are you more confident in handling? Please explain.

- C.** Which of the weapons listed are you less confident in handling? Please explain.

- D.** As a part of growing in handling all of these weapons with full command and authority, choose one that you are less confident in handling and make it a priority to wield it over the next two weeks.

- E.** At the end of the fourteen days, seek out a trusted person to share how this has made a difference in your life.



Freedom

Becoming Fully Alive!

PART 3 - SESSION 7

BECOMING FULLY ALIVE!

“So if the Son sets you free, you will be free indeed.”

John 8:36 (NIV)

I. BECOMING FULLY ALIVE

“So if the Son sets you free, you will be free indeed.”

John 8:36 (NIV)

A. FREE TO BE “THE REAL YOU”

“Therefore if anyone is in Christ, he is a new creation: the old has gone, the new has come!” II Corinthians 5:17 (NIV)

1. Is your belief about the “Real You” based on your Heavenly Father’s Love for you?
2. Are you the sum total of your life’s experiences or some defining part thereof, or are you who your Heavenly Father says you are?
3. Is your history your identity, or is your identity an expression of HIStory?

B. FREEDOM FROM, “THE REAL PROBLEM”

*“All of us like sheep have gone astray, each of us has turned to his own way; but the Lord has caused the iniquity of us all to fall on him.”
Isaiah 53:6 (NASB)*

1. Do you know that every sin has the same DNA —Me-First? And, of course, Me-First is rooted in the sin of pride.
2. Which kind of pride can you most identify with: thinking too highly, thinking too lowly, or thinking too much about yourself? Are you always on your mind?
3. Does any person, place or thing have more power, influence, or effect on you more than Jesus Christ and Who He wants to be to you? If so, did you know that this would be a form of idolatry: “You shall have no other gods before me.” Exodus 20:3 NIV

C. THE PRICE OF FREEDOM

“I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me, and delivered Himself up for me.” Galatians 2:20 (NASB)

1. Is your goal happiness? Or, is your goal Jesus, for Himself? It is the difference between wanting Jesus for Himself, and wanting what you can get from Him.

2. Do you know that experiencing Freedom is a process, including “positives” and “negatives,” intended by God to bring us to the Cross, which is His means to His Goal – Himself, and experiencing His life?
3. The Price of Freedom: Are you willing to invite Jesus Christ to do whatever He wants with your life, using “positives” and “negatives”, to conform you into His Image and make you the son or daughter He desires?

D. FREE TO FORGIVE

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Ephesians 4:32 (NIV)

1. What does it mean to forgive? What it is not: Forgetting or minimizing the offense, saying it is “OK,” or condoning it. What it is: Forgiving someone cancels the “debt,” which frees the forgiver, but does not free the offender from responsibility to the Lord. Forgiveness is extended unconditionally, realizing that the offense may reoccur. It is a separate issue from trusting the offender or considering any ongoing relationship with him/her.
2. Do you know that an unforgiving spirit is never satisfied? It is always making a demand or making a claim based on what it thinks is “right.” It is also characterized by a “pay me what you owe me” attitude.
3. What then would characterize a forgiving spirit? When faced with the thought that an offense might reoccur, the forgiver “cancels the debt” (forgives) “in advance,” and has the attitude that the other person “owes me nothing for my sake, because Jesus has given me everything.”

E. FREE TO LOVE AND TO BE LOVED

“We love because he first loved us.” I John 4:19 (NIV)

1. Do you realize that there is no greater “Love Test” than to forgive someone? Jesus Christ is our example of the greatest act of sacrificial love in history, and what it cost Him to purchase our forgiveness.
2. As you relate to others, is your resource for loving them, the love, or lack thereof, which they have expressed to you? Or, is your source for loving them the Love of God that He has poured into your heart?
3. Have you noticed that often those who say they don’t have a great need for love **from** others, often are not very expressive of love **to** others? Isn’t it true that when you have “tasted” the love of God and have experienced it expressed through others, you are all the more motivated to express His love to others?

F. FREE FROM THE MESSAGE OF THE ARROWS

“You will not be afraid of the terror by night or the arrow that flies by day...”
Psalm 91:5 (NASB)

1. Do you know that every arrow is dipped in the poison of pride and will keep you from being free to be the Real You?
2. Do you know that The Arrows are enemies of intimacy, with God and with one another?
3. Do you know that when you are free from “The Message of the Arrows,” you are free to be the Real You, and “becoming fully alive?”

G. FREE FROM THE ARROW OF PRIDE

“The reward of humility and the fear of the Lord are riches, honor, and life.”
Proverbs 22:4 (NASB)

1. Are you looking for riches, honor, and a fulfilled, contented, and happy life? Is this your goal, or will it be your reward?
2. Have you ever noticed what letter is in the middle of the word pride? “I.”
3. Do you know that pride is an issue of significance?
4. GOD’S ANTIDOTE FOR THE ARROW OF PRIDE: Humility and the Fear of the Lord – Agree with God and make Jesus the Reason!

H. FREE FROM THE ARROW OF SHAME

“If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” *I John 1:9 (KJV)*

1. Do you know that when God forgives, He not only takes care of the penalty of our sin, but He also takes away the “stain” of our sin? And, because Jesus came to defeat the works of the Devil, He even takes away the “stain” of sins committed against us!
2. Do you know that your healing and restoration involves not only taking full responsibility for your part, but also includes allowing others to take full responsibility for their part, even if they don’t?
3. Do you know God’s remedy for your feelings of false guilt or shame when the guilty person is someone other than you? Agree with God, and give the guilt to whom it belongs. Get the “shame off you”!
4. GOD’S ANTIDOTE FOR THE ARROW OF SHAME:
Receive your Sonship! You are a favored son/daughter!

I. FREE FROM THE ARROW OF FEAR

“There is no fear in love. But perfect love drives out fear...” I John 4:18 (NIV)

1. Do you know that the fear of man is an issue of idolatry? Someone’s opinion or approval is too important. That person has more power, influence, and effect on you than God, and who He wants to be to you.
2. Do you know that fear is an issue of security? Do you believe that God really loves you and wants to take care of you?
3. Do you believe that if God is allowing something in your life, then you must need it for His sovereign will and purposes to be accomplished in your life?
4. **GOD’S ANTIDOTE FOR THE ARROW OF FEAR:**
Receive God’s Perfect Love and allow Him to take care of you!

J. FREE FROM THE ARROW OF REJECTION

“To the praise of the glory of his grace, wherein he hath made us accepted in The Beloved.” Ephesians 1:6 (KJV)

1. Do you know that although Jesus Christ experienced more rejection than anyone ever has or will, He was not a “victim”? He knew Who He was; He knew Whose He was; He knew why He was here; He came to do the will of His Father!
2. Isn’t it interesting, to contrast Jesus’ response to rejection and Cain’s response to perceived rejection (his offering not being acceptable to the Lord)? Cain took a life (his brother Abel), and Jesus gave His Life for the entire human race!
3. Do you know that how you see yourself, or what you believe about yourself will affect how you live and how you relate to others? In relating to others, what if everyone on planet earth rejected you? Would the acceptance you have in Jesus Christ be enough? Settle this issue **AT THE EXTREME**: Let His acceptance be enough!
4. **GOD’S ANTIDOTE FOR THE ARROW OF REJECTION:**
Reject rejection, and receive your acceptance in Jesus Christ!

K. FREE FROM THE ARROW OF ANGER

“Be angry, and yet do not sin; do not let the sun go down on your anger, and do not give the devil an opportunity.” Ephesians 4:26-27 (NASB)

1. Do you know that anger is a signal or an alarm to let us know that something is or may be out of order in our hearts?
2. Regarding anger, have you ever heard it said that anger is a feeling or emotion that is neither right nor wrong, but what you do with it is the important thing? This would appear to be an incomplete statement according to God’s Word. It is true that a person can be angry without sinning (Ephesians 4:26), but the examples of anger mentioned in Ephesians 4:31, I Samuel 18:8, and Genesis 4:5 are clearly not neutral, but were unacceptable to the Lord. And, yes, righteous, wrong, or even neutral, what we do with anger is of utmost importance, as we can see in Ephesians 4:26-27.
3. Do you know that in order to get the Arrow of Anger fully out of your heart, the Arrows of Pride, Shame, Fear, and Rejection, which may be contributing to your anger, will need to come out too?
4. **GOD’S ANTIDOTE FOR THE ARROW OF ANGER:**
Submit to the Sovereign Will and Purposes of God!

L. FREE FROM THE ARROW OF DEPRESSION

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God...” Psalm 42:5 (NIV)

1. Do you know that if you are always on your mind, it will deepen your depression? Conversely, if you put your hope in God and He is always on your mind, it will help in a major way in being free from the Arrow of Depression.
2. Do you realize that any one of the Arrows – Pride, Shame, Fear, Rejection, or Anger could be contributing in a major way to your depression?
3. Do you know that depression is an issue of hope?
4. **GOD’S ANTIDOTE FOR THE ARROW OF DEPRESSION:**
Put your Hope In God!

M. TEARING DOWN SPIRITUAL STRONGHOLDS

“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” II Corinthians 10:3-5 (NIV)

1. Do you realize that there is a war going on for your heart? The Enemy of your soul, Satan, though He is a defeated foe, is like a terrorist who is waging war.
2. Do you realize how important it is that you “guard your heart above all things” because, in Christ, your heart is a Treasure, not “trouble” like it used to be?
3. Are you aware that if you receive “The Message of the Arrows”, that strongholds will form in your life, such as Houses of Thought, Fortresses of Feelings, Systems of Sentiment, and Collections of the Counterfeit, all of which do not agree with God?

N. PUTTING ON THE ARMOR OF GOD

***“Finally, be strong in the Lord and his mighty power. Put on the full armor of God so that you can take your stand against the devil’s schemes.”
Ephesians 6:10-11 (NIV)***

1. Do you know that Jesus, Himself, is the Armor of God? He is our Truth, our Righteousness, our Readiness, our Faith, our Salvation, and the Word (The Sword of the Spirit). When we put on the Armor of God, thus putting on Christ, we are appropriating His very Life.
2. Do you realize that “The Battle is the Lord’s”?
3. Are you confident that He will give you the Victory?

O. TAKING EVERY THOUGHT CAPTIVE

***“...and we are taking every thought captive to the obedience of Christ.”
II Corinthians 10:5b (NASB)***

1. Does your “heart life” ever commit treason against your Commander in Chief, Jesus Christ? In order to win the war for your heart, you must “take every thought captive” and make it obey Jesus.
2. Are you aware that “taking every thought captive” involves rejecting all “victim thinking,” all “orphan thinking,” and all “stinking thinking,” none of which agree with God?

3. Do you realize that if you don't "take every thought captive to the obedience of Christ," that the Enemy will try to take you "captive?"

P. ESCAPING TEMPTATION

"No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make a way of escape."

II Corinthians 10:13 (NKJV)

1. Do you know that Jesus, Himself, is the "way of escape" from temptation?
2. Are you aware that in order to "win the war for our hearts," we must not allow the temptations that appear on the "radar screen" of our heart to define us. Instead, we must allow our Commander In Chief, Jesus Christ, to be The One Who defines us.
3. We must "counter" our Enemy's "counterfeit intelligence" by renewing our minds with the Truth about us, according to God and His Word, instead of believing every "blip" on the "radar screen" of our hearts.

Q. EXERCISING YOUR SPIRITUAL AUTHORITY

"The seventy-two returned with joy and said, 'Lord, even the demons submit to us in your name.' He replied... 'I have given you authority...to overcome all the power of the enemy... However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven.'" Luke 10:17-20 (NIV)

1. Do you realize that you must be submitted to the authority of Jesus Christ, and growing in intimate relationship with Him in order to effectively exercise your spiritual authority?
2. Are you confident in exercising your spiritual authority? If you are believing any part of "The Message of the Arrows," your confidence will be impaired.
3. Do you realize that when you respond "in the opposite spirit" in the face of problems and persecutions, that great spiritual authority is released because of your meekness and humility?

R. WIELDING THE WEAPONS OF OUR WARFARE

“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.” II Corinthians 10:3-4 NIV

1. Are you passive or pro-active in the midst of the battle for your heart?
2. Are you confident in handling with full command and authority, the Weapons of The Word of God, The Name of Jesus, and The Blood of the Lamb? These are the Primary Weapons of our Warfare.
3. When was the last time you exercised your authority in Christ and “deployed” one or more of the weapons of your warfare?

ARE YOU “BECOMING FULLY ALIVE”?

WHAT IS IT LIKE TO BE FULLY ALIVE?

My prayer is that the following would be your living testimony:

“I AM BECOMING...

FREE TO LOVE AND TO BE LOVED,

FREE TO GIVE AND FREE TO RECEIVE,

AND FREE TO LIVE THE LIFE AS THE SON OR DAUGHTER

THAT MY HEAVENLY FATHER DESTINED ME TO LIVE...

FULLY ALIVE AND FREE!!!”

YOU CAN LIVE FREE!