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Exalting, Equipping, Evangelizing

Bible Study

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VICTORY OVER STRONGHOLDS

Chemical Strongholds

I. Definition: A chemical stronghold can be defined as a dependency on chemicals to address, escape, cope with, or find relief from the struggles of life.

II. Signs That You Have A Chemical Stronghold

1. When you find yourself saying the following:
 - “I just need a drink to unwind.”
 - “I just need a smoke to reduce the stress.”
 - “I just need a pill so I can sleep better.”
 - “I cannot function until I have my first cup of coffee.”

III. God’s Viewpoint

1. Our bodies are temples of the living God and anything that controls us – makes us slaves to something other than God.

Romans 6:12-14

Emotional Strongholds

I. Definition: An emotional stronghold can be defined as an attitude or emotion that stays with you day in and day out. Some emotional strongholds are anger, depression, discouragement, frustration, inferiority complexes and fear.

II. There Are Three General Categories of Emotional Strongholds

1. Those strongholds rooted in your past.
 - Biblical example is Joseph.
2. Those strongholds that are part of your present.
 - Biblical example is Paul.
3. Those strongholds that involves the fear of the future.
 - Biblical example is Esther

Genesis 39:17-23

2nd Corinthians 11:22-33

Esther 4:10-17

III. God’s Viewpoint

1. Jesus says that in this world-past, present, and future – we will face trials and the effects of sin, but in spite of those trials we are to “be of good cheer” because He has “overcome the world.” *John 16:33*

IV. How To Break Chemical and Emotional Strongholds

1. Be filled with the Spirit.
2. Make sure that God dominates your thought life.
3. Put your trust and hope in the Lord.
4. Remember who lives inside of you.
5. Put on and keep on the whole armor of God.

Ephesians 5:18

Philippians 4:8

Proverbs 3:5-6

Galatians 2:20

Ephesians 6:10-17

The key to overcoming chemical and emotional strongholds is in knowing who you really are in Christ!