Introduction

Why are you participating in this Living Free Class?

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**Matthew 6:33**

**“But seek first the kingdom of God and His righteousness, and all these things shall be added unto you.”**

***Key Concepts***

\*Kingdom-Focused, Not Problem-Focused

\*Hearing God

\*Disciples, Not Dependents

\*Process and Moments

\*Free People Free People

***Definition of Freedom***

Freedom is not defined by *\_\_\_\_\_\_\_\_\_* is absent.

Freedom is defined by *\_\_\_\_\_\_\_\_\_* is present.

**John 8:32**

**“And you shall know the truth, and the truth shall make you free.”**

**2 Corinthians 3:17**

**“Now the Lord is the Spirit; and where the Spirit of the Lord is, there is freedom.”**

Ask the Lord: *Why am I attending this Living Free class?*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

Session 1

Core Lies: Strongholds

**2 Corinthians 10:3-5**

**“For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.”**

***What is a Stronghold?***

A stronghold is a pattern of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This fortress of thought gives the enemy a place to secure a “strong hold” in your life.

It’s a hold that is strong. The thing you once controlled, is now controlling you.

***The Components of a Stronghold***

1. **The Event:** Typically Negative

* Hurts and Trauma
  + What you experienced
  + What you did not experience

1. **The Lie:** The Meaning You Assign to the Event

* Lies you inherit and embrace
* Lies you believe about God, self and others

1. **The Defense:** The Way You Avoid Pain, Anxiety, Hurt and Disappointment

* Acting Out – a range of behaviors designed to seek attention of affirmation
* Anger – covering fear and pain with varying levels of aggressive action
* Blame – deflecting responsibility to others
* Busyness – excessive activity
* Control – taking inappropriate responsibility for others (“fixing others”)
* Denial/Minimization – Avoiding anxiety through refusal to acknowledge thoughts, feelings, desires, facts
* Fantasy/Escape – mental disengagement from real circumstances or relationships
* Humor – sarcasm or joke-telling to guard against pain
* Intellectualization – excessive reasoning
* Isolation/Withdrawal – physical isolation or emotional withdrawal
* Medication – a range of behaviors designed to seek comfort and numb pain
* Passive Aggression – behavior that communicates hostility through inaction or through what is withheld
* Rejection – sabotaging relationships by preemptively rejecting others
* Withholding Trust – avoiding disappointment by refusing to be vulnerable with or dependent upon another

1. **The Reaction:** How Others React to the Defense

* Others often react to the defense in ways that reproduce the event and perpetuate the cycle (called Circular Causality).
* You may recognize the repeating destructive cycle but try to solve the problem by focusing on the wrong thing.
* It might sound like, “How can I change you so you will stop doing that to me?

**The Root Problem:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* When we look to someone or something other than God for that which God alone can provide.
* Ask the Lord: *Who is my source of truth?*
* Ask the Lord: *Who is my source of security and comfort?*

**The True Solution:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Not a change of behavior but a change in how we perceive reality.
* Changing our source of truth and security/comfort.
* Response to truth

Many times, we interpret God through the lens of our experience. We should interpret our experience through the lens of God’s truth.

**Genesis 45:4-5**

**I am Joseph, your brother, whom you sold into slavery in Egypt. But don’t be upset, and don’t be angry with yourselves for selling me into this place. It was God who sent me here ahead of you to preserve your lives.**

**MINISTRY ACTIVATION**

1. ***Tear Down the Lie***

* Ask God to remind you of an event.
* Ask Him to tell you what lie you may have believed when that event happened.
* Confess that you believed a lie and repent.
* Receive his forgiveness and renounce the lie.
* Ask the Lord to tell you the truth about this memory.
* Believe, receive and confess the truth.

1. ***Tear Down the Defense***

* Ask the Lord how you learned to protect yourself from pain or to seek comfort when that event happened.
* Confess any self-protection and repent of its defense.
* Receive His forgiveness and renounce being your own defender.
* Invite the Lord to be your true defender.
* Ask Him to show you a picture of what it looks like for Him to protect and comfort you.
* Believe and receive His protection and comfort.

**Prayer**

Thank you, Lord, that you give me wisdom and power to close the door to wrong thinking and to smash lies built against Your truth. Help me to always hear Your truth, believe what You say, and obey You by becoming the person you created and redeemed me to be. Amen.