

Iceberg Overview

Freedom

Gal. 5:22-23
Fruit of the Spirit

Bondage

Gal. 5: 19-21
Deeds of the Flesh

BEHAVIOR

Walk by the Spirit
Gal. 5:16

EMOTIONS

Emotions are indicators of how well we believe our needs are being met, and may help us identify who or what we look to in order to have them met.

Acknowledge & Embrace

We deny them or allow them to control us.

THOUGHTS

Prov. 23: 7 As a man thinks....
Rom. 12: 1-2 Renew mind

Col. 3: 2 Set your mind on things...
Ps. 139: 17 Precious are God's thoughts
I Cor. 2: 16 Mind of Christ

I Cor. 20 - 31 Foolishness wisdom of men...
Rom. 1: 25 Exchange truth...

STRONGHOLDS

II Cor. 10:3-5

Eph. 1:18 Open eyes of heart
Eph. 3:16 Riches of glory strengthen inner man
Ps. 9:9 God is stronghold
Ps. 59:9, 16, 17
Ps. 94:22
Ps. 73:28 God's nearness is good

John 3:12 Don't perceive earthly or spiritual clearly
Ps. 77: 2 Ponder to understand

NEEDS

PURPOSE PROVISION PROTECTION SECURITY
SAFETY SIGNIFICANCE VALUE WORTH
COMFORT ACCEPTANCE LOVE
AFFIRMATION INTIMACY

Ps. 26:2-3 Test mind & heart
II Pet. 1:3 Divine power
Ps. 27

Col. 2: 6-8 Philosophy of world
Rom. 10:3 Establish own righteousness

NEEDS MET BY RICHES IN CHRIST

TRYING TO GET NEEDS MET THROUGH THE WORLD

Eph. 1:3 All spiritual blessings

John 6: 26-35, 47-58 Bread of Life

John 4:10, 7:38 Living Water

Material Approval
Performance Knowledge
Prestige Control

RICHES

Phil. 4:19

II Cor. 5:21 Righteousness

Rev. 3:18

Adoption Predestination Freedom Forgiveness Inheritance
Grace Mercy Love Peace Victory Contentment

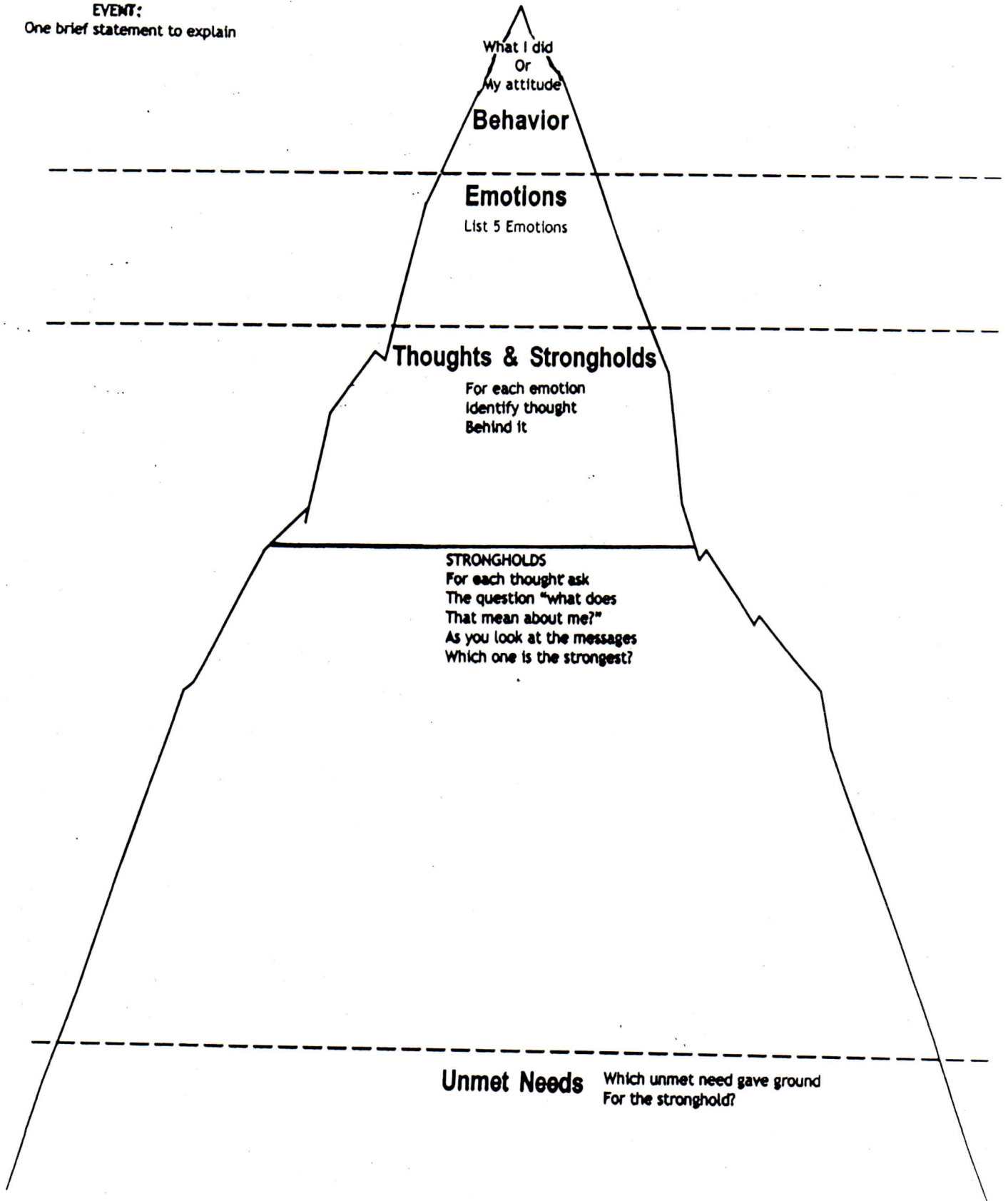
Rev. 3: 17

Rom. 8:33 Justified Rom. 5:11 Reconciled I John 4:10 Propitiation II Cor. 5:17 New Creation

Rom. 8:29-30 Rom. 9:21-23 Eph. 4:1 II Tim. 1:9 I Pet. 1:1-2

Iceberg Worksheet

EVENT:
One brief statement to explain



His Riches My Need

Colossians 2:6-8
James 1:13-16

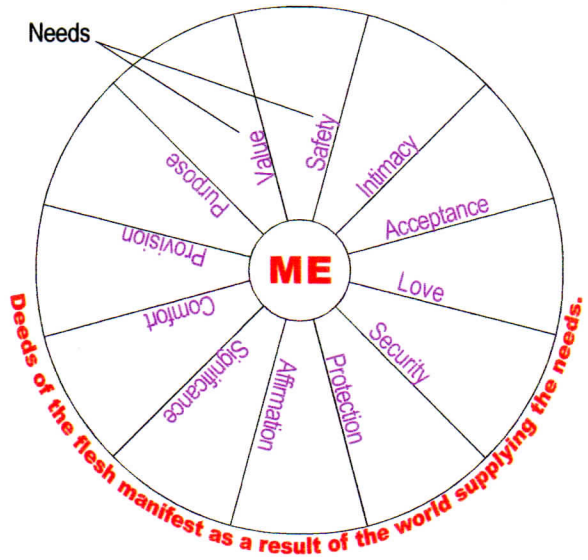
Matt. 6: 19-20, 26-34

1

Our Strongholds define our needs

Sometimes the very thing we look to to meet a need is what prevents the need from getting met.

My identity is based on how well my needs are met.



When I look to the world to supply the needs or look to God to use the world to supply the needs the potential for the need to be cut off is always there. It becomes a "merry-go-round" of confusion and despair.

(_____ - go round)
your name

(Notice when one need is right side up another becomes upside down.)

Galatians 5:19-21

2

Grace/Mercy
Way, Truth, Life
Light
Freedom
Victory
Forgiveness
Predestination

Knowledge
Wisdom
Understanding
Counsel
Might
Love
Redemption

GOD
Riches of Glory
in Christ Jesus

Reverence
Obedient Fear
Divine Power
Holiness
Righteousness
Adoption
Inheritance

Sanctification
Justification
Reconciliation
Propitiation
Regeneration

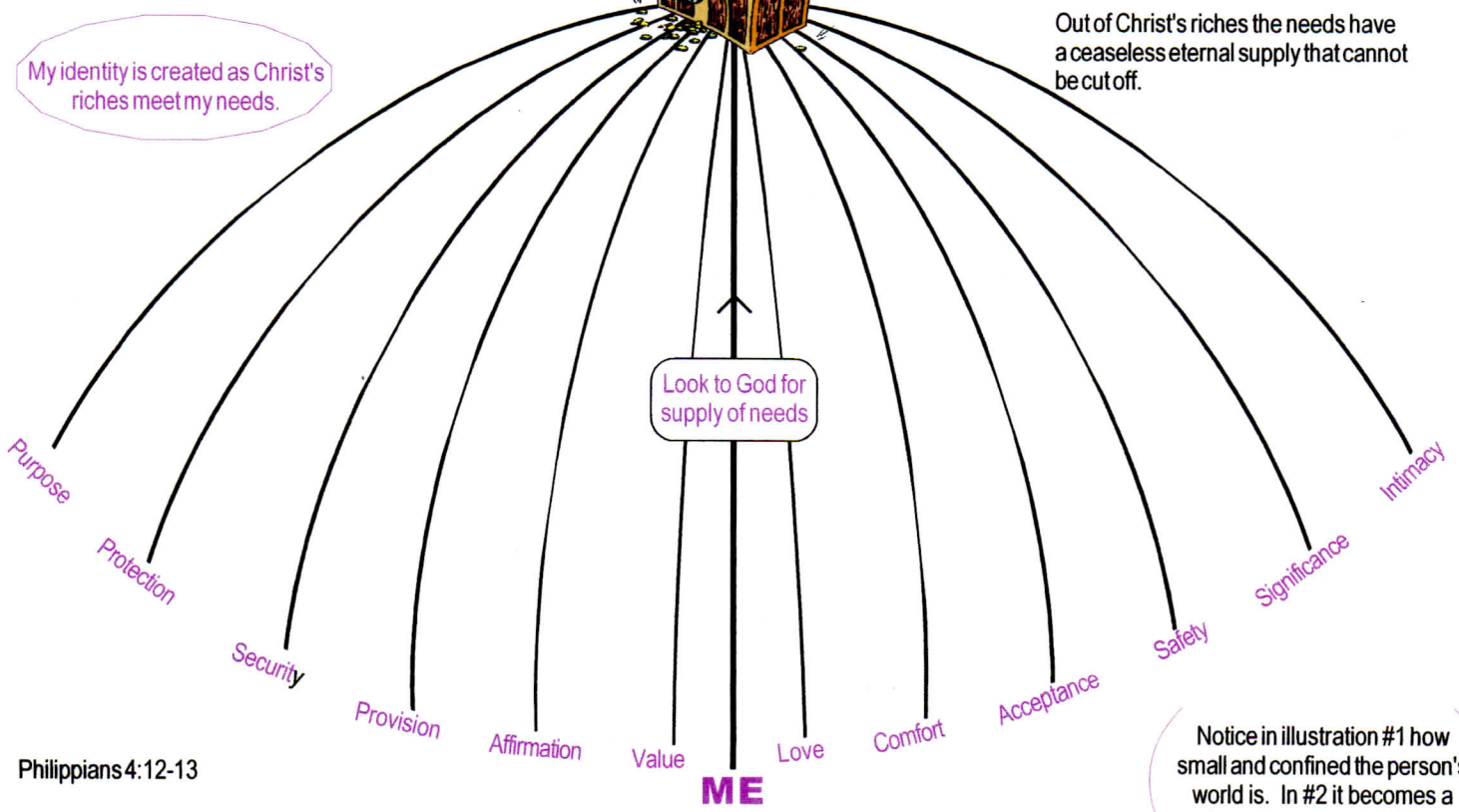
Philippians 4:19



Allow God to define your needs.

My identity is created as Christ's riches meet my needs.

Out of Christ's riches the needs have a ceaseless eternal supply that cannot be cut off.



Philippians 4:12-13

(Notice in illustration #1 how small and confined the person's world is. In #2 it becomes a broad place. Isaiah 40:4)

Fruit of the Spirit manifests as a result of allowing God to supply the need through His riches.
Galatians 5:22

TO ACCESS HIS RICHES

Identify the need.

Identify what fills it - Strongholds - World's treasure.

Surrender need to the Lord (Psalm 34:18).

Ask the Lord which of His riches He wants to fill it with.

Be willing to release control of how it is filled.

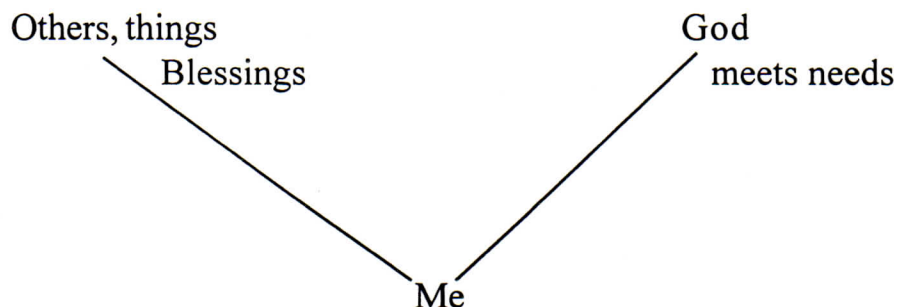
Refuse to be satisfied by anything but the Lord.

Psalm 34:8, Psalm 22:26, John 6:35, 10:11, 14:6, Mark 12:43 (widow).

Watch for evidences.

Walk it out.

To who or what I assign blame to - I am looking to for my needs.



I cannot be blessed if
I expect things that are to be
blessings to meet my need.
They have a different purpose.

Blame: I am disappointed in what is in my "cup".

Need: Essential to who I am as a person.

Blessing: Adds to how I walk out who I am.

Blessings can decorate the cup,
but, if the cup is full I can be content with or without the decoration.

FORGIVENESS

Luke 7:47 - He who loves much has been forgiven much.
 Before you can forgive you must know your position of FORGIVEN-NESS.
 God's love covered my sin in the blood of Christ.
 1 Peter 4:8 - Love covers a multitude of many sins. 1 John 4:10 - Propitiation (Cover over).

Galatians 2:20
Crucified with Christ

Colossians 1:22-23
Holy, blameless

Matthew 18:21-35

1 Corinthians 3:15
works burnt

1 Corinthians 4:5
motives of the heart

1 Peter 5:8 *Adversary*

1 John 4:8-10 *God is Love*

Ephesians 4:32
forgive as you have been forgiven

Romans 15:7
accept one another

① Offender

② Offense(s)

FORGIVE

③ What did the offense cost me?
 (Ask the Lord to reveal this to you.)

④ Reactionary Sin.
 My sinful response to offender.
 (Bitterness, hatred, gossip, sarcasm, revenge, etc...)

* Confess & receive forgiveness of the sin.

In Matthew 18:34 the word "torturer" does not mean Hell. It means torment on earth, which is the result of unforgiveness in our life.

* If you have accepted Christ as your Savior you are forgiven. To keep communication open the sin must be confessed and forgiven.

⑤

FORGIVE FROM THE HEART

Go before the Lord acknowledging the cost ③ and invite the Lord to give you a Spirit of Forgiveness. Forgiveness is a legal transaction. It releases the offender from paying the debt of what the offense cost you.
 Healing cannot occur until forgiveness takes place.

Prayer of Forgiveness

Lord, I choose to Forgive person because You have forgiven me.
 I cover the offense with the Blood of Christ and I forgive person of the offense(s).

Seal the forgiveness in Your name
 and heal me of my hurt,
 in Jesus Name,
 Amen.

⑥ Pray and invite God to redeem what was lost.

Date:

Some Strongholds

- I'm not important
- I'm nobody
- They don't want me
- I'm not wanted
- I'm not good enough
- I don't measure up
- I'm second
- I'm a failure
- I'm unlovable
- I don't fit in
- I don't belong
- I'm alone
- I'll always be alone
- I can't trust anyone
- I'm no good
- I'm bad
- I don't deserve good
- I have to be who you want me to be
- I have to do what you want me to do
- I have to fix it
- I have to get it right
- I have to do it myself
- I'm unacceptable
- I'm a disappointment
- What I need doesn't matter
- I have to put others first
- I have to give others what I want
- It's my fault
- What I do doesn't make a difference
- I can never do enough
- I'm responsible
- I'm powerless
- I have to take care of myself
- I can't be me
- I have to make things right
- Nothing is stable
- Something is wrong
- I'm not safe
- I'm different
- There's something wrong with me
- I'm ugly
- I'm dumb
- I'm stupid
- I'm not good for anything
- I have to be angry to be safe
- I can't express anger or something bad will happen
- It is not safe to have a relationship with God
- I'm a jinx
- I'm nobody's first choice
- I'm dismissed
- Nothing good lasts
- I'm garbage
- I'm disposable
- I'm defective
- I can't - I'm hopeless
- I'm damaged
- I'm stuck
- I'm trapped
- I'm not needed
- I'm weak
- I don't need anyone
- No one needs me
- I'm an embarrassment
- I'm worthless
- I can't get it right
- No one cares about me
- I'm no one's favorite
- I'm invisible
- It's not fair
- I'm a freak
- I can't be wrong
- I have to be right
- I can never do enough
- I have to do it all
- I'm not special
- No one needs me

Some Emotions

- | | | | |
|------------|-------------|---------------|-------------|
| hurt | prideful | frightened | happy |
| irritated | critical | scared | excited |
| frustrated | jealous | overwhelmed | joyful |
| mad | selfish | bewildered | free |
| hostile | insecure | anxious | peace |
| angry | inadequate | panic | loved |
| rage | foolish | helpless | accepted |
| hateful | embarrassed | weak | appreciated |
| | stupid | vulnerable | valuable |
| ashamed | inferior | unsafe | worthwhile |
| miserable | | unprotected | significant |
| bad | apathetic | powerless | important |
| guilty | bored | confused | respected |
| | sleepy | sad | satisfied |
| | shutdown | disappointed | |
| | | depressed | hopeful |
| | | despair | faithful |
| | | hopeless | safe |
| | | | secure |
| | | submissive | confident |
| | | insignificant | energetic |
| | | worthless | appealing |
| | | unimportant | sexy |
| | | used | desired |
| | | timid | treasured |
| | | shy | stimulating |
| | | bashful | creative |
| | | lonely | playful |
| | | abandoned | |

Needs

- | | |
|------------|--------------|
| Protection | Affirmation |
| Provision | Acceptance |
| Safety | Significance |
| Security | Worth |
| Comfort | Value |
| Intimacy | Purpose |
| Love | Belonging |
| Equality | Trust |

Present Event or Situation: _____ Date: _____

My Behavior: _____

1 EMOTIONS

What do I feel?

2

THOUGHTS

Thoughts connected to those emotions.

3

STRONGHOLD

What message about me is behind those thoughts?

STRONGHOLD:

Expectations that reinforce or are reinforced by the stronghold.

What does that mean about God?

Unmet needs:

4

EVENT TIMELINE

Other significant events that have reinforced this message.

<u>EVENT</u>	<u>OFFENDER</u>	<u>WHAT IT COST ME</u>

5

CONFESSION

- * Ask for forgiveness for any sin revealed on your part. (resentment, anger, bitterness)
- * Grieve how the stronghold took root.
- * Renounce any vow you've made to replace the stronghold
- * Forgive person(s) who hurt you.
- * Confess the lie of the stronghold

6

PRESS - IN

- * Focus on the stronghold and emotions.
- * Press into the lie and pain as much as possible.
- * Focus on the memories (events that planted this stronghold), the stronghold and emotions.
- * Listen for God to speak or for Him to come into the picture.
 - * He may speak through a thought, scripture, or a picture.
 - * What He says will always line up with scripture.

7

REMEMBER

What did God say to you or show you?

8

TRUTH

What truth did God plant in your heart?

9 PRAYER: What do I need to know about You, Lord, that will make this Truth permanent in me? _____

Lord, may I know You as _____ . Thank You Lord, for showing me Truth.