

# Redeemed

1. Redeemed means *bought back*. This means there was ownership to begin with. We are:
  - a. God's Children.
  - b. Created in His image.
  - c. Have been made perfect.
  - d. He Owned us.
  - e. Sin entered. This sold all future generations into slavery to sin.
  - f. Have been bought back from that.
  - g. Romans 8:28-39
2. Redemption is a process. We are comprised of 3 distinct parts, body (flesh and sin nature), soul (mind, will, and emotions), and spirit. Before sin entered the world there was no division between soul and spirit.
  - a. Sin brought division and death.
  - b. Soul and body were sold into slavery to sin.
  - c. When Christ came to redeem us:
    - i. We were bought back.
    - ii. We were made alive (Romans 8:10).
    - iii. Our spirit is where the Holy Spirit lives.
    - iv. Spirit is quickened (made alive) when the Holy Spirit comes in.
  - d. We have now been redeemed.
  - e. We have been sealed (Ephesians 1:13). We have been made alive, made complete and we are free.
  - f. Our soul and body are still subject to the effects of sin (slavery). They are in process. The spirit is our position and our identity. The process is what we do, the spirit is who we are.
  - g. What we do is not who we are.

- h. Sin does not cancel out who we are in Jesus. It simply means that we are not walking in who we are, and we are not acting like a redeemed child of God.
3. Why doesn't God just completely change us, body, soul, and spirit?
- a. Strongholds
  - b. When we sinned the soul and spirit were separated.
  - c. The soul and body are still in process because we live in the physical. We haven't been raptured to the spiritual yet.
  - d. Prior to the spirit being set free (made alive in Jesus) we established patterns in life (strongholds). A stronghold is a childlike thought that has power and control of us and is a lie. It is a lie because the Holy Spirit lives in our spirit and the stronghold goes against our identity in Him.
  - e. Prior to our relationship with Christ, every stronghold is true.
  - f. After our relationship with Christ, we are no longer a slave to sin, but we are a free bondservant to Christ. We walk in who we are; so that defines what we do.
  - g. Romans 12:1-2
  - h. Who we are (our spirit) needs to come and transform our mind, will, and emotions. The old patterns/strongholds still feel true. We need to realize the truth that makes the stronghold a lie and live that truth out in our soul and body.
4. Satan comes in and send messages to our body and soul. A war begins in the soul.
- a. Galatians 5:17 Flesh desires are against the spirit.
  - b. 2 Corinthians 10:3-5
    - i. Walk in flesh (this is physical).
    - ii. Walk in spirit (this is not physical)
    - iii. Ephesians 3:14-20
    - iv. We walk out the truth of our identity.
    - v. We recognize who we are and the tactics of satan to destroy us.
      - 1. Doubt about our identity
      - 2. Reinforce stronghold messages
      - 3. Doubt about who God is and who I am.

- vi. John 10:10
  - vii. Recognize who we are and allow that to transform what we do.
5. Sin does not mean I am no longer a child of God. It means I am not walking in who I am.
    - a. Colossians 2:6-8
    - b. Isaiah 61:1,10
    - c. You are as righteous today as you will be in heaven.
  6. The Holy Spirit had to come because we couldn't meet God's standard.
    - a. Christ had to die so we could be indwelt by the Holy Spirit—so we could be bought back. This makes us an acceptable Bride.
  7. What has to happen for us to be redeemed?
    - a. Price had to be paid for sin. This price was Christ's death.
    - b. We had to receive it and we were made complete.
  8. When we walk in old patterns, we are not going to walk in who we are in Christ Jesus.
    - a. Elementary principles that prevent us from walking in our identity in Christ Jesus.
      - i. "No one is there for me" means God is dead.
      - ii. Women are less than men, men are less than women beliefs.
    - b. Psalm 27:13
    - c. 1 Peter 2:24
  9. Each one has been handpicked by God. He paid one price for all. We have all been wounded and broken, but He bought us and made us His own, claiming us to be His child.
    - a. Romans 8:29
    - b. Matthew 10:1
    - c. Luke 10:18



# Iceberg

1. Just the tip of the iceberg shows above the water line.
  - a) Our behavior is above the water line. It is what other people see.
  - b) Our emotions are just under the water line.
  - c) Underneath emotions are our thoughts.
  - d) Part of this is our strongholds.
  - e) Under our thoughts are our (unmet) needs.
2. Good behaviors that are actually detrimental to us.
  - a) Care taking
  - b) Over ministering.
3. Emotions
  - a) Hard to Control.
  - b) Emotions are a barometer of what we are thinking. This is why they are hard to control because we do not always know what we're thinking.
  - c) All positive emotions could mean we are living in denial.
4. Thoughts
  - a) Triggers the emotion
  - b) Positive thoughts and negative outcomes?
    - i) Manipulation
  - c) Most often a negative thought leads to a negative emotion. The emotion might not always be expressed negatively. One could have a positive behavior come out of the negative thought. (Trying hard, working hard etc.)
  - d) We take a negative thought (I'm not wanted) and the negative emotion (sad, depressed) and turn it in a positive behavior to get our needs met.
  - e) Thoughts more indicative of what is going on beneath the surface, our emotions are a barometer, our behaviors can be very deceiving. (To ourselves as well as to others.)
5. Strongholds
  - a) A stronghold is a childlike thought we believe to be true about ourselves and others that is a lie that has power and control.
  - b) The reason we have trouble controlling the emotions.
  - c) A deeper level thought than the thoughts we are thinking.
  - d) We do not always think them, but we all have experienced them.

- e) These have been planted by real life events. This does not mean the event was a lie, but our perception is a lie. Our perceptions were not always a lie. Before life in Jesus, everything our strongholds tell us are true. In Jesus, they become a lie.
  - f) Satan gets in our strongholds. Colossians 2:6-8
  - g) Replace the lie with the truth.
    - i) Know the Word
    - ii) Hear the Word
    - iii) Receiving the Word
  - h) God's Truth needs to come right into the center of the strongholds. He has the power to change the thoughts and messages we believe about ourselves.
  - i) Strongholds teach other people how to treat us.
6. Needs
- a) Created very needy because God wanted to fill the void for us.
  - b) Initially look to parents.
  - c) Strongholds grow from unmet needs. Emotions come from that. Behaviors come from those emotions.
  - d) Whoever or whatever I look to meet my needs becomes my god.
  - e) Less dependent on the world, more dependent on God is spiritual maturity.
  - f) Proverbs 23:7 You are what you think.
7. Walking in the Spirit Galatians 5:16
8. What to do about destructive behaviors
- a) Walk in the Spirit by receiving the work Jesus is doing. Being more about receivership than doer-ship.
  - b) Rather than me getting my needs my way, I look to God and admit I have no clue what I'm doing.
  - c) Sense it's not so much about the physical.
  - d) Philippians 4:11,
  - e) Romans 12:1-2
  - f) 1 Corinthians 4:19
  - g) God is going to meet us wherever we are.
9. Needs Pt. II
- a) Not looking to things of the world to meet our needs. But looking to God.
  - b) His resources are not money, job, people, etc. As long as my needs are being met by the things of this world, I will take on the image of the world.
  - c) I look to God to meet my needs according to His riches (Philippians 4:19) I take on more of His image.

# Strongholds

# and Needs

1. Stronghold is a childlike thought that has power and control. It is created from real life events, but it is a lie.
  - a. The enemy, real life events, other people, circumstances have planted it.
  - b. It is a lie because of our position in Christ.
  - c. We cannot look to a change in circumstances to change our strongholds. Often circumstances do not change.
  - d. Strongholds change because God comes into the middle of it.
  - e. God becomes the force that allows us to do certain things.
  - f. Psalms speak of God being our Stronghold.
  - g. 2 Corinthians 10:3-5
    - i. Strongholds are weapons of warfare satan uses against us.
    - ii. Strongholds are speculations and lofty things raised up against the knowledge of God
    - iii. Weapons of our warfare, Word of God. Belt of Truth. Armor of God. Holy Spirit. Divine Power.
2. Our childish perception about events in our childhood births strongholds
  - a. Interpret the giants through God, not God through the giants.
  - b. Strongholds are placed by our perception of the event.
  - c. The enemy uses it against us.
  - d. Genetic predisposition to anxiety, depression etc, exacerbates it.
3. Matthew 26:41
  - a. Spirit (and soul) is willing.
  - b. Soul battle takes place here.



- c. Body is weak.
- d. Galatians 5:17 Flesh against spirit, spirit against flesh.
- 4. Strongholds are only released through Divine Power.
- 5. Needs are found in the soul and body.
  - a. Physical needs as well as emotional/spiritual needs.
  - b. Spirit is our position. Soul and body is our process.
- 6. Identifying Strongholds.
  - a. One place closer to understanding who we are in Jesus when He speaks into it.
  - b. Romans 1:25
  - c. Exchange back the lie for the truth. This is done by divine power.
  - d. Then we truly worship the Creator rather than the creations.
  - e. It is not so we feel better, or to change our relationships on earth.
  - f. They are a barrier to our identity in Jesus.
  - g. Strongholds tell me who I'm not, rather than who I am.
- 7. Vow is the other extreme of a stronghold.
  - a. "I will" statements of control.
  - b. Must be renounced before Divine Power can come in break the stronghold.
  - c. Isaiah 14:12-14
  - d. Strongholds are set up to be our gods. Vows reinforce our desire for control.
  - e. Acts 17:22-27
  - f. Whoever or whatever we look to to meet our needs becomes our god.
- 8. Needs
  - a. Met by parents, other people, food, pets, friends, siblings, teachers, sports, girl/boyfriend, car, clothes, job, peers, entertainment, money, spouse, career, family, degree, education, children, house, possessions, health.
  - b. When the world is stripped away what do we reflect. When I look to people to meet my needs, I reflect them, when I look to God to meet my needs, I reflect Him.
  - c. My identity is tied to how my needs are met.
  - d. Philippians 4:19

- e. God's riches are something other than what we can see in this world.
9. His riches.
- a. Define our needs.
10. Accessing His Riches
- a. Identify the need that is feeling empty.
  - b. Identify what we use (look to) to meet that need.
  - c. Identify the stronghold that is attached
  - d. Identify what it is we are using from the world to meet that need and surrender it to the Lord.
  - e. Psalm 34:18
  - f. Ask the Lord to remove it from meeting our needs.
  - g. Ask Him which of His riches, not the world, does He want to fill it with.
  - h. Be willing to release control over how it is filled/met.
  - i. Refuse to be satisfied by anything except the power of Jesus.
  - j. Watch for evidences and walk it out. It is a process.
11. Physical cannot define who I am. The spiritual must define who I am because I am far more spiritual than I am physical.



# Forgiveness

1. Wounds we need to forgive
  - a. False Statements
  - b. Divorce
  - c. Betrayal
  - d. Abuse
  - e. Deception
  - f. Death
  - g. Etc.
2. These wounds lead to messages and some of them are called Strongholds.
  - a. A stronghold is a childlike thought that has power and control and is a lie. It comes out of real-life events
3. Typically, we are wounded by those closest to us.
  - a. Family
  - b. Friends
  - c. Co-workers
  - d. Church
  - e. They have significance in our lives
4. The way we are treated gives us a sense of who we are.
5. Forgiveness is an interesting concept.
  - a. In order to forgive, we have to have been forgiven.
  - b. We are all born in sin.
  - c. We should be punished, condemned, and set outside of what God wants. This is what we deserve.
  - d. Forgiveness brings us back inside the circle of acceptance.
6. Difference between Forgiveness and Forgiveness.
  - a. Forgiveness is saying "I forgive you for xyz."
  - b. Forgiveness is a position.
    - i. It is a standing.
    - ii. It is permanent.

- iii. It is an eternal state.
7. Until Christ we were just forgiven on a daily, sin-based situation. It was not an eternal state.
    - a. Sacrifices were continually being made.
    - b. At the death of Christ, forgiveness, permanency came into play.
    - c. We are born in sin, unforgiven, deserve death, and outside the realm of relationship with God.
    - d. At the moment we came to know the Lord we were crucified with Him. His blood washes back over all the way to the cross and clear back over all of my life to my death.
    - e. We live under the umbrella of forgiveness.
    - f. Galatians 2:20
    - g. Forgiveness is about the relationship.
    - h. Nothing we can do to remove us from under this umbrella.
    - i. Sin can interfere with our relationship with Jesus, but it cannot interfere with our position.
    - j. Until we understand our own state of forgiveness, we cannot forgive. We do not have the ability.
  8. We can be in this position and not understand it.
    - a. It is eternal.
    - b. It is once for all.
    - c. Nothing can interfere with it.
  9. Forgiveness is not
    - a. Saying it's okay.
    - b. Holding a grudge
    - c. Making excuses
    - d. Rationalizing
  10. Forgiveness is looking at the offense and what it cost us.
    - a. Set boundaries
  11. Forgiveness is not saying we have to let someone repeat what they've done to me.
    - a. Forgiveness is not saying we let someone continue to harm/abuse me.
    - b. Forgiving does mean it is okay to treat us crummy.

- c. This is not what Jesus is talking about when He says we are to forgive 70x7 times. (Matthew 18:22)
  - d. This line of thinking leads to seeing self as a martyr.
12. Things that keep us from forgiving
- a. Pride
  - b. Sense of justification
    - i. Life should be fair
  - c. Desire to punish.
  - d. You cannot forgive what has been paid for.
13. Forgiveness is crossing out the debt.
- a. It is a legal transaction saying, "I am willing to pay the price for what you did to me."
  - b. In order to pay the price, we have to count the cost and know what it cost us.
14. Healing, occurs after forgiveness, is a process.
- a. Emotional response comes in.
  - b. Some people don't get angry until they have forgiven.
  - c. Healing cannot take place until forgiveness takes place.
  - d. In order to be healed, one must forgive.
15. Forgiveness is passive, it is empowering.
- a. Empowered through Christ.
16. Unforgiveness puts us in bondage.
- a. God comes in and breaks the bondage through forgiveness.
  - b. We are now free
17. It's not about what people have done to us, it is our response to what they have done to us.
18. Scriptures
- a. Matthew 18:21-34 (70x7= perfection times perfection to the nth degree.)
    - i. There is something released in the spiritual when we forgive. It is more than simply our being physically released.
    - ii. Mercy had been given, but grace had not been received.
    - iii. Torturers are not hell
      - 1. They are resentment, bitterness, ills, broken relationships.



2. Torturers in original language has nothing to do with hell. We do not lose state of forgiveness. We lose the freedom of that state.
3. Torturers happen in the physical realm.
4. V. 35 is not about emotion; it is about counting the cost.
5. We cannot forgive is unless we know what it cost.

b. Luke 7:36-47

19. Forgiveness allows us to boldly enter the presence of God.

a. Colossians 2:6-8

20. Forgiveness is always about redemption.

# Press-In

1. Tool to resolve problems and get clutter out of our lives.
  - a. 2 Corinthians 10:3-5 Biblical basis for press-in
  - b. Romans 12:1-2
  - c. Proverbs 23:7
2. It is more about Divine Revelation/Power rather than just physical understanding or logic.
  - a. It takes us beyond simple human understanding
3. Choose a situation.
  - a. Specific
  - b. Caused you to struggle.
  - c. John 18:4-11
4. Behavior
5. Emotions
  - a. Five Primary Emotions
6. Thoughts
  - a. Identify the thought attached to each emotion.
  - b. Ask "What does this mean about me?" after each thought.
  - c. Determine which message is the strongest.
7. Stronghold
  - a. Comes from the strongest message from our thoughts.
  - b. Expectations that are reinforced by the stronghold
    - i. How you expect others to treat you or
    - ii. Things you do as a result of the stronghold.
  - c. Ask "If I'm believing the lie, what does that say about God?"
  - d. Identify Unmet needs.
  - e. Note every event that reinforced this belief.
  - f. Look at what these events cost.
  - g. Confess reactionary sin

- h. Pray and invite God to come in and use Divine power to break down the stronghold. 2 Corinthians 10:3-5
- 8. God does not always immediately speak.
  - a. We need to grieve the hurtful things that happened ,and we have done.
  - b. This tool is not about a quick fix.
- 9. Close your eyes
  - a. Pray
  - b. Cover yourself with the protecting power, authority and blood of Lord Jesus Christ to protect.
  - c. Repeat stronghold mentally.
  - d. Give permission for other events to come to mind. Focus on one.
  - e. Invite Him to speak.
  - f. Might be days later.
  - g. Might be broken by a picture, word, or song.
  - h. Write down what God showed/told you.
  - i. Ask “What do I need to know about You, Lord, to make this permanent in me?”