

God is doing an amazing work in my life!



Strongholds of Addiction:

The Lies That Keep Us In Bondage



Stronghold	Description	The Lie	The Truth
Hopeless	<ul style="list-style-type: none"> <input type="checkbox"/> Loss of self-esteem <input type="checkbox"/> No purpose or direction <input type="checkbox"/> Total loss of hope that things will ever change <input type="checkbox"/> Sense of inadequacy 	<ul style="list-style-type: none"> <input type="checkbox"/> I am a victim and helpless. <input type="checkbox"/> I will never change - it's hopeless. <input type="checkbox"/> I am different and so is my problem, so it won't work for me. 	<ul style="list-style-type: none"> <input type="checkbox"/> I am a victor in Christ. <input type="checkbox"/> I am the righteousness of God in Christ. <input type="checkbox"/> The truth sets you free regardless of the problem or person.
Guilt	<ul style="list-style-type: none"> <input type="checkbox"/> Depressed and bitter <input type="checkbox"/> Discontented and grieved <input type="checkbox"/> Sense of worthlessness <input type="checkbox"/> Denial and dishonesty 	<ul style="list-style-type: none"> <input type="checkbox"/> I deserve to be punished and condemned <input type="checkbox"/> I cannot face the awful truth about myself <input type="checkbox"/> I am a product of my past 	<ul style="list-style-type: none"> <input type="checkbox"/> There is no judgment in Christ. <input type="checkbox"/> In Christ I am a new creation. <input type="checkbox"/> I am a product of the cross.
Self-Help	<ul style="list-style-type: none"> <input type="checkbox"/> Behavior oriented <input type="checkbox"/> Judgmental <input type="checkbox"/> Weary and tired <input type="checkbox"/> Trying to earn acceptance through performance 	<ul style="list-style-type: none"> <input type="checkbox"/> If it is going to be it is up to me. <input type="checkbox"/> God helps those who help themselves. <input type="checkbox"/> If I change my behaviour, it will change me as a person. 	<ul style="list-style-type: none"> <input type="checkbox"/> Only God can change me. <input type="checkbox"/> God helps those who give up and trust Him. <input type="checkbox"/> If I change my beliefs, it will change my behaviour.
Insecurity	<ul style="list-style-type: none"> <input type="checkbox"/> Worried and anxious <input type="checkbox"/> Feels forsaken and without support <input type="checkbox"/> Absence of meaningful relationships <input type="checkbox"/> Unable to receive love and avoids intimacy 	<ul style="list-style-type: none"> <input type="checkbox"/> I am unworthy to be loved and accepted <input type="checkbox"/> I need someone to validate me as a person <input type="checkbox"/> I need someone or something to be secure 	<ul style="list-style-type: none"> <input type="checkbox"/> I am loved and accepted by God <input type="checkbox"/> I am one with Christ. He is in me and I am in Christ. <input type="checkbox"/> I am eternally secure in Christ who will never forsake me.

What lies do I believe make me vulnerable to live in sinful ways? Negative feelings are always attached to a lie. To truly get beyond negative feelings I actually have to reject a lie and choose for the truth. That will all happen while my feelings are still negative. In faith, I choose to believe something new, tell myself the truth (as often as necessary), and then act in the new way. Only then will my feelings truly change and a new way of living really come.

In our society too many people act in accordance with their feelings rather than acting their way into the feelings they would like to have. God's promise to us is that we will have love, joy, and peace when we walk in obedience. Addictions offer short term pacifiers and escapes but no real peace and blessing. Acting on our feelings is a sure route for disaster in our lives.

God gives us a new and joyful journey to follow. It requires surrender to the truth. It requires surrendering our feelings. It requires choosing God's good and loving ways by first laying down my familiar self-centered ways. I have a choice today. The choice is for myself and my feelings or for God and God's blessing. The first leads to disaster. The second leads to life.