

Recognizing and Overcoming Spiritual Strongholds

WORKSHEET

NAME _____

REFLECTING ON SPIRITUAL STRONGHOLDS

AREAS IMPACTED BY STRONGHOLDS:

REFLECT ON AREAS OF YOUR LIFE THAT MIGHT BE IMPACTED BY SPIRITUAL STRONGHOLDS, SUCH AS RELATIONSHIPS, SELF-PERCEPTION, OR EMOTIONAL WELL-BEING.

CONSIDER HOW THESE STRONGHOLDS HAVE AFFECTED YOUR THOUGHTS, EMOTIONS, AND BEHAVIORS.

IDENTIFYING ROOT CAUSES

EXPLORING ROOT CAUSES:

REFLECT ON THE POTENTIAL ROOT CAUSES OF YOUR SPIRITUAL STRONGHOLDS, SUCH AS PAST EXPERIENCES, TRAUMAS, OR NEGATIVE THOUGHT PATTERNS.

CONSIDER HOW THESE ROOT CAUSES MIGHT BE CONTRIBUTING TO YOUR CURRENT STRUGGLES.

ADDRESSING ROOT CAUSES:

HOW CAN YOU BEGIN TO ADDRESS THESE ROOT CAUSES THROUGH PRAYER, REFLECTION, AND SEEKING SUPPORT?

WHAT STEPS CAN YOU TAKE TO CONFRONT AND OVERCOME THE LIES OR MISCONCEPTIONS THAT MIGHT BE FUELING YOUR STRONGHOLDS?

APPLYING BIBLICAL TRUTH

SCRIPTURES FOR FREEDOM:

WHAT SCRIPTURES CAN YOU APPLY TO YOUR LIFE TO OVERCOME SPIRITUAL STRONGHOLDS?

REFLECT ON HOW THESE SCRIPTURES CAN BRING HOPE, ENCOURAGEMENT, AND GUIDANCE.

INCORPORATING PRAYER, WORSHIP, AND COMMUNITY:

How can you incorporate prayer, worship, and community into your journey to freedom?

Consider ways to deepen your relationship with God and seek support from others.

NOTES PLEASE READ ALONG WITH THE WORKSHEET

THE RESOLUTION FOR WOMEN, NEW REVISED
EDITION

BY PRISCILLA SHIRER , STEPHEN KENDRICK, ET
AL

THIS WILL HELP YOU IN YOUR DEVELOPMENT JOURNEY

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NOTES:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.