

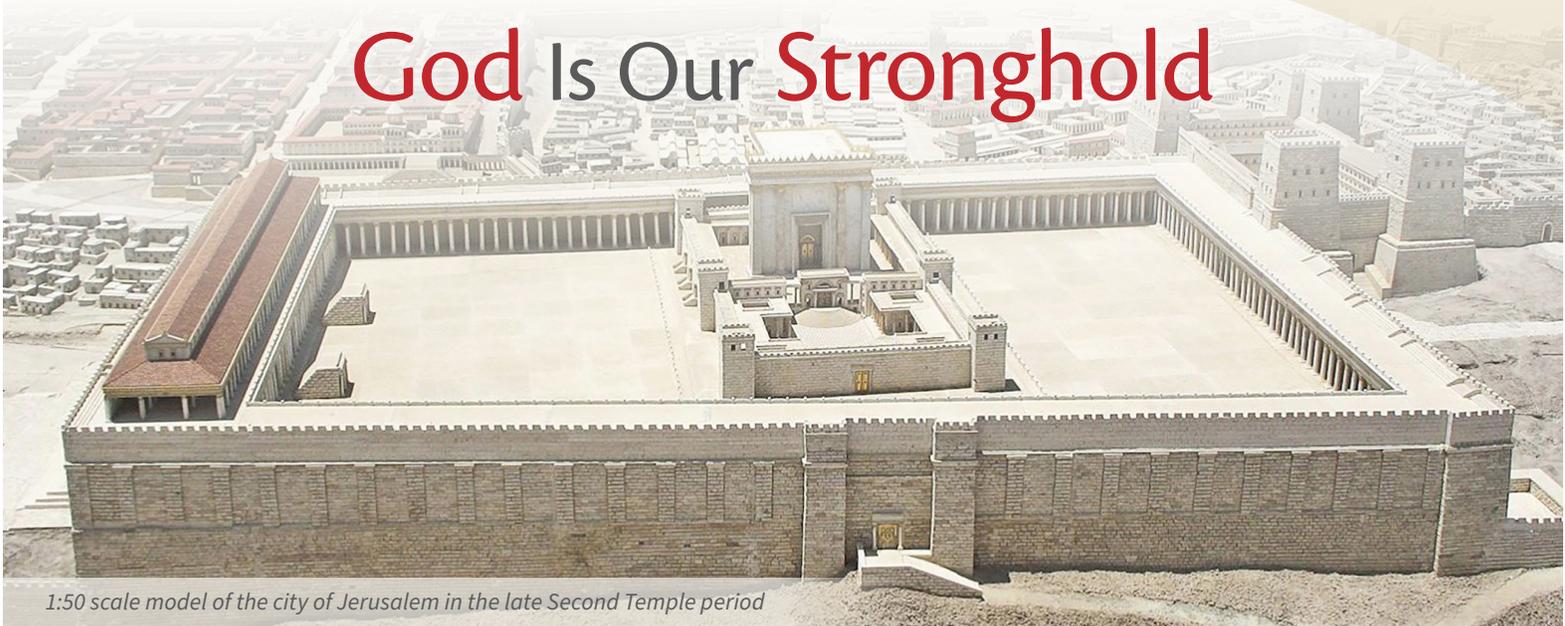


June 2021

# ListenLovePray

Newsletter vol. 5, issue 6

## God Is Our Stronghold



1:50 scale model of the city of Jerusalem in the late Second Temple period

Last month, LLP focused on the idea of strongholds as part of May's deliverance series. A stronghold is a walled or fortified city. The strength of the city lies in the height and thickness of the stronghold's walls. You could also call it a place of security, protection, stability or familiarity. You might call it imposing, impenetrable, secure; it protects all you care about and all you need.

Scripture describes God as our stronghold.

*God is my rock and my fortress and my deliverer, My Elohim, my rock, in whom I take refuge; My shield and the horn of my salvation, my stronghold —Psalm 18:2*

*God also will be a stronghold for the oppressed, a stronghold in times of trouble —Psalm 9:9*

*God of hosts is with us; The Elohim of Jacob is our stronghold —Psalm 46:7*

Knowing God as our stronghold is a wonderfully freeing and truly eternal benefit to us. A spiritual stronghold is like a spiritual wall. In the case of Yahweh, the wall is truth and righteousness. This wall protects us and keeps out lies and deception. It keeps us safe from spiritual affliction. It is our place of security.

Unfortunately, we can be misled, and other spiritual strongholds develop. These confining strongholds are quietly, slyly built by the enemy. The strongholds of the enemy are lies and deception. Satan is the father of lies and his walls will keep Yahweh's truth out.

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## A Message from the Executive Director

Have you ever taken a misstep—twisting an ankle on a hike or falling over a toy left on the floor or blundering within a relationship? Perhaps there have been spiritual missteps, which opened a door for interference from spiritual forces other than God. Missteps imply negative action that throw us off balance and causes damage.

We don't intend to misstep; no one wants to have their health or relationships in turmoil. But since Jesus was the only perfectly righteous person, all of us human beings will take wrong steps at some point in life. In addition, the missteps of others

can shake our own stability and create uncertainty and fear about the future.

*Psalm 62:1-2 (NLT) says, I wait quietly before my God, for my salvation comes from him. He alone is my rock and my salvation, my fortress where I will never be shaken.*

There is a place with God where we can never be shaken. The challenge is how to discover The Way to enter His divine fortress. God beckons within LLP's private healing prayer sessions and at Tuesday night healing services. Holy Spirit swirls through classes and in recovery ministries, revealing the loving care and Presence of the Prince of Peace.

But let's be honest...it is hard to wait (as the Psalm instructs). We pray that this edition will bring hope through the teachings and stories that highlight the love and work of Jesus in our world. No matter what you are facing, albeit physical injury, broken relationships, or a lack of spiritual stamina, God is at work for good. Take a leap of faith and register for an upcoming class, contact Judy for healing prayer, or come to a healing service. Jesus loves you and is The Source of lasting restoration and limitless joy.

*Lucinda Nelson, Executive Director, LLP*

## Testimony

### *A Revelation in May's deliverance class:*

It was a revelation that God is our stronghold. All my life I have only heard the word “stronghold” associated with a negative concept. But the lesson tonight, with all the scriptures that actually say God is our stronghold, well, that was just like a lightbulb went off. Thank you so much for holding the class!

—Dolores

My sweet aunt recommended that I go through a healing prayer appointment. At first, I was nervous and didn't really know what to expect, but I trusted my family. I was also at the lowest point my life could possibly be and was willing to completely follow God where he was leading! As the prayer leaders talked to me and asked questions about my circumstances, I immediately felt safe and that God had placed this opportunity and these people in my life right when he needed them to be there! After an hour-long communication, they prayed over me, via zoom, and after the prayer, I felt so much weight lifted off me that for 20 minutes, I could not even bring myself to stand up from where I was sitting. I just breathed in and out, over and over, and finally I felt like I should try and stand. When I did, I was still so overwhelmed by the Holy Spirit that it was weird to walk—almost like I had just been reborn and needed to learn walking all over again. It was so powerful and so amazing! In my life, up until that point, I had not ever felt like I had heard God's voice, or felt the presence of the Holy Spirit, but since then, I know that is exactly what it was. I have been sharing daily the testimony of God's love and goodness, and I have COUNTLESS examples of what I know and believe is GOD in my life and leading me through the struggles I am facing!

—Shane

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Jesus wants to help us root out all strongholds of the enemy in our life as a believer. Any persistent issue in your life may be a stronghold. Ask yourself, does one prevailing problem seem to stalk your life? Is there a recurring weakness, bad habit, rotten attitude?

In his book, *Unbound*, Neil Lozano says, “Think of a bird building a nest: one straw or twig at a time. The enemy brings us one damaging thought at a time. As a pattern of thinking is built, based on the foundational lie, he finds a place to dwell (stronghold) and exerts greater influence on our emotions and will.” And strongholds don't just sit around in your mind doing nothing. They produce actions, behaviors and habits that, no matter what you try, seem impossible to remove.

We as followers of Christ have been given the authority to break down enemy strongholds. We can then put our trust in the one, true, everlasting stronghold—God.

*For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge*

*of God, and we take captive every thought to make it obedient to Christ.*  
—2 Corinthians 10:3-5

To identify personal strongholds, ask Holy Spirit to highlight areas in your life that are not of God. There are thousands of possible areas – here are some examples: pride, stubbornness, fierce individualism, rejection, damaged relationships, poor self-esteem, victim mentality, unworthiness, materialism, career or status focused.

Once identified, you could work through these **4 steps** to break free:

1. Identify a stronghold in your life. Ask God to break it down or help you break it down.
2. Find the truth in God's word to counter that lie or deception.
3. Take any deceptive thoughts captive; in Jesus, we have the authority to do this. When those thoughts come into your head, state audibly that is not the truth.
4. Replace it with God's truth. Audibly declare the truth!

The good news is, in Christ, you have the tools to tear down strongholds. At LLP, we frequently use the powerful *Shattering Your Strongholds Prayer* (see below). Praise Jesus.

## Shattering Your Strongholds Prayer

*Adapted from Sword of the Spirit the Word of God by Joy Lamb*

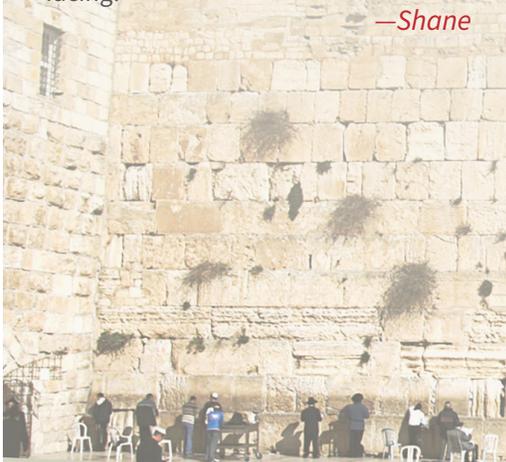
**I**n the name of Jesus Christ, I bind my body, soul, and spirit to the will and purposes of God for my life. I bind myself to the truth and righteousness by the blood of Jesus. I bind my mind to the mind of Christ so that His thoughts, feelings, and purposes would be within my thoughts. I bind myself to the work of the cross with all its mercy, grace, love, forgiveness, and dying to self will.

I loose every deceptive, old, wrong, ungodly pattern of thinking, attitude, idea, desire, relief, motivation, and every wrong mind/body agreement I have about wrong behaviors. I tear down, crush, smash, and destroy every stronghold associated with these things. I loose any stronghold in my life that has justified and protected hard feelings against anyone. I loose the strongholds of unforgiveness, fear, and distrust from me.

In the name of Jesus, I loose the power and effects of any word curse or any harsh words spoken to, about, or around me. I loose all generational bondage thinking and associated strongholds from me. I completely destroy all generational bondages of any kind from mistakes made at any point between generations. I destroy them right here, right now. They will not bind and curse any more members of my family.

I loose all grave clothes from me. I loose all effects and bondages from me that may have been caused by mistakes I have made. I loose all power of any harsh words I have said and break any ungodly strongholds of my tongue.

I bind and loose all these things in Jesus' name. He has given me the keys and the authority to do so. Thank You Lord Jesus for the truth and the true stronghold of God our father!



# LLP Continues to Walk with the Men in Beacon House

The men in the FRM's Beacon House are doing the hard work of rebuilding themselves. Listen Love Pray Foundation asked the men to answer another tough question,

What are the main temptations you struggle with?

The most common answers were: addiction, anger, anxiety, shame, regret, lust.

Other temptations that the men noted are: forgetting God, pride, resentments, everything, anger of falling short of my abilities, laziness, lying, conforming, and depression.

Join in prayer for all the men in Beacon House to overcome, so that they too can be beacons to the lives of others.



Saturday Healing prayer team



Johnny and Ted

Our friend Cliff at Beacon House, rocking his new LLP shirt



Gary



Judy and James



Phil

The men at FRM's Beacon House ask for prayer:

**Mike:** Continued restoration of my marriage, for His strength in starting college in June

**James:** I would love to hear God talk to me

**David:** For my family and for my brothers here at this program

**Nathan:** Getting baptized soon

**Gary:** That I just take things as they come, a day at a time

**Adam:** I'm asking God to open the door for me to get back into my career of gospel music



Beacon House men attending LLP recovery session on May 23, 2021

## Poem

*I Know Who Holds Tomorrow*

I don't know about tomorrow  
 I just live from day to day  
 I don't borrow from its sunshine  
 For its skies may turn to grey  
 I don't worry o'er the future  
 For I know what Jesus said  
 And today I'll walk beside Him  
 For He knows what is ahead  
 Many things about tomorrow  
 I don't seem to understand  
 But I know who holds tomorrow,  
 And I know who holds my hand

—Ira Stanphill 1950

## In-person Healing Prayer Services Resume!

LLP will resume in-person healing services on the first Tuesday of the month. All other Tuesday night services will continue on Zoom.

Our first in-person service of 2021 will be on **Tuesday June 1<sup>st</sup> at Paradise Stables in Mount Airy, MD.** It starts at 7:00 pm, rain or shine, and communion will be served by Reverend Dennis, VP of LLP's Board of Directors!

All are welcome. Please bring a lawn chair or a blanket to sit on and bring a friend!

## New Study in July: Think and Eat Yourself Smart

4-session Zoom class on July 20 & 22 and July 27 & 29 (Tuesday and Thursday evenings) at 7:00 pm

This class will use Dr. Caroline Leaf's book, *Think and Eat Yourself Smart*. Dr. Leaf also authored *Switch on Your Brain*, a favorite LLP class.

One reviewer writes: *Dr. Leaf is incredibly knowledgeable. Love her Biblical perspective in support of her information and counsel. Once you read what the bad foods are doing to your body, you will think twice before you partake.*

All who register online get a free book while supplies last!

# ListenLovePray Events

## June

- Jun 1 In-person Healing Prayer Service at Paradise Stables**  
Tuesday • 7:00 pm
- Jun 2/9/16/23/30 Women's Bible Study**  
Wednesdays • 9:30 am
- Jun 2/23 Rainbow of Love Recovery Bible Study**  
1<sup>st</sup> and 4<sup>th</sup> Wednesdays • 5:30 pm
- Jun 4 Healing with Horses at Paradise Stables**  
Friday • 10:00 am
- Jun 7/14/21/28 Ladies Recovery Bible Study**  
Mondays • 7:00 pm
- Jun 8/15/22/29 Zoom Healing Prayer Service**  
Tuesdays • 7:00 pm
- Jun 9 FRM–Beacon House**  
Every 2<sup>nd</sup> Wednesday • 10:30 am
- Jun 15/16/17 Zoom Intensive Prayer Ministry**  
Tuesday, Wednesday, Thursday • 7:00 pm
- Jun 27 FRM–Beacon House Healing Program**  
Every 4<sup>th</sup> and 5<sup>th</sup> Sunday • 6:00 pm
- Jun 29 Continuing Ed for LLP Prayer Ministers**  
Tuesday • 7:00 pm

## July

- Jul 1 Practicum**  
Thursday
- Jul 6 In-person Healing Prayer Service**  
Tuesday • 7:00 pm
- Jul 20/22/27/29 Think and Eat Yourself Smart (4-session Zoom class)**  
Tuesdays and Thursdays • 7:00 pm



## Healing with Horses

Friday, June 4<sup>th</sup> at 10:00 am

Sign up for a unique healing experience with these majestic animals! The session is held at

Paradise Stables  
6250 Detrick Road, Mt. Airy, MD

Space is limited! Contact [lucinda@listenlovepray.org](mailto:lucinda@listenlovepray.org)

## Grow with God

Seek true love and healing in Jesus! Browse through 169 teaching videos and testimonies on LLP's YouTube channel – see how Jesus is moving and healing today! Stay current by tapping the “Subscribe” button.

<https://www.youtube.com/channel/UC9EvNdJsXRY9YTE9890talg/videos>



## Keep in Prayer

- Holy Spirit to empower people to seek God first
- Those who struggle with strongholds of familiar behaviors
- God's people to feel His grace for themselves
- The hands and feet that work for God

## ListenLovePray Foundation

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LLP Foundation is a 501 (c) 3 non-profit entity.

Your generous donations of time, effort, and money empower the healing transformations that Jesus does here through LLP. To donate, visit our website. All donations are tax-exempt.

Lord, continue to bless the spirits, minds and hands of our loving donors. Keep LLP ever faithful to your call and your word. May each soul touched by LLP feel the healing love of Jesus. Amen.



LLP works in recovery centers, churches, and the community. Jesus still heals and delivers people today!