

Day 1	<b>Partnerships that bring strongholds.</b>	1 Cor 5:9-13; Deut 18:10-14; Matt 5:27-30
Day 2	<b>There are things you yourself have to conquer, put off and things you have to clothe yourself with through the power of the Holy Spirit.</b>	Col 3:1-25; <b>Col 3:5-10</b>
Day 3	<b>The work of the flesh versus the fruit of the Holy Spirit.</b>	Gal 5:16-26
Day 4	<b>Do not do things that grieve the Holy Spirit.</b>	Eph 4:1-32; <b>Eph 4:25-32</b>
Day 5	<b>Take up your powerful weapons of warfare.</b>	2 Cor 10:3-6; Col 3:10-25; Eph 6:10-18

### Week 3

#### Spiritual Victory: How to identify and deal with strongholds

- A stronghold is a high place (which is strengthened; a fortress) which has been set up against the knowledge of God in a person's life and in any other dimension such as a nation or even church.
- This is a satanic command- and control centre. Strongholds are being set up in a person's life through conscious or unconscious wrong choices which gives Satan the power to manipulate. In this process the person is being spiritually held back from living effectively in their Christian life due to Satan's hold on them.

#### Slavery is being brought into our lives through:

- The world system (our corrupt surroundings).
- The flesh (our selfish desires).
- The devil (the father of all that is evil).

When the devil defiles a person's life and sets up strongholds, that person will do everything in his / her power to hide the sin. Except if that person repent and trust on the power of God to set them free, that person will be tortured forever.

Demonic strongholds in a person's life can enter due to trauma, sexual abuse, molestation, rape, abortion, curses, addictions, occult practices, pornography, collection of evil objects, etc. People also give the devil right in their lives through bitterness, unforgiveness, and desire to take revenge, uncontrollable anger and anger outbursts.

Demons come in people's lives because of definite reasons and then set up their strongholds. The devil often uses the works of the flesh (Gal 5:19-21; Col 3:5-9) to set up strongholds in a person's life.

Many Christians are undisciplined in certain areas of their lives. (They know that certain things are wrong but yet they keep on doing them). In this manner they permanently have an open door where Satan can enter and work in their lives. By not submitting to the Holy Spirit and not repenting from their sin they become luke-warm in their Christian walk. (Rev 3:16)

Day 1	<b>Don't be hardened through sin.</b>	Hebr 3:12-14; Hebr 12:14-17; Jam 1:1-27; <b>Jam 1:12-15</b>
Day 2	<b>How do you destroy and overcome strongholds?</b>	Jam 4:7-10; 2 Cor 10:3-6
Day 3	<b>Bind the strong man and keep the house clean.</b>	Luk 11:20-26; Matt 27:43-45
Day 4	<b>Obtain the victory.</b>	Matt 16:19; 1 John 5:3-6; 1 John 4:1-4; Rev 12:11
Day 5	<b>Victory is in Jesus.</b>	John 14:1-31; <b>John 14:13-14</b> ; 1 Cor 15:55-58; 1 John 5:4

### Week 4

#### Spiritual Victory:

#### Spiritual baggage (hindrances)

#### Identify problem areas

We always have baggage at the beginning of our journey. Our education, surroundings, influences

from outside, friends, choices and other factors play a role. Spend time to go through the list on the next page and identify the problem areas in your life. The first step in this process is to ask Jesus to help you and to have an open heart while you make a conscious decision to be absolutely honest with yourself and with God.

Sin we commit involve what we DO (*sins of commission*) and things that we NEGLECT TO DO (*sins of omission*) and both cause problems in our lives. Remember the following principles:

- Secret sin should be repented from in secret.
- Private sin should be repented from in private.
- Public sin should be repented from in public.

Day 1	<b>An unrepentant heart.</b>	Rom 2:1-11; <b>Rom 2:4-6</b>
Day 2	<b>Let Jesus be the foundation of your life as you will reap just that what you sow.</b>	1 Cor 3:1-23; <b>1 Cor 3:9-15</b> ; Hos 10:12-13; Gal 6:6-9
Day 3	<b>Problem area in the spirit is the enemy that prevents people from seeing the light.</b>	2 Cor 4:3-4; 1 John 5:19; John 3:16-21
Day 4	<b>The problem area in the soul is thinking the wrong thoughts.</b>	2 Cor 10:4-6; Matt 6:14-15; John 20:23; Eph 4:22-32; Phil 4:8
Day 5	<b>The problem area in the body is committing the works of the flesh.</b>	Col 3: 5-14; Gal 5:16-26
Day 6	<b>Live a life of repentance and obedience.</b>	Acts 2:38-39; 1 John 1:5-10; Matt 19:17

WRONG SPEECH	SEXUAL SINS
<ol style="list-style-type: none"> <li>Gossip</li> <li>Quarrel</li> <li>Accuse others for your problems</li> <li>Lies</li> <li>Self-righteousness</li> <li>Sedition</li> <li>Dirty jokes</li> <li>Use the name of the Lord in vain</li> <li>Swear words</li> <li>Slander</li> </ol>	<ol style="list-style-type: none"> <li>Lustful fantasies</li> <li>Pornography</li> <li>Masturbation</li> <li>Erotic films/videos</li> <li>Internet pornography</li> <li>Fornication</li> <li>Adultery</li> <li>Paedophilia</li> <li>Homosexuality/Lesbianism</li> <li>Abortion</li> <li>Prostitution</li> <li>Unholy soul ties</li> </ol>
ADDICTIONS	OCCULTIC SINS
<ol style="list-style-type: none"> <li>Alcohol</li> <li>Drugs (what kind?)</li> <li>Tabaco/Nicotine</li> <li>Gamble</li> <li>Compulsive behaviour such as eating, buying, stealing</li> </ol>	<ol style="list-style-type: none"> <li>Sorcery / Satanism</li> <li>Fortune telling (palm reading, crystals, pendulums, reading of tea leaves, Tarot cards, astrology)</li> <li>Glasié, glasié / Spiritism</li> <li>Ouija Board</li> <li>Witchcraft/Occultism</li> <li>Rituals / Sacrifices / Drinking blood</li> <li>Speaking of curses</li> <li>Cults (Name them)</li> <li>Occult New Age Reading Material</li> <li>Astral Projection</li> <li>Extra Sensory Perception (ESP)</li> <li>Hypnotism</li> <li>Alternative medication</li> </ol>
OTHER SINS	
<ol style="list-style-type: none"> <li>Stealing / Theft</li> <li>Fear (for what?)</li> <li>Blaspheming</li> </ol>	<ol style="list-style-type: none"> <li>Hateful, resentful, revengeful</li> <li>Impatience</li> </ol>

<ol style="list-style-type: none"> <li>Covetousness, greed</li> <li>Stingy / Selfishness</li> <li>Steal God's money (tithing)</li> <li>Self pity</li> <li>Envy</li> <li>Rejection</li> <li>Quick temper and moodiness</li> <li>Violence (hit other people)</li> <li>Bad or evil attitude</li> <li>Stubborn</li> <li>Jealousy and spitefulness</li> <li>Disobedience</li> <li>Disrespect towards parents</li> </ol>	<ol style="list-style-type: none"> <li>Manipulation</li> <li>Pride</li> <li>Arrogance</li> <li>Unhealthy competitiveness</li> <li>Hostility</li> <li>Aggression</li> <li>Anger</li> <li>Malicious</li> <li>Bitterness</li> <li>Hatred</li> <li>Irritability</li> <li>Rebellion</li> <li>Critical</li> <li>Negativity</li> <li>Mistrust</li> </ol>
OTHER AREAS THAT NEED ATTENTION	
<ol style="list-style-type: none"> <li>Depression</li> <li>Psychological disturbances (have you ever visited a psychiatrist or psychologist?)</li> <li>Divorce</li> <li>Problems with relationships</li> <li>Insomnia</li> <li>Illness in body</li> <li>Mourning (for example the death of a loved one)</li> </ol>	<ol style="list-style-type: none"> <li>Unsurmountable disappointments</li> <li>Incest or molestation</li> <li>Thoughts of suicide</li> <li>Murder / Revenge</li> <li>Any other problem you can think of?</li> </ol>

#### General problem areas / strongholds

- Rejection
- Molestation / Rape
- Hurt from childhood years
- Depression
- Poor self-image / Inferiority
- Addiction
- All forms of lust
- Abuse
- Occult Practices / Satanism / Witch Doctors
- Unforgiveness

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## Inner Healing 1/2

### Your Journey to Victorious Living

#### Week 1 – 4

#### Week 1- Spiritual Victory: Soul, Spirit and Body

The Bible tells us that a person is as he thinks in his heart. As born again children of God, we are now taught by the Word in Romans 12:2 that we must renew our mind from the old sinful patterns and habits to become more like Christ in thought and in deed.

Day 1	<b>You are spirit, you have a soul and you live in a body.</b>	1 Thess 5:23; Rom 8:1-17
Day 2	<b>Satan is the god of this world.</b>	2 Cor 4:4; 1 John 2:15-17; John 8:34, 36
Day 3	<b>Your body is the temple of the Holy Spirit.</b>	1 Cor 6:18-20; 1 Cor 3:16-17
Day 4	<b>The work of the flesh.</b>	Gal 5:16-26; Col 3:1-25; <b>Col 3:2-14</b>
Day 5	<b>The battlefield is in your mind.</b>	Prov 23:7a; 25:28; 3 John 1:2; Rom 12:1-2; Phil 4:6-8; Matt 5:27-30

#### Week 2 -Spiritual Victory: Identifying strongholds

Satan can establish strongholds in our lives and we need to identify and destroy them. We must understand that salvation is only the first step and stage in God's plan for our lives. The next step is to demolish these strongholds that keep us from walking in the Spirit. A stronghold is a hiding place for demonic activities and from this stronghold they are defending their right in the lives of people according to the sinful way they were allowed entrance and right.