

How to Demolish the Devil's Footholds

Resolve the Present

- 1) What am I feeling that is not of the Holy Spirit?
- 2) What is happening in my life to trigger this emotion?
- 3) What am I believing to make me feel this way?
- 4) What would Jesus say about that belief?
 - If you don't know, study Scripture or ask a friend or Pastor for help.
- 5) Has the negative emotion disappeared?
 - If not, then perhaps need to resolve something in the past.

Resolve the Past

(Note: This will usually work much better if you have someone helping you)

- 1) What am I feeling and why? (pick up on previous thoughts)
- 2) When do I remember feeling this way?
 - Focus on the negative emotion- do not suppress it.
 - Let your mind naturally connect- do not "look" for a memory.
 - Resolve any fears about revisiting your past- you are not the same person.
- 3) How does this memory make me feel?
- 4) Why do I feel this emotion in this memory?
 - You are especially looking for the lie *about you* that you believed in the event, not what other parts of you believe now. A good question is "what did this mean for (about) me."
 - Let the lie cause painful emotions- these need to be released.
 - If the memory is especially painful/scary then you will need someone else to help you through the process by asking the questions.
- 5) What would Jesus say about what I believe there?
 - Some people think visually, others just thoughts.
 - Alternative ?: What would your older self say to your younger self?
- 6) Are there any more negative feelings in this memory?
 - If yes, go back to step 3.
 - If no, then you have demolished this foothold.

Recognizing the Devil's Footholds

Fruit of the Spirit (Gal 5:22-23; 2 Tim 1:7)	Possible Sign of Foothold <i>I feel . . .</i>	Sign of Freedom <i>I feel . . .</i>
Love	Angry	Compassion of Christ
	Lonely	Presence of Christ
	Envious	Content in Christ
	Lustful	Love of Christ
	Unappreciated	Appreciated by Christ
	Selfish	Sacrificial for Christ
	Critical/Annoyed	Accepting like Christ
	Insignificant	Valuable in Christ
	Ugly	Created by Christ
	Embarrassed	Accepted by Christ
	Left out	Wanted by Christ
Joy	Discouraged	Hopeful in Christ
	Discontent	Fulfilled in Christ
	Complaining	Grateful for Christ
Peace	Worried/Afraid	Secure in Christ
	Guilty	Forgiven by Christ
	Frustrated	Calm through Christ
	Dirty	Clean through Christ
	Offended	Humility of Christ
	Rebellious	Submissive to Christ
Self-control	Addicted	Free in Christ
	Tempted	Focused on Christ
	Bored	Serving Christ
	Obsessive	Balanced Christian life
Power	Helpless	Able with Christ
	Fatigued	Energized by Spirit
	Hopeless	Hopeful in Christ
	Overwhelmed	Empowered by Spirit
	Incompetent	Capable in Christ
	Apathetic	Motivated for Christ
	Trapped	Free in Christ
Sound mind	Confused	Wisdom from Christ
	Stupid	Competent in Christ

Recognizing & Winning the War Within You

A) What is a primary way the devil gains control of us? *Unresolved issues in our past*

“Do not let the sun go down while you are still angry, and do not give the devil a foothold.” (Eph 4:27)

Responding to events without God’s perspective imprints a lie on our mind that the devil uses to control us in similar situations.

The devil hides in our past more than most think. Forgiveness is example of needing to resolve your past.

When we experience a particularly emotional event, there can be a powerful message in it that imprints our mind with a lie if we do not immediately apply God’s truth to it. We may not consciously think of the event often, but the lies it produced still have a great effect on us.

B) How do we recognize the devil’s footholds in our life? *Overwhelming negative emotions*

Emotions can be a bad reflection of what is true, but they are the best indicator of what we believe.

C) How do we remove the devil’s footholds in our life? *Replace the lies we believe with the truth*

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.” (Rom 12:2)

The only weapon the devil has is a lie- he is a liar, the Father of lies. And if you believe his lies then he controls you. If you believe the truth you will live under the power of the Spirit.

Believing lies is the source of every negative emotion we feel. This is why Jesus said, **“The truth will set you free”** (John 8:32).

D) Understanding the Mind

Why don’t we live what we believe? Because we do not believe it with all our mind. There are subconscious parts of us that are wounded and deceived and that take over when triggered. Those parts need to be renewed by revisiting the places and events that imprinted them. Then we need to transfer the truth we know in our conscious mind to these places in our subconscious mind and past. Then that part of our mind will be renewed.

E) How do we renew our mind? *Practicing Biblical Meditation*

Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way [otsēb: “painful” “sorrowful” NASB “hurtful”] in me, and lead me in the way everlasting. (Psalm 139:23-24)

- 1) Recognizing emotions that are not fruits of the Spirit, like anxiety, anger, etc.
- 2) Recognizing the lies we are believing that are causing those emotions.
- 3) Being set free by the truth of God.

Biblical meditation is: Thinking deeply about how God’s word applies to our life

Notice how David meditates: He asks himself questions about how he is feeling, and applies truth to change his thinking:

Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God. (Ps 42:5-6)

Help is available! New Life has a well-trained counseling ministry to confidentially and effectively help people with spiritual strongholds in their life. To set up an appointment send an email to: encouragement@newlifecr.com.