

- I. ONE THING—The One Thing that I'd like to take away from today's class and believe God to accomplish in my life is:

II. MEDITATION

A. Review your class notes from Tuesday.

1. Take some time to think about the main ideas of the lesson. If you want to add details to your notes, you'll find the audio message on our website under the Resources tab. ([www.DivineDesignDiscipleship.com](http://www.DivineDesignDiscipleship.com)).
2. Which of the scriptures referenced were particularly meaningful to you? Write out those verses below and spend some time studying them this week.

B. Rewrite your One Thing into a prayer, expressing your heart's desire for God to make this truth become your experience.

### III. PRINCIPLES

Use the principles found in these Scriptures to help you understand and cultivate a new way of thinking. This process will transform you to become more and more like Christ:

#### A. Recognizing Strongholds

- Only God can reveal our deepest beliefs and the source of our strongholds:
  - Ps 64:6-- The inward thought and the heart of man are deep
  - Pr 20:5 AMP-- A plan (motive, wise counsel) in the heart of a man is like water in a deep well, but a man of understanding draws it out.
- God will uncover what He wants us to know gradually, creatively, and individually. We are only responsible to deal with what He reveals: Deut 29:29-- The secret *things belong* to the Lord our God, but those *things which are revealed belong* to us
- Circumstances, emotional over-reactions and the vicious cycle of sin/confess/sin/confess help identify mindsets that are not in alignment with the Mind of Christ: Pr 25:28 NLT-- A person without self-control is like a city with broken-down walls.
- Insights:

#### 1. Bitter Roots

- Roots are the way we are designed to receive nurture from God and others. Bitter roots develop when life is hard. We react sinfully to the situation by judging it or refusing to accept it:
  - Heb 12:15 NIV-- See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.
  - Ps 37:8 BBE-- Be no longer bitter; do not give way to angry feeling which is a cause of sin.
  - Ecc 5:19 NLT-- To enjoy your work and accept your lot in life—this is indeed a gift from God.
- Pride is at the root of bitterness and is not in keeping with the Mind of Christ. Jesus modeled humility by setting aside His own power and submitting to God's will: Phil 2:5-6, 8 NLT--You must have the same attitude that Christ Jesus had, though he was God, he did not think of equality with God as something to cling to...He humbled himself in obedience to God and died a criminal's death on a cross.
- We entertain pride when we fight God's will or way on an issue: Jm 4:6 NIV-- But he gives us more grace. That is why Scripture says: "God opposes the proud but shows favor to the humble."
- Bitterness can lead to judgments that appear in the form of expectations and generalizations ("You can't trust people like that" or "A good father always/never \_\_\_\_.")
- Bitter judgments set a spiritual law of reaping in place: Mt 7:1-2-- Judge not, that you be not judged. For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you.
- Bitterness is spread through our close relationships and usually start early in life: Deut 29:18 NLT— I am making this covenant with you so that no one among you—no man, woman, clan, or tribe—will turn away from the Lord our God to worship these gods of other nations, and so that no root among you bears bitter and poisonous fruit.
- Insights:

## 2. Generational Sin

- Our lives as individuals and as a culture affect the generations beyond us. That is especially true of parents: Ex 20:5-6 KJV-- I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate Me; and showing mercy unto thousands of them that love Me, and keep My commandments.
- Paqad is Hebrew for "visiting." It means "to count, to exercise oversight." Parents have oversight over their children. Whenever a child is exposed to sin by a parent, it will "count" in his/her soul.
- Whatever is sown into the life of a child will be reaped (Gal 6:8), either curses or blessings.
- Many generational strongholds can be traced back to wrong thinking that was planted by parents and beyond: Lev 26:40-42-- If they confess their iniquity and the iniquity of their fathers in their treachery that they committed against me, and also in walking contrary to me ... then I will remember my covenant with Jacob, and I will remember my covenant with Isaac and my covenant with Abraham, and I will remember the land."
- Biblical Example in 1 Sam 21: After 3 years of famine in Israel, David sought the cause of it by inquiring of the Lord. The Lord attributed the famine to the sin of King Saul. He had broken a 400-year-old covenant with the Gibeonites, and now Israel was suffering the consequences. David took responsibility for Saul's sin and made restitution to the Gibeonites. God forgave Israel and ended the famine in the land.
- To cultivate the MOC and dismantle strongholds in our lives, we must take on the responsibility of repentance: 2 Chron 7:14-- If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.
- Jesus died in order to redeem us from the effects of the sins of our parents that have become an entry point for enemy occupation: 1 Pt 1:18-19 NLT-- God paid a ransom to save you from the empty life you inherited from your ancestors. And the ransom he paid was not mere gold or silver. He paid for you with the precious lifeblood of Christ, the sinless, spotless Lamb of God.
- We can decide that the sin stops with us, in our generation, and sever the generational ties!
- Insights:

## 3. Soul Ties

- The Mind of Christ includes the healthy bonds of relationship seen between Jesus and the Father: Jn 17:21 NLT-- I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you.
- God made us relational beings that need connection to thrive. As a result, our souls knit to those closest to us. God calls us to healthy bonds of community, friendship, and marriage.

- Satan attempts to distort healthy relational bonds and to tempt us to connect in unhealthy or ungodly ways. He uses people, groups, places, things, images, or behaviors to do this.
- Soul Tie-- an unhealthy attachment to a person, organization, idea or thing which promotes them to a position above God's call for them in my life
- Soul ties are inappropriate when I give someone or something the power to define me or to determine my well-being. (Ex: I'm okay only if my people are okay.)
- Healthy connection is only possible when Christ is elevated to the #1 position and people are in their proper places: Col 2:19 NLT-- They are not connected to Christ, the head of the body. For he holds the whole body together with its joints and ligaments, and it grows as God nourishes it.
- A Soul Tie between Peter and James led to fear of man and an ungodly choice: Gal 2:11-12 NLT-- But when Peter came to Antioch, I had to oppose him to his face, for what he did was very wrong. When he first arrived, he ate with the Gentile believers, who were not circumcised. But afterward, when some friends of James came, Peter wouldn't eat with the Gentiles anymore. He was afraid of criticism from these people who insisted on the necessity of circumcision.
- Remember that Strongholds are based on trust, so Soul Ties can also become strongholds (shame, fear of man, idolatry, favoritism, comparison, anxiety, disorder, over-responsibility).
- Insights:

## B. Replacement Strategies

### 1. Repent

- Re-Pent—to do again + to see as God sees, from the highest place = “Think Again”
- Acts 3:19 AMP—Repent [change...your old way of thinking, regret past sins] and return [to God—seek His purpose for your life], so that your sins may be wiped away [blotted out, completely erased], so that times of refreshing may come from the presence of the Lord
- Ask the Lord to grant repentance and true “yada” knowledge of the truth: 2 Tim 2:25 NIV-- Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth

- As you repent, ask God to free you from these unhealthy bonds: Mt 16:19-- whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven
- Ask the Holy Spirit to guide you in prayer of repentance such as this: *Father, I acknowledge that I've held resentment and bitterness against (You, myself, another person). I confess this as sin and ask you to forgive me. I choose to extend forgiveness to (ask the Holy Spirit if there is anyone you need to forgive). Father, I also ask you to forgive \_\_\_\_\_.*
- Insights:

## 2. Renounce

- Renounce, defined—forsake, abandon, resign, quit, disclaim, reject, disavow, or deny
- 2 Cor 4:2 NLT—We have renounced secret and shameful ways; we do not use deception, nor do we distort the word of God. On the contrary...(we) set forth the truth plainly
- Make a declaration in order to serve notice to God, the enemy and yourself your intentions regarding your stronghold (including generational sins, soul ties, and bitter roots):  
*"I renounce all connections with \_\_\_\_\_. I sever all unhealthy ties with them. I have submitted to the Lordship of Jesus Christ and in His name I declare null and void any agreement that I have made with them. I resist you, Satan, sending you and your emissaries to make answer to the Cross of Jesus!"*
- Insights:

## 3. Replace

### a. Unhealthy Attachments with Healthy Ones

- Ps 18:1-2 MSG-- I love you, God—you make me strong. God is bedrock under my feet, the castle in which I live, my rescuing knight. My God—the high crag where I run for dear life, hiding behind the boulders, safe in the granite hideout.
- Eph 4:16 NLT-- Under his direction, the whole body is fitted together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

### b. Generational Sin with Your True Inheritance

- Eph 1:11 NLT--Furthermore, because we are united with Christ, we have received an inheritance from God, for he chose us in advance, and he makes everything work out according to his plan.
- Eph 3:16 AMP--He grant(s) you out of the rich treasury of His glory to be strengthened and reinforced with mighty power in the inner man by the [Holy] Spirit [Himself indwelling your innermost being and personality].

c. Bitter Complaints with Submission/Rest

- Mt 11:28-30 MSG-- "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me— watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."
- Ps 18:20-24 MSG-- God made my life complete when I placed all the pieces before him...He gave me a fresh start. Now I'm alert to God's ways; I don't take God for granted. Every day I review the ways he works; I try not to miss a trick. I feel put back together, and I'm watching my step. God rewrote the text of my life when I opened the book of my heart to his eyes.

- Insights:

B. Prepare for next week's Prayer Workshop:

- Review the principles about Strongholds that we've been discussing in class.
- Review any notes or journaling you've made on your issues that are contrary to the Mind of Christ.
- Use the Tools & Techniques handouts that apply to your situation.
- Work on the new Tool & Technique "Personal Inventory Questionnaire" to address the issue that you'd like to cover in prayer next week. Bring your work to class with you with as many answers as you currently have. Expect God to reveal more in as you process with your group leaders.
- Questions:

C. Continue to apply the principles from our previous teaching on the Mind of Christ:

- Make it a priority to get to know God more intimately. Spend time with Him in pursuit of true, biblical, "yada" knowing through His Word and His Spirit.
- Meditate on the Scripture using these verbs: chew, speak, sing, moan, mourn, roar, and imagine.
- Pursue growth in your communication with God. Use the handout "Tools & Techniques: Listening to God" to help you gain confidence and spot obstacles.
- Discover your deeper desires using these questions:
  1. Where are my thoughts obsessing or my emotions expressing themselves intensely?
  2. How am I reacting to the circumstances (fight, flight, avoiding, acting out, etc.)?
  3. What are those actions accomplishing in terms of my wants or desires?
  4. Is there something deeper that I want even more?
- Prayerfully consider areas of your life where there's no bumper crop. What is keeping you from hearing God's Word and putting it into practice? Journal with the Lord about the specifics.
- Invite God to reveal misinformation, lies, or deceit that has been sown in your life. In this season of Thinking Again, trust that He will reveal His truth that will bring new freedom!
- Use the handout "Tools & Technique: I Feel But God Says" to help you cultivate the mind of Christ in light of your current circumstances. It is a practical way to "take every thought captive."
- Forgiveness is an essential element of the MOC. Ask yourself often, "Who do I need to forgive?"
- Tackle any works or performance thinking by rehearsing the truths from "Tools & Techniques: Liberation."
- Keep a written record of how God ministers to you this week. If you don't have one, start a spiritual journal. Come back ready to share what you've experienced.