

Meditate on the following scriptures:

- Jn 3:19-21-- Light has come into the world, and men loved darkness rather than light, because their deeds were evil. For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed. But he who does the truth comes to the light, that his deeds may be clearly seen
- 1 Jn 1:5-9-- God is light and in Him is no darkness at all. If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin. If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.
- Ps 19:12-14--Who can understand his errors? Cleanse me from secret faults. Keep back Your servant also from presumptuous sins; let them not have dominion over me. Then I shall be blameless, and I shall be innocent of great transgression. Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer.
- Journal about your attitude toward God visiting and exposing long-standing or hidden sin in your life:

Invite Jesus to restore you in your areas of darkness. Ask Him to use the list below to reveal any hidden sin or sin habits that He wants to bring into the light of His presence.

➤ Lies

- Lies, defined--inappropriate expectations about life that we consider true, right or normal but that are different from what God says in His word.
- What we perceive as true, our mindset is often largely determined by the world around us and our circumstances.
- Our beliefs are greatly impacted by past experiences in our:
 - Family of origin (parents, grandparents, siblings, extended family)
 - Community or culture (socioeconomic, educational, regional, etc.)
 - Church (denominational doctrines, spiritual leaders, etc.)
- God desires that all our thoughts would become grounded in His word and free of lies: Is 28:17 NLT --"I will take the measuring line of justice and the plumb line of righteousness to check the foundation wall you have built. Your refuge looks strong, but since it is made of lies, a hailstorm will knock it down. Since it is made of deception, the enemy will come like a flood to sweep it away."

➤ Strongholds

- Strongholds, defined-- long-standing, unbiblical thought patterns that have become rigid and which give place to Satan in our lives
- 2 Cor 10:3-5 NIV— 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 Parts of Stronghold:
 - a) Arguments--mindsets based on reasoning and judgment that are rigid, hostile to the truth, and defensive in nature
 - b) Pretensions--thought patterns that are false and unsupportable but reinforced and elevated as barriers against the truth
- Vows
 - Vows, defined--Self-imposed bondages we put in place within our hearts or with our mouths. We often make inner vows as children to stop, deny, or avoid pain. They are usually forgotten. (Ex: "I will always/never ____.")
 - Prov. 18:21-- Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.
 - Eccl 5:2 NIV-- Do not be quick with your mouth, do not be hasty in your heart to utter anything before God.
 - Vows hold us in bondage to feel, think or act in accordance with what we have said instead of being free and available to do what God says is His will for us.
 - They are presumptuous because we are vowing to do something that is not within our power to complete. (Ex: I will make it up to him.)
- Judgments
 - Judgments, defined--whenever we form conclusions about what is right or wrong, good or bad concerning God, ourselves, people and situations
 - Judgments are based on a mindset of presumption because they require us to be omniscient, playing God.
 - 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.
- Soul Ties
 - Soul Ties, defined—a bond that has a deep impact on my emotional well-being
 - We can have soul ties to people, ideas, groups, places, things, images, memories, behaviors or events from the past or the future.
 - God has ordained healthy and holy soul ties (Ex: in marriage the two shall become one; the souls of David and Jonathan were knit)
 - Inappropriate soul ties result from:
 - Elevating something or someone to a position above God's call for them in my life, a position that they are neither capable nor responsible for fulfilling.
 - Sexual union outside of marriage
 - Soul ties are inappropriate when I give someone or something the power to define me or to determine my well-being. (Ex: My worth as a mother is tied to the behavior of my child.)
 - Mt 16:19-- Whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven

Record what God brings to light in your spiritual journal.

Confess, agreeing with God about the specific sins that He exposes.

Repent, having a change of heart, about habitual sin and hidden sins that are long-standing.

Receive God's cleansing, forgiveness and the comfort of His fellowship there.

Pray: Lord, I want to fellowship with You. Give me Your grace to respond quickly when You bring my sin into the light. Give me a way of escape when I am tempted to return to my sin and my flesh. I welcome Your cleansing light to purify me and to express Your holiness through me.