



COMPANION STUDY GUIDE

STRONGHOLD

THE SECRETS BEYOND THE WALL

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CHAPTER 1

The Stronghold

Describe what your counterfeit stronghold would look like if it took on a physical appearance.

In your own words, describe the purpose of this stronghold.

Write out what God's stronghold in your life would look like if it took on a physical appearance.

In your own words, describe the purpose of this stronghold.

Look up 2 Cor. 10:3-5, highlight what weapons the scripture reveals that are used to knockdown strongholds.

Look up Ex. 14:14, underline specifically what is your responsibility in times of battle.

Look up Eph. 6:16-17, underline what protects our mind and highlight what deflects the accusing arrows of the devil. Put a box around what is your defensive weapon.

Look up Luke 10:19, write out who has given out all authority, who has been given that authority, and what is that authority over.

Look up 1 Sam. 15:22 and write out in your journal what the most pleasing thing we can offer to the Lord is. Then write out a prayer asking Him to help you give Him such a pleasing gift.

What shows the Lord we love Him? Look up John 14:15 for the answer.

Write a love letter:

Take notice that before every bold word is the word *my*, which is a possessive adjective denoting it belongs to the one who is speaking.

Rewrite the following verse in your journal underlining every “my” in scripture. Speak it out in order to own it.

I will love You, O Lord, my **strength**.
The Lord is my **rock** and my **fortress** and my **deliverer**;
My **God**, my **strength**, in whom I will trust;
My **shield** and the horn of my **salvation**, my **stronghold**. Psalm 18:1-2 (NKJV)

Now look up the words in bold. Write out their definitions and synonyms. Using the new words and definitions you’ve discovered, re-write the above verses with the words and definitions that spoke to you personally.

Write out this scripture with the words that resonated with you as your own personal love-letter from God to you.

Write out whom He has revealed Himself to you as. Do not hastate to take a few days to ponder these thoughts, to soak in the words, and to allow Him to bring deeper revelation to who He is in your life.

CHAPTER 2

A Friend for the Journey

In your journals rewrite Proverbs 3:6. Write what God will do when you seek His will in everything.

Read Romans 7:7:13

1. Is the law of God sinful? (V.7)
2. When we recognize our pull to sin what does that do? (V.11)
3. What condemns us – the law or sin? (V.13)

Read the following scriptures Romans 5:20-21 (NLT) and answer these questions:

1. Why was God's law given? (V.20)
2. What happened to God's grace when people sinned more and more? (V.20)
3. Now that God's grace rules, what has that done for the sinner standing before God? (V.21)

Look up and write out the definition of slave.
Look up and write out the definition of captive

Our feelings of defeat lend power to the enemy's voice, which amplifies the thought that our struggles control us.

Answer the following questions in your journal:

1. What specific situations make you feel enslaved or captive?
2. How do these situations make you feel? (*Shame, fearful, regret etc.*)
3. What is it that makes you feel as though there is no way out?

Read Romans 7:21-25 and answer the following questions in your journal:

1. What principal of life did Paul discover? (V.21)
2. Did Paul struggle because he didn't love God enough? (V.22)
3. What does this power do to Paul's mind? (V.23)
4. What did Paul think of himself? (V.24)
5. Who was Paul's hope for freedom? (V.25)

Jesus doesn't want us to run away in condemnation. He knows that guilt is the enforcer in the game of shame. It keeps us running and keeps us captive.

Look up Luke 4:18 (NLT) and answer the questions with either Jesus or Me.

1. Who is the "me" in this verse?
2. Who has been anointed?
3. Who is the Good News for?
4. Who will be released?
5. Who will see?
6. Who will be set free?

Now that you've read Luke 4:18, write out your own thoughts on this verse.

Look up Romans 8:1-2 (NLT) and answer the following questions:

1. There is no condemnation for whom?
2. What has freed you?
3. Why have you been set free?
4. What have you been set free from?

CHAPTER 3

He Loves Me, He Loves Me Not

Look 1 John 4:16 (NLT) and answer the following questions:

1. Do you feel you are capable of loving? If not, what holds you back?
2. In your journal write out a memory where you felt the most loved.
3. Write out a memory where you poured out the most love.

Look up 1 John 3:18 (NLT)

1. What does love look like to you?
2. How can you put love into action?

CHAPTER 4

Take Captive Those Thoughts

1. Why do you think you've taken situation into your own hands?
2. When have you felt the power of God on your side?
3. Explain why situations you may have tried to control have not worked out in your favor?
4. List some things that waiting may have produced in your life.

Look up Proverbs 18:10 (NLT)

1. What is God considered to the Godly?
2. What do the righteous do when they are afraid?

Look up Psalm 27:1 (NLT) and rewrite the scripture in your journal and write out a prayer declaring it over what you are battling in this season.

Answer the following questions Psalm 9:9 (NLT)

1. Who is God a shelter for?
2. When is God a refuge?
3. When is His tower available?
4. Who defends you when war is waged against you?

Look up Psalm 100:3 (NLT) and list in your journal the three things that you are to acknowledge.

Look up Psalm 95:6 (NLT) and list the three things you are to do before God.

Look up Isa 40:11 (NLT) and list the four things God will do.

Spend some time quietly asking God to reveal to you the areas you haven't been able to peacefully release to Him and leave with Him. Write out a prayer of confession and declaration of releasing these difficult things to Him.

CHAPTER 5

The Bondage of Busyness

Look up Psalm 91:1 and highlight what is promised for those who live in God's shelter.

In all our doing we loose track of what we are called to do. It's time to ask *Is this what you've asked of me?*

1. Make a list of all the things you are doing in your life.
2. Make a list of what you desire to do in your life.
3. Ask the Lord if He would change, eliminate, or increase anything on your list.
4. Write out a prayer asking for strategies on how to execute what you believe He's leading your to alter.

In all our doing, we often have a longing to know more of God. It's time to ask, *Lord show me what I know, and take me where I need to go.*

1. Make a list of what you know of God.
2. Make a list of areas in your life you'd like to know Him more.

Jesus said, *Mary has found what to be concerned with and it will not be taken from her.* Luke 10:42

It's time to discover the promises that Mary found. Look up the following scriptures and write out each promise.

Psalm 91:1 (NLT) Promises:

John 8:32 Promises:

Psalm 40:11 Promises:

Now look up Luke 10:42 and write your name above Mary's.

CHAPTER 6

Trust His Name

Getting to know God is allowing the word of God to take root so we will claim ownership of it.

Read Luke 8:4-15 (NLT) and answer the following questions in your journal:

1. Write out the four places the seeds fell. (V.5-8)
2. Identify and explain which area your seeds are falling.
3. Write out how your relationship with God matches up with where your seeds are being placed.

The word of God is the seed, and our hearts are the soil. Continually being in the Word that cultivates good soil and replenishes the seed.

1. Look up Proverbs 4:20-21 and list the 4 things that are your responsibility to the seed?
2. List what two things does the seed does in Proverbs 4:22?
3. If the heart is the soil what's our mandate in Proverbs 4:23?
4. What will protected good soil do for our life in Proverbs 4:23?

Look up Matthew 26:41 (NLT) and write down what two things you must do in order to protect what has been given to you.

A synonym for watch is to guard. In both Matthew and Proverbs it is telling us to cover what God puts into us.

Chapter 7

We Have Overcome

If we hide our struggles and our weaknesses from the world, we will continue to live our lives in captivity trying to break free in our own strength. We must choose to speak life over ourselves and over our situations, as well as over the lives of others.

Look up the following scriptures and underline anything that has to do with the mouth.

Proverbs 18:21

Matthew 15:11

Matthew 15:18

James 3:4-8

Write out the struggles you have with your mouth. As the Lord to begin a deep work to make your words, your story, and your testimony a gift to the Body of Christ.



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