

Remind everyone in the group that everything spoken in the group is to be kept confidential, and not to be shared with others. Pray together as a group, then separate by gender before diving into strongholds. Use the strongholds tracking sheet as notes for the leader as to who struggles with what... have a sheet for each gender group. Give yourself the FULL time to do this week if possible. Once divided by gender...

- ❑ As a group - refer to page 90
 - ❑ 1 John 2:15-17 painfully lays it out...
 - ❑ **the lust of the flesh** - craving physical pleasure like food and sex
 - ❑ **the lust of the eyes** - craving material things like possessions or status
 - ❑ **the pride of life** - called the “mother of all sins”, this is the thought that we have got it handled and don’t need God
 - ❑ The above phrases are painful because no one can escape one or more of them. In your group, it will take some courage to share, but it should help to know that we are all in the same boat. In fact, it is our lust or pride that prompted the Father to send the Son to the cross in our place. Discuss together how these three kinds of downfall keep you from God
 - ❑ Strongholds - at one time these were NATURAL desires created in us by God, but now they may have grown into obsessions or addictions that control our lives. We usually keep our strongholds secret because we are ashamed or guilty... this is exactly Satan’s plan, that we would live in shame.
 - ❑ Go around and share the strongholds that you have struggles with, either currently or in the past. Be honest. *“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:9*
 - ❑ Have the person to the right pray a prayer over the one sharing his stronghold... encouraging surrender for that person to give it to God, encouraging that person to ask and seek accountability as needed, and lastly to claim the mighty power of Jesus over the stronghold itself. In the name of Jesus we gather, recognizing the power we are given by the shed blood of Jesus to demolish spiritual strongholds in our lives. Confess the foothold of sin and renounce the stronghold by name, in the authority of Jesus Christ. Through His power, take back the ground surrendered to the enemy, it has no place here anymore.
 - ❑ Close the group time by reading out loud together the last paragraph on page 100, and then close in prayer... praying specifically the armor of God over each of us **[Ephesians 6:10-18]**