

## INTRODUCTION

Someone read aloud the “Story” on pages 11 and 12.

1. When did you personally become really aware of the spiritual realm?
2. Did it make any difference in the way you lived?
3. When did you first become aware that sometimes your thoughts were not from your own mind? To what source did you attribute them?
4. Is free will *really* necessary for there to be true love? Why or why not?
5. When you first heard about Jesus dying in your place, what did you think? How did the idea of a “substitutionary” death strike you? This is usually a difficult concept in “Western” culture. Read the C. S. Lewis’ quote on page 12.
6. What did you think about C.S. Lewis’ statement that we are potentially creatures we might be tempted to worship? What else struck you about it?
7. What other comments or thoughts do you have about the introduction?

## **Chapter 1**

### **Reality**

As you read this chapter,

1. What did you feel?
2. What did you learn?
3. What did you want?
4. What did you understand that you hadn't understood before? What questions were raised in your mind that you would like to know more about?
5. Did you ever think that Christianity was just a myth? If so, what changed your mind?
6. Have you ever consciously made a commitment to live your life based on reality and truth? If you did, would you be willing to tell us about the circumstances in your life that led you to that commitment?
7. After reading this chapter, what questions do you have about the "big picture" of real

## **Chapter 2**

### **Mind Attack**

1. When we choose to join God's side, Satan's attacks are focused on us in ways that they were not before. What have these attacks been in your life?
  
2. What changes did you see in your life when you received Jesus as your personal savior and Lord – when you had your human spirit restored and you received the Holy Spirit?
  
3. Some people see immediate, major changes in their lives. Others, not so much. Either way we enter into a process that the Bible calls "sanctification." What is the purpose of sanctification? What does God use to sanctify us? How long does it take to become "sanctified"?
  
4. What strategy did Satan use on Adam and Eve? What is the primary strategy he has used on mankind ever since then? Why is he still using it today?
  
5. What did you learn about processing painful experiences?
  
  
6. What process goes on in our brain-mind-spirit that sets us up to believe things that are not true? The worst thing about these false explanations is that they are hiding in our implicit, "invisible" memories – in our blind spots; and affecting our behavior without us even being aware of it. How did it make you feel to recognize this truth?
  
  
7. Where does "temptation" come from?
  
  
8. What are "strongholds"?
  
  
9. What are the consequences of sin?
  
  
10. What is a "foothold"?

## Chapter 3

### Resources

1. What is the purpose of our spiritual resources?
2. When we use spiritual resources to defeat demonic influence, whose power are we using? What is the danger if we begin to think it is *our* power?
3. Whose “authority” have we been given? Who gave it to us?
4. What “power” do we have resident within each of us?
5. What “position” do we have in Jesus?
6. Given our authority, power, and position as Christians acting in Jesus’ name, what are the chances that a demon doesn’t have to obey us when speak in Jesus’ name?
7. Review and discuss each piece of spiritual armor we are to put on. Pantomime putting on your armor.
8. Can some of the promises given in the Old Testament apply to Christians today? How? Explain your answer.
9. What is the difference between the Greek words “*logos*” and “*rhema*”?
10. Does God actually “speak” to Christians today (in the 21<sup>st</sup> Century)? How does He do this?
11. What is the one thing you always have to do with any “word” that you think you have heard from God?
12. What is the “fruit” of the Spirit? What is the first “fruit” mentioned in Galatians 5:21? Describe this kind of “love.” Is it an emotion or a set of behaviors? (Ref. 1 Cor. 13)
13. Why is “unforgiveness” such a problem?
14. What is “generational sin”? Why is it a problem?

## Chapter 4

### Footholds

1. Just as a review, what is a foothold?
2. How can we get rid of a foothold?
3. What are each of the four “Rs” used in the process of getting rid of a foothold? What does each “R” accomplish?
4. What is a “soul tie”? How can we get rid of soul ties?
5. Would someone be willing to “model” the process of using the four Rs for the group? The group leader can coach you through though the process if you wish.



## **Chapter 6**

### **Recognizing Our Strongholds**

1. How does asking ourselves questions help us discover strongholds?
  
2. Why should we go to all the work of journaling as we go through this process?
  
3. What “substitutes” are you aware of in your life? Does someone have the courage to share examples of their substitutes with the group?
  
4. What are your assumptions about what God’s job is in your life? What are the dangers associated with the wrong assumptions?
  
5. Ask yourself, “What are the things in my life, my desires, or dreams that I think would make me happy without God?” What things did you feel that way about in the past?
  
6. Ask yourself, “What thought or idea have I agreed with that would allow me to have the things or relationships I want *now* apart from God?” If possible, journal about these things so you don’t lose touch with them. If not, do it as soon as you can. These are the very things that can become our addictions, our substitutes, our idols if we allow them to.
  
7. What do I privately fear that God might take away? What does God want to say to you about your answers to this question? If you don’t know, ask Him.
  
8. What can we learn from our dreams, daydreams, or fantasies?

Chapter 6 continued

9. What can we learn from the things that go wrong in our lives?
  
10. What are you allowing to side-track you from single-mindedly pursuing this process of getting free?
  
11. Have you recognized a stronghold in your own life yet? Would you be willing to share it with the group along with the truth statement related to it? This can be an embarrassing and intimidating thing to do, so, only do it if you feel God is asking you to do it. Your openness can be more helpful and freeing to others than you can possibly imagine.
  
12. Would someone be willing to share with the group a time when they know they were under a spiritual attack? How did you deal with it?
  
13. How should we deal with normal personality characteristics or other areas of natural strengths that we are overusing or misusing?
  
14. Each group member please go through Appendix C and mark any “beliefs” that they agree with. Choose any one of the statements that you have checked and write down in your own words a preliminary version of the stronghold that you have believed. Now, ask God to show you what the truth is and write down a preliminary version of that statement too. Would anyone be willing to share their preliminary stronghold and truth statements with the group?



## Chapter 7

### Examples of Strongholds

1. How many new (previously unrecognized) strongholds did you discover as you went through Appendix C? What are you going to do about them?
  
2. It seems like most of us have made “agreements” with the “If it is to be, it is up to me.” stronghold. Is this true of you? Would you be willing to share what kind of trouble this stronghold got you into?
  
3. How does it make you feel each time you discover a new stronghold?
  
4. Have you ever made a commitment to turn your whole life over to Jesus? What have you experienced since you did that? Is “total commitment” an one-time thing? If not, what is it?
  
5. How do you feel about the statement that, “I have to live a good Christian Life. God helps *me* do it.”?
  
6. Why is it so hard to be a “good” Christian while, at the same time, insisting on your right to control your own life? What is wrong with the statement, “It is God’s job to *help me* live a good Christian life?”
  
7. What is wrong with the statement, “What really matters is that my behavior is what it should be--that it conforms to what would be Christ-like: loving God, loving people”?

## **Chapter 8**

### **Getting Rid of Strongholds**

1. What is the “formula” for getting rid of a stronghold? (FYI, this is a “trick” question.)
  
2. Why are many (if not most) of our strongholds first established when we were children?
  
3. Are the “weaknesses” associated with our temperaments strongholds? How should we deal with these kinds of weaknesses?
  
4. What is the “armor” that the demonic forces rely on?
  
5. What is “attunement” all about? How do you feel when someone is offering you attunement? Why?
  
6. In getting rid of strongholds, why is it good to break any footholds or other demonic influences early in the process?
  
7. How are strongholds actually torn down?
  
8. Have you ever actually, specifically forgiven your ancestors for all the “garbage” (sinful influences) they have passed down to you? If not, go to step three of the process for getting rid of a stronghold and pray a prayer like the one included there. (page no. 130)
  
9. What is “taking thoughts captive” (2 Cor. 10:5) all about?
  
10. How do you “take thoughts captive?”
  
11. Why do we speak out loud and keep our eyes open when we are doing spiritual warfare?

## **Chapter 9**

### **Memories**

1. What kind of memories needs healing?
2. What does “time travel” have to do with the healing of memories?
3. Why is it safe to go back in time and re-experience horrible memories with Jesus?
4. How do we benefit by re-visiting a toxic memory with Jesus?
5. Is a sinful habit something we can simply tell to leave, like a lie (stronghold) we can replace with truth, or a bondage to demonic influence (foothold) we can simply break using God’s authority and power? What does breaking a sinful habit involve?

## **Chapter 10**

### **Staying Free**

1. What was the bad news? What was the good news?
2. What is God's purpose for the bad stuff?
3. What sort of change happens in our brain when we focus on a God of love?
4. What was your "gut-level" response to the idea that God keeps working in our lives at deeper and deeper levels?
5. The process of getting free places a lot of focus on us personally. What are important secondary purposes of us getting free?
6. What part does continually exposing ourselves to God's truth have in our being able to stay free?
7. Why bother to journal? Why bother to cross-reference journal entries?
8. How many ways can you think of to get rid of sinful habits?
9. Romans 12:1-2 talks about us being "transformed" by the renewing of our mind. Recent discoveries in medical science have revealed that our brains are literally changed by the things we choose to think about. How does this work?
10. When you recognize a thought that you don't want in your mind, what can you do about it?
11. What is one of our greatest dangers as we begin to be successful in getting rid of footholds, strongholds, and toxic memories? What can we do about it when we realize that we have been tripped-up by that danger?

## Chapter 11

### Afterword

1. How has this book impacted your life or the life of someone you know personally?
2. Has this book raised questions in your mind that you would like to have answered?
3. Are there things said in the book that you feel weren't clear or, perhaps, you feel are wrong?
4. Are there subjects you wish I had covered or had covered in greater detail?

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