



Stronghold Busting Formula

Step 1: Determine the lie you have been believing (any way you are thinking that is not in line with what God says about you in the Bible). Ignore how you feel and choose to commit yourself wholeheartedly to God's truth.

It's helpful at this point to write down what effect believing the lie has had in your life.

Step 2: Find as many Bible verses as you can that state the truth and write them down. A good Bible app will be helpful. If there are a lot of verses, pick the top seven or eight.

Step 3: Write a declaration based on the lie and the truth from God's word using this formula:

I renounce the lie that . . .

I announce the truth that . . .

You can use your own words and personalize the statements, but do not deviate from the principles of God's truth based on your verses. It may be helpful to have a mature Christian friend review your statements and give suggestions to improve the impact.

Step 4: At least once per day, read the Bible verses and say the declaration out loud for 40 days, all the time reminding yourself that God is truth and that if He has said it, it really is true for you.

Tips: Keep in mind, most people will feel somewhat robotic the first few days. Keep doing it and concentrate on what you are saying. Speak from your position of authority in Christ. After about 14 days you will really begin to feel like you are making real progress. By the end of 40 days you will feel quite confident in the truth of your confession and be feeling real freedom from the power of the stronghold.

Stronghold Busting Example

The Lie: I am a dirty sinner and unacceptable to God.

This makes me feel like God can't stand me until I get my act together. It also makes me feel His promises are not applicable to me because I'm not clean enough.

My Confessions:

I **renounce** the lie that I am a dirty sinner and unacceptable.

I **announce** the truth that I have received Jesus—I believe in his name—he has given me the right to become God's child —a child not born by human parents or by human desire or a husband's decision, but by God. **John 1:12-13**

I **renounce** the lie that I am a dirty sinner and unacceptable.

I **announce** the truth that Jesus was given over because of my transgressions and was raised for the sake of my justification. Therefore, since I have been declared righteous (justified) by faith, I have peace with God through our Lord Jesus Christ. **Rom 4:25-5:1**

I **renounce** the lie that I am a dirty sinner and unacceptable.

I **announce** the truth that I am adopted (chosen) He did this by predestining me to adoption as his son through Jesus Christ, according to the pleasure of his will. **Eph 1:5**

I **renounce** the lie that I am a dirty sinner and unacceptable.

I **announce** the truth that through him I have access in one Spirit to the Father. **Eph 2:18**

I **renounce** the lie that I am a dirty sinner and unacceptable.

I **announce** the truth that God delivered me from the power of darkness and transferred me to the kingdom of the Son he loves, in whom I have redemption, the forgiveness of sins! **Col 1:13-14**