Equipped for Victory
Session three: Freedom from Compulsive Behavioral Patterns

More Layers of Hardness: Compulsive Sinful behavior exists in part because of one’s attempt to anesthetize the pain – See chart bottom of page two.

The Struggle Within:
- “And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can’t. I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it anyway. But if I do what I don’t want to do, I am not really the one doing wrong; it is sin living in me that does it”. (Rom. 7:18-20)
- We all struggle with compulsive behavior from time to time.
- When a compulsion or addiction takes over we are not experiencing the freedom that is ours in Christ.

Some Kinds of Compulsive Behavior
- Substance abuse
- Outburst of anger
- Pornography, lust
- Sexual Immorality
- Filthy language
- Bitterness, hatred
- Abusive relationships
- Codependency
- Worry, anxiety
- Fears, Phobias
- Insomnia
- Hopelessness
- Gossip
- Compulsive Lying
- Eating Disorders
- Shame, self-hatred
- Self-destruction
- Compulsive Work, exercise
- Spending Addictions
- Poverty, Joblessness
- Etc.

Roots of Compulsive Behavior
- Sin (also known as the flesh or the sin nature)
  - “Sins” refer to the actual misdeeds we’ve committed. They are removed from us when we confess them.
  - “Sin” (sometimes termed iniquity) refers to the residue left behind from the sins committed.
  - We were born with a sin nature from Adam.
  - Iniquity is past down to the 3rd and 4th generation
- Learned Behavior e.g. from a dysfunctional home
- Demonic Strongholds in our thinking patterns
  - Jesus comes to release you of all Compulsive roots
- Does Freedom Come at Salvation?
  - At salvation you receive an inheritance that includes complete freedom to live out your life and destiny in Christ.
  - However your freedom must be appropriated much in the same way that you take money from the bank to spend it.

Keys for Appropriating Your Freedom
- Experience and embrace the revelation of the freedoms that Jesus gives to you.
  - Find out what is in your heavenly bank account.
- Repent of and renounce your old sinful behavioral patterns.
  - Make fervent willful choices to live righteously
  - Though you have tried this before in your own strength, now you have authority from heaven.
- Break off generational iniquitous patterns.
  - Vocalize your decree with authority in Jesus’ name
- War against all of the devil’s resistance.

Some Scriptures to Break Sin’s Power
- “For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives” (Rom. 6:4)
“This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Cor. 5:17)

“My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me” (Gal. 2:20)

Defining Stronghold
- Ed Silvoso defines stronghold as a mindset impregnated with hopelessness that causes us to accept something that we know is contrary to the will of God.
- Apostle Paul Defines Strongholds
  - The Apostle Paul defines strongholds as speculations or lofty things raised up against the knowledge of God. When ungodly values and thinking are embraced, the devil has a secure place of influence in an individual’s thought life.
  - “For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ” (2 Cor.10:3-5)
- The demonic strongholds are in our thinking patterns.
- They can be removed!

How Strongholds Develop (See chart at bottom)

A Prayer to Break Generational Iniquity
- Text: “I lay the sins of the parents upon their children; the entire family is affected—even children in the third and fourth generations of those who reject me. But I lavish unfailing love for a thousand generations on those who love me and obey my commands” (Ex. 20:5-6)
- Jesus I acknowledge that you came to release me from the sin of my ancestors. Your blood covers all. Let the sin patterns of my fathers and mothers be canceled out now. Let me now be cleansed of the residue of their sin. I declare that their sin stops here now. It shall no longer be experienced in my life or in the lives of my children in Jesus’ name.

The Ongoing Battle
- Keep a Godly Focus. Set your mind on the Lord
  - Meditate daily on scripture
  - Worship the Lord through prayers and worship music
- Resist the Devil.
  - Don’t be ignorant of His schemes
  - Fight back with scripture declaration.
- Find a prayer partner.