

SOHL
WEEKLY MINISTRY MEDITATIONS



"A JOURNEY OF THE HEART"

Taking down personal strongholds ***(Knowing the provisions God has made)*** ***February 20, 2017***

JAMES 4:7-10 NKJV – (7) Therefore, submit to God. Resist the devil and he will flee from you. (8) Draw near to God and He will draw near to you. Cleanse *your* hands, *you* sinners; and purify *your* hearts, *you* double-minded. (9) Lament and mourn and weep! Let your laughter be turned to mourning and *your* joy to gloom. (10) Humble yourselves in the sight of the Lord, and He will lift you up.

The solution for your struggles, for our struggles is the grace of God. There is more grace than your mess. There is more grace than our problems. Grace can reinforce our resistance to the enemy. Our national defense is always on alert, protecting our country. But many of us do not apply the same logic to our personal weak spots. Many of you today are at war against a stronghold! You are in a fortress. You have been captured. You are a P.O.W. Satan has you and everything you have tried will not get him to let you go. You are incarcerated by the evil one. Some of you do not have obvious strongholds, but instead they are private strongholds. Everyone has them, but some of you have become an expert at your ability to hide them. Like drug addiction – a very real stronghold. The flesh is captured by a chemical agent and then craves it and cannot let it go.

Another stronghold is sexual addiction. Abusiveness, alcoholism, oppression and depression are all strongholds. There are hundreds and hundreds of strongholds and they all impact the way you think... what you believe. Elicit activity captures your mind and you become incapable of escape. The excuse...if I did not have access to everything via television or the internet, the problem would not exist. This is not true. You do not understand...The television just sets you up but doesn't reveal the truth of our inner turmoil. Instead of spending time blaming others our focus should be on ridding ourselves of the stronghold. Admit the problem...admit its power over your mind.

This alone is a stronghold and the reason we are unable to free ourselves...an inability to speak about our problems or address them spiritually. We cannot fight a spiritual battle using weapons of the flesh. That which is born of flesh is flesh. **JOHN chapter 3** says of that which is born of the Spirit is spirit and between shall never meet. The first thing we must do if we are going to get out of the vice grip of the mind that is holding you hostage, is to remember your position in Christ. This one statement can set you on the road to deliverance – a road you cannot imagine. This statement can set you free from things that have been dogging you for years. God has made provisions for every stronghold! So what is the key to freedom? Know your position...know who you are in Christ! Know that you are victorious in Christ! Know the power you do have to do everything through Christ! Know the provisions that God has made! (**JAMES 4:7-10**)

- 1) Therefore submit to God.
- 2) Resist the devil.
- 3) Draw near to God.
- 4) Cleanse *your* hands.
- 5) Purify *your* hearts.
- 6) Lament and mourn and weep.
- 7) Humble yourselves in the sight of the Lord and it is then and only then that **HEALING WILL TAKE PLACE!!!!!!!!!!!!!!!!!!!!!! And if not, it's because you are still in verses 1-5.**

SCRIPTURE READING

PSALM 9:9

THOUGHT FOR THE WEEK

"Sometimes you don't realize your own strength until you come face to face with your greatest weakness."