



**GET YOUR
TRUTH
BACK**

**THE ROADMAP FOR
TEARING DOWN STRONGHOLDS**

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Get Your Truth Back, The Roadmap to Tearing Down Strongholds/ Byrd, I. David

ebook ISBN: 978-1-7354376-1-3

Paperback ISBN: 978-1-7354376-0-6

Library of Congress Control Number: 2020913687

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Cover Design: Majestic Ink Design

Book Design: Word-2-Kindle, adapted for ebook



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Forward

Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us.

Hebrew 12:1

Throughout Scripture, God used questions to enhance the change He was making in the lives of individuals. He wanted His listeners to think. It facilitates the learning process in each of us. In the Old Testament, He asked Adam, “*Why are you hiding?*” He asked Job, “*Where were you when I formed this world?*” In the New Testament, He asked the rich young ruler, “*What does the Scripture say?*” He asked His followers, “*Who do you say I am?*” Each module will provide a set of appropriately challenging, engaging, and compelling questions to help you unpack and address the root causes of your strongholds. Collectively, they will ask you the question Jesus asked the invalid laying by the pool of Bethesda: “*Do you want to get well?*”

When seeking to make life changes, we often fail to plan, which is a plan to fail. Prov 19:2 speaks of “*Desire without proper knowledge is not good.*” Corporate America’s planning process identifies the current state, the future state, identifies the gap, and creates a gap closure plan. A Contractor would say, if you build a house, first sit down and count the cost. In the military, they say, ready, aim, fire. But the Christian plans differently. The Bible says, “*we wrestle not against flesh and blood.*” As we dig deeper into God’s purpose relative to planning, we learn that in our spiritual battles, “*the house is built by first*

getting knowledge and understanding.” (Proverbs 24:3-4) Then we can design the change initiatives by “*writing the vision and make it plain.*” (Hab. 2:2)

If change were easy, perhaps more people would embrace it. However, if you research *Repetition Compulsion*, you will learn why so many people struggle to make change. Change opposes established neuropathways that compel us to repeat past behaviors. Upholding the status quo isn't just socially comfortable; it's biologically ingrained in the human mind. Our compulsive and self-oriented world has a firm grip on us, and we need a very strong and persistent discipline not to be squeezed to death by it. Let our false, compulsive self be transformed into the new self of Jesus Christ. It's the place where the old self dies and the new self is born, the place where the emergence of the new man and the new woman occurs.

This series sits at the intersection of theology, corporate methodology, and psychology. This series will put you on the path of holistic transformation of your mind, body, and soul to get your truth back. At the conclusion of working through this book, your uncontrolled carnal sin will be transformed to Jesus standards, whose completed victory is the enabling cause as well as the earnest of our own - *Euperistatos*. It's the Greek word meaning *well-positioned in every situation*.

Instructions For Participating

Before you start, gather the following materials:

- o a pen or pencil;
- o an extra notebook, just in case you want to take notes outside the document;
- o Your Bible – 2 different translations will provide the best experience;

Plan to spend 15 minutes per day working through the activities; however we understand that each person is unique and this general estimate may vary for each individual.

Part 1, *The Provocative Approach*, provides an overview of how strongholds develop, an understanding of satan’s ways of creating those strongholds in your life, and the role of prayer in connecting you to God’s power to create a plan to **Get Your Truth Back**.

Part 2, *The Practical Plan* begins developing your action plan to identify and teardown your strongholds. The most effective way to benefit from this experience is to begin each chapter with a word of prayer and a few minutes of silence to settle your mind. Set the stresses and distractions of the day aside and lean into this process. You will be tempted to quickly answer the questions and think, *I’m done, Next*. But take your time; each chapter is designed for a week of reflection. If you are asked to talk to others about a subject, do it. Don’t skip that step. This is an workbook and where ever you see the symbol 🗨 space is provided to capture your thoughts as you progress

through each question. You should read each scripture presented in two different translations. Why? Many of us spend more time reading or listening to someone else's take on Scripture than reading it. The revelation comes through personal conversations with the text. You will be amazed at how this will enhance your understanding of the Scripture. We have provided a separate page for additional notes or reflections at the end of each chapter.

*The degree to which you embrace the process
determines the level of transformation you will achieve.*

THE PROVOCATIVE APPROACH

1. The Stronghold Story

**THE TRUTH WILL
SET YOU FREE**

The Christian journey is full of potholes on the road to sanctification. As you grow in grace, you change your life by changing how you think and act. Jesus confirmed the connection between our hearts and our minds, which in turn affects our actions. *“We become what we think.”* (Prov. 23:7) In Matthew 15:19, he said, *“For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander.”* Infidelity was a thought before it became an act. Theft started as an idea before it evolved into action. Your mind is the battleground for tearing down your strongholds. The earliest stage of the journey requires a clear understanding of where you are, and how you got there. Then you will appreciate the worthiness of the task at hand, and you can find value in the victory.

In one of his books, Frangipane wrote, “What men call “salvation” is simply the first stage of God’s plan for our lives, which is to conform us in character and power to the image of Jesus Christ. If we fail to see our relationship to God as such, we will allow too many areas within us to remain unchanged. Pulling down strongholds is the demolition and removal of these old ways of thinking so that the actual Presence of Jesus Christ can be manifested through us.”

Another Pastor speaks of strongholds as “A sin or a sinful attitude or habit that is fortified or strengthened by a worldview until you can’t overcome it.” A worldview is defined as a particular philosophy of life or concept(view) of the world held by an individual. It is the lens through which you see and filter everything in life. Further, he says, “If the worldview is Christian and Godly... your thinking, conscience, and actions will be. If the worldview is worldly, unchristian, materialistic... your thinking, conscience and actions will be”. Ed Silvano defines a stronghold as “a mindset impregnated with hopelessness that causes us to accept something that we know is contrary to the will of God.” Either the sin or the worldview can be deeply entrenched and nearly

impossible to demolish. A stronghold is a besetting sin that we on our own can't rid. A fortified area in our life, where satan has built a wall around a sin.

I've synthesized the words of several Pastors to answer the question of where do strongholds come from, how they are established, and what is their purpose?

Before we get saved, we are carnal and at enmity with God. We have a worldly, carnal, sinful nature. Our hearts and minds are polluted by sinful strongholds that satan has established in us. Footholds are territory that you surrender to satan. He cannot make you do anything. The enemy has no power to take your territory, your mind, or your heart. But he can squat on any territory you willingly surrender, and when you do, he gets a foothold, an opening, you surrender an area of your mind, territory, or life to him. When satan gets enough of these footholds in your territory, your nature, your worldview, your conscience become evil.

When we get saved, we get a new nature and a new mission. A mission to take possession of our territory and bring it under the rule and reign of God. The enemy, the former inhabitant of that territory which you surrendered, has no intention of being forced out without a fight. The enemy knows there is nothing he can do to snatch your soul from God's hand. He knows you are lost to him when you get saved. BUT

**He knows that though he has lost your eternal soul,
your flesh is still very much at his disposal.**

So, those areas where you give him an inch allow you to open yourself to sin without any long-range thoughts. Those are the footholds the enemy will

fortify. 1 Peter 5:8 tells us to, *“Be sober and watch: because your adversary the devil, as a roaring lion, goeth about seeking whom he may devour.”* These footholds in the mind and flesh are all satan has left, and He knows the Holy Spirit is going to convict you to get rid of these footholds. As soon as satan gets a foothold in your life, he immediately sets about turning the FOOTHOLD into a STRONGHOLD.

Now let’s apply Scripture to this problem to assist you in breaking the strongholds that distract you on the road to your DESTINY. The Apostle Paul in 2 Corinthians 10:5-6 defines strongholds as *“speculations or lofty things raised against the knowledge of God. “It is any type of thinking that exalts itself above the knowledge of God, thereby giving the devil a secure place of influence in an individual.”* Additionally, Phil 2:5 says, *“Let this mind be in you, which was also in Christ Jesus.”* The Scripture is speaking of breaking patterns of thinking and beliefs that are not of Him. God is saying to us; I don’t want you to think about things the way you would think about them. I want you to think about them the way I think about them. In other words, *reject the world’s way of thinking.* (Ephesians 4:17) When we humbly seek His guidance and are *“renewed in the spirit of our mind” (Eph. 4:23)*, there is nothing we can’t overcome, and we begin to live in His truth.

Your transformation, just like your faith, can awaken in an instant but blooms gradually. It’s the seed that must first take root in your heart and mind, and then it grows to bear fruit. You’re not reading this by accident. No matter where you are in your spiritual journey, it’s time to declare and decree - I’m coming out of this. I’m ready to take back my truth!

GET YOUR TRUTH BACK

Father, on our own, we can do nothing. But with you all things are possible. Your Word tells us that "if we keep our mind stayed on You, You will keep us in perfect peace." So today, we surrender our strongholds to You. Forgive us, cleanse our hearts, and renew our minds. We thank you for those you will put in our lives to walk alongside us as we work to break these strongholds. In Jesus' Name. Amen

NOTE: Adapted from Franco Frangipane, The Three Battle Grounds