RELEASING CAPTIVES

Enhanced Study Guide &

Personal Freedom Journal

Based on *Releasing Captives: 7 Steps to Breaking Free from Self-Defeating Destructive Habits*

By Lisa Cook

Welcome

Freedom is not just a possibility — it is part of your inheritance in Christ.

This enhanced study guide was designed to help readers move beyond simply reading *Releasing Captives* into personally encountering the transforming power of God. Each chapter is structured to encourage:

- Honest reflection
- Deep heart work
- Scripture meditation
- Prayer and journaling
- Personal application
- Healing and spiritual breakthrough

This guide can be used:

- Individually
- In small groups
- In mentoring relationships
- During healing ministry sessions
- As part of a freedom or discipleship journey

Throughout this guide, you will notice moments to:

- Pause and reflect
- Pray honestly
- Journal what the Holy Spirit is revealing
- Speak truth aloud
- Apply biblical principles in practical ways

Do not rush through the process.

Freedom is not merely an event.

It is a journey of transformation.

> *“Therefore if the Son makes you free, you shall be free indeed.” — John 8:36*

How to Use This Guide

Each chapter contains:

- **Chapter Overview**
  A brief summary of the key truths from the chapter.
- **Key Scriptures**
  Important verses to meditate on throughout the week.
- **Reflection Questions**
  Questions designed to help you process the message personally.
- **Heart Work**
  Deeper questions intended to expose strongholds, lies, wounds, patterns, and spiritual roots.
- **Prayer & Activation**
  Guided prayers and exercises to help apply the truth.
- **Freedom Declaration**
  Biblical declarations to speak aloud.
- **Journaling Space**
  Personal notes, revelations, and prayers.

Table of Contents

1. You Can Be Free Indeed
2. What Exactly Is a Stronghold?
3. Step One — Freedom to Repent
4. Step Two — Freedom from Deception
5. Step Three — Freedom by Confession
6. Step Four — Freedom by Authority
7. Step Five — Freedom by the Spirit
8. Step Six — Freedom Maintained by Cleaning House
9. Step Seven — Freedom Maintained by Purpose
10. Closing Decree & Freedom Commissioning
11. Appendix

Chapter Overview

This chapter lays the foundation for the entire freedom journey.

Jesus did not come merely to comfort captives.

He came to release them.

Many believers love God deeply yet continue struggling with cycles of defeat, shame, fear, addiction, bondage, torment, or destructive habits. This chapter confronts hopelessness and reawakens faith for genuine freedom.

The testimony of Pastor Hsi reminds us that freedom often involves:

- A battle
- Surrender
- Dependence on the Holy Spirit
- Perseverance
- Faith in God's promises

Freedom is possible.

Not theoretical freedom.

Not temporary relief.

True freedom.

Key Scriptures

- **John 8:36**
  "Therefore if the Son makes you free, you shall be free indeed."
- **Isaiah 61:1**
  "The Spirit of the Lord God is upon Me… to proclaim liberty to the captives."
- **1 Corinthians 6:11**
  "And such were some of you…"

Reflection Questions

1. What part of this chapter impacted you most deeply?

_____

1. Which statement or story stirred hope in you?

_____

1. Which statement challenged you?

_____

1. Do you truly believe freedom is possible for you personally? Why or why not?

_____

_____

1. Have you become discouraged from repeated cycles of failure?

_____

1. What areas of your life currently feel: Bound? Drained? Defeated? Oppressed? Stuck?

_____

_____

1. What would your life look like if you walked in genuine freedom?

_____

_____

Personal Freedom Inventory

Check any areas where you currently experience recurring struggle:

- [ ] Fear
- [ ] Anxiety
- [ ] Depression
- [ ] Shame
- [ ] Addiction
- [ ] Lust
- [ ] Anger
- [ ] Bitterness
- [ ] Unforgiveness
- [ ] Jealousy

- [ ] Control
- [ ] Self-hatred
- [ ] Condemnation
- [ ] People pleasing
- [ ] Isolation
- [ ] Self-sabotage
- [ ] Hopelessness
- [ ] Toxic relationships
- [ ] Compulsive behavior
- [ ] Spiritual heaviness
- [ ] Negative thought patterns
- [ ] Other: _____

Heart Work

Take time to answer honestly.

What do you fear would happen if you never became fully free?

_____

_____

_____

What has your struggle cost you emotionally?

_____

_____

_____

What has your struggle cost you spiritually?

_____

_____

_____

What has your struggle cost your relationships?

_____

_____

_____

Have you begun believing any of the following lies?

- “This is just who I am.”
- “I’ll never change.”
- “God is disappointed in me.”
- “I’ve failed too many times.”
- “Freedom works for others but not me.”
- “I am too broken.”
- “I deserve this.”

Write down any lies the Holy Spirit is exposing:

_____

_____

_____

_____

Prayer & Activation

Prayer of Surrender

Father,

I acknowledge that I cannot free myself.

I need Your grace, truth, and power.

Today I choose to stop partnering with hopelessness.

I place my trust in Jesus Christ and the freedom He purchased for me.

Lead me through this journey.

Expose every lie.

Heal every wound.

Break every chain.

Teach me to walk in truth and liberty.

In Jesus’ name,

Amen.

Freedom Declaration

Speak these aloud slowly and intentionally:

- Jesus came to set captives free.
- Freedom is part of my inheritance in Christ.
- I am not abandoned.
- I am not beyond hope.
- God is not intimidated by my struggle.
- The Holy Spirit is leading me into truth.
- Shame will not define my future.
- My story is not over.
- Freedom is possible for me.

Journaling Space

What do you sense the Holy Spirit speaking to you through this chapter?

_____

_____

_____

_____

_____

_____

Chapter Overview

Strongholds are more than habits.

They are patterns of thinking, believing, and behaving that oppose the truth of God.

A stronghold often begins with:

- A lie
- A wound
- A repeated compromise
- Trauma
- Fear
- Unresolved pain
- Deception

Over time, these lies become fortified thought systems.

The enemy uses them to keep believers trapped, discouraged, and spiritually ineffective.

But Scripture teaches us that strongholds can be demolished through truth, repentance, obedience, and spiritual authority.

Key Scriptures

- **2 Corinthians 10:3–5**
  “The weapons of our warfare are not carnal but mighty in God for pulling down strongholds.”
- **John 8:31–32**
  “You shall know the truth, and the truth shall make you free.”
- **Numbers 33:55**
  “Those whom you let remain shall be irritants in your eyes and thorns in your sides.”

Reflection Questions

1. How would you describe a stronghold in your own words?

_____

1. What strongholds have operated in your family line?

_____

1. What strongholds have repeatedly attempted to re-enter your life?

_____

1. What lies may be fueling those struggles?

_____

1. Have you ever tried to deal with outward behavior without addressing the root?

_____

1. Why do you think truth is essential to freedom?

_____

Stronghold Root Exploration

Ask the Holy Spirit to help you identify root issues.

What emotions most frequently dominate your life?

- [ ] Fear
- [ ] Anger
- [ ] Shame
- [ ] Rejection
- [ ] Loneliness
- [ ] Insecurity
- [ ] Worthlessness
- [ ] Anxiety
- [ ] Pride
- [ ] Control
- [ ] Other: _____

When did you first begin feeling this way?

_____

_____

What events or wounds may have opened the door?

_____

_____

What lies formed during those experiences?

_____

_____

_____

Replacing Lies with Truth

Complete the chart below:

Lie	God’s Truth
I am unwanted	I am chosen by God
I am trapped forever	Jesus came to set me free
I am too broken	God restores broken places

Prayer & Activation

Father,

Expose every lie I have partnered with.

Bring hidden things into the light.

Teach me to recognize the voice of truth.

I renounce agreement with every false belief that opposes Your Word.

Renew my mind and establish me in truth.

In Jesus’ name,

Amen.

Freedom Declaration

- Strongholds can be demolished.
- I will not remain trapped in deception.
- God is renewing my mind.
- Truth is breaking bondage.
- I have authority to reject lies.
- The Holy Spirit is guiding me into truth.

Chapter Overview

Repentance is not humiliation.

It is an invitation into transformation.

True repentance is more than sorrow.

It is a change of direction.

A change of mind.

A change of agreement.

Repentance opens the door for healing, restoration, cleansing, and renewed intimacy with God.

Key Scriptures

- Acts 3:19
- Romans 2:4
- 2 Corinthians 7:9–10
- Revelation 2:5

Reflection Questions

1. What has repentance meant to you in the past?

_____

1. Have you viewed repentance through fear or love?

_____

1. Is there any area where pride has resisted repentance?

_____

1. What does godly sorrow look like?

_____

1. What patterns or compromises need to be surrendered to the Lord?

_____

Heart Examination

Ask the Holy Spirit:

- Where have I been resisting conviction?
- Where have I justified unhealthy behavior?
- Where have I become spiritually numb?
- What attitudes need to change?
- Is there anyone I need to forgive?
- Is there anything I need to confess?

Write what the Lord reveals:

_____

_____

_____

_____

Prayer of Repentance

Father,

I come before You honestly.

I confess every area where I have agreed with sin, compromise, fear, pride, or deception.

Wash me.

Cleanse me.

Renew me.

Give me a tender heart that responds quickly to Your voice.

Teach me to walk in humility and obedience.

Thank You for Your mercy and grace.

In Jesus' name,

Amen.

Freedom Declaration

- Repentance is leading me into freedom.
- God’s mercy is greater than my failure.
- I do not have to hide from God.
- Conviction is drawing me closer to Jesus.
- The Lord is restoring me.

Chapter Overview

At the root of every stronghold is deception.

The enemy builds bondage through lies.

But freedom comes when truth is embraced deeply within the heart.

The Holy Spirit does not merely expose lies.

He replaces them with truth.

Key Scriptures

- John 16:13
- Romans 12:2
- Ephesians 4:22–24
- John 8:31–32

Lie Detection Exercise

What stronghold are you currently confronting?

_____

What lie may be fueling it?

_____

Is this lie connected to:

- God?
- Yourself?
- Others?
- Your future?
- Your identity?

Explain:

_____

_____

Where did this lie first take root?

_____

_____

What truth does God want to establish instead?

_____

_____

_____

Renewing the Mind

Write three truths you need to meditate on daily:

1. _____
2. _____
3. _____

Prayer & Activation

Holy Spirit,

shine Your light into every hidden place.

Expose deception.

Heal wounded thinking.

Teach me to discern truth clearly.

I break agreement with every lie that has shaped my identity or behavior.

I receive the truth of God over my life.

In Jesus' name,

Amen.

Chapter Overview

There is power in speaking truth.

Confession aligns our mouths with the Word of God.

Many believers think silently but rarely speak truth aloud.

Yet Scripture repeatedly connects freedom, faith, authority, and breakthrough with our words.

Key Scriptures

- Romans 10:9–10
- Hebrews 4:14
- Hebrews 10:23
- Joshua 1:8
- Psalm 77:12

Reflection Questions

1. What words have you repeatedly spoken over yourself?

_____

1. Have your words partnered more with faith or defeat?

_____

1. What negative confessions need to stop?

_____

1. What truth declarations need to become daily language?

_____

Rewriting Your Language

Negative confession I often say:

_____

Biblical truth that replaces it:

_____

New declaration:

_____

Daily Freedom Declarations

Speak these aloud morning and night:

- I belong to Jesus.
- My mind is being renewed.
- I have authority in Christ.
- Shame no longer rules me.
- The Holy Spirit empowers me.
- God is healing wounded places in me.
- I am becoming stronger in truth.
- I will not return to bondage.

Chapter Overview

Believers are not powerless victims.

Jesus has given authority over the works of darkness.

This authority must be understood, exercised, and enforced.

Many believers pray for freedom while remaining passive.

Freedom often requires active resistance against the enemy.

Key Scriptures

- Luke 10:19
- James 4:7
- Ephesians 6:10–18
- Mark 16:17

Reflection Questions

1. What has your understanding of spiritual authority been?

_____

_____

1. Have you felt intimidated spiritually?

_____

_____

1. Are there areas where you have tolerated what God wants removed?

_____

_____

1. What would change if you truly believed you had authority in Christ?

_____

_____

Renunciation Exercise

Write down anything you need to renounce:

- Agreements
- Occult involvement
- Fear
- Addiction
- Bitterness
- Self-hatred
- Generational patterns
- Sexual sin
- False identities
- Other strongholds

_____

_____

_____

_____

Prayer of Authority

In the name of Jesus Christ,

I renounce every agreement with darkness.

I break partnership with lies, fear, shame, bondage, and destructive cycles.

I declare that Jesus Christ is Lord over my life.

I command every oppressive influence to leave.

I belong to Jesus.

My life is under His authority.

In Jesus' name,

Amen.

Freedom Declaration

- Jesus has given me authority over darkness.
- I will not tolerate what God wants removed.
- I resist the enemy, and he must flee.
- My life belongs to Jesus Christ.
- I walk in freedom, truth, and spiritual strength.

Chapter Overview

Freedom is sustained through dependence upon the Holy Spirit.

The Spirit of God empowers believers to:

- Walk in holiness
- Resist temptation
- Heal emotionally
- Renew the mind
- Discern truth
- Live victoriously

The Christian life was never meant to be lived through human strength alone.

Reflection Questions

1. How would you describe your relationship with the Holy Spirit?

_____

_____

1. Have you depended more on willpower than God’s power?

_____

_____

1. What areas require fresh surrender to the Spirit?

_____

_____

Holy Spirit Invitation Prayer

Holy Spirit,

fill every area of my life.

Strengthen me where I am weak.

Empower me to walk in obedience.

Lead me daily.

Transform my desires.

Teach me to walk in intimacy with You.

In Jesus’ name,

Amen.

Freedom Declaration

- The Holy Spirit sustains my freedom.
- I am empowered to walk in holiness and truth.
- God’s Spirit is renewing my mind and desires.
- I will not live by human strength alone.
- I am led daily by the Spirit of God.

Reflection Questions

- What unhealthy influences remain in your life?
- What environments weaken you spiritually?
- What relationships require boundaries?
- What habits need to change?
- What media or entertainment opens doors to compromise?

_____

_____

_____

House Cleaning Checklist

- ☐ Ungodly media removed
- ☐ Toxic relationships addressed
- ☐ Accountability established
- ☐ Prayer life strengthened
- ☐ Time in Scripture increased
- ☐ Worship atmosphere cultivated
- ☐ Temptation access limited
- ☐ Boundaries established

Prayer

Father,

show me what needs to be removed and what needs to be strengthened.

Give me courage to set boundaries and wisdom to make lasting changes.

Help me close every door to compromise and open every door to Your presence.

Teach me to maintain freedom with obedience and consistency.

In Jesus' name,

Amen.

Freedom Declaration

- I will not return to old patterns.
- I remove compromise quickly and completely.
- I establish boundaries that protect my freedom.
- My environment will support spiritual health and growth.
- God is helping me maintain freedom daily.

Chapter Overview

Freedom is not merely about what you are leaving behind.

It is about what you are moving toward.

Purpose protects freedom.

People who lack vision often drift back into bondage.

God has created you for:

- Purpose
- Fruitfulness
- Ministry
- Impact
- Intimacy with Him

Reflection Questions

1. What has God called you to become?

_____

_____

1. What dreams have been buried under shame or defeat?

_____

_____

1. How could your freedom impact others?

_____

_____

1. What steps can you begin taking toward purpose?

_____

_____

Vision Activation

Write a vision statement for your future:

_____

_____

_____

_____

_____

Prayer

Father,

thank You for the purpose You have placed inside me.

Heal what has been wounded and restore what has been delayed.

Give me clarity, courage, and consistency to walk forward in obedience.

Use my freedom to bless others and glorify Jesus.

In Jesus' name,

Amen.

Freedom Declaration

- Purpose protects my freedom.
- I will not drift back into bondage.
- God is leading me into fruitfulness and impact.
- My future is filled with hope in Christ.
- I walk forward with vision, courage, and faith.

CLOSING DECREE

Father,

thank You for beginning a work of freedom in me.

I declare that my life belongs fully to Jesus Christ.

I will not return to bondage.

I will walk in truth.

I will walk in healing.

I will walk in purpose.

I will walk in intimacy with God.

The strongholds that once ruled my life will no longer define my future.

By the power of the Holy Spirit,

I declare freedom over my mind,

freedom over my emotions,

freedom over my body,

freedom over my relationships,

and freedom over my future.

I am not who I once was.

Jesus is transforming me.

In Jesus' mighty name,

Amen.

APPENDIX

Suggested Daily Practices

- Daily Scripture reading
- Worship time
- Journaling
- Speaking declarations aloud
- Accountability
- Prayer and fasting
- Renewing the mind through truth
- Removing compromise quickly

Suggested Freedom Scriptures

- John 8:36
- Isaiah 61:1–3
- Romans 8
- Galatians 5:1
- 2 Corinthians 10:3–5
- Ephesians 6:10–18
- Psalm 91
- Colossians 1:13–14
- James 4:7

Final Encouragement

Freedom is possible.

Not because of human strength,

but because Jesus still sets captives free.

Keep walking.

Keep surrendering.

Keep believing.

The Lord is faithful.