

Releasing Captives

7 Steps to Breaking Free from Self-Defeating Destructive Habits

Lisa Cook
Study Guide Companion

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STUDY GUIDE COMPANION

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4 His Beloved Ministries.

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And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.

1 Corinthians 6:11

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Chapter One

You Can Be Free Indeed

1. On a scale of 1 to 10 how important do you think your freedom is to the Lord? Circle one

1 2 3 4 5 6 7 8 9 10

2. On a scale of 1 to 10 how important is freedom to you?

1 2 3 4 5 6 7 8 9 10

3. Can you identify in any way with Mr. Hsi's struggle? Explain

4. Have you felt helpless or hopeless in a fight against something you know is destructive? Explain

Has it impacted your life in any of the following areas?

Check all that apply-

- Emotionally
- Relationally
- Physically
- Financially

5. After reading this first chapter is there anything that is keeping you from believing that true freedom is possible for you?

Yes or No

6. Write out a prayer in the space below expressing your honest concerns about freedom.

***“Therefore, if the Son makes you free,
you shall be free indeed.”***

John 8:36

The word for free is: *eleutheros* and it means one who is **not** a slave.

7. Look up the word **slave** in a dictionary and write out the definitions below:

8. Describe what you think freedom will look like and feel like for you. I want you to paint a word picture of your freedom to help develop a vision of freedom.

9. How do you think true freedom will affect your overall life?

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Chapter Two

What Exactly Is A Stronghold?

1. Look up the word **stronghold** in a dictionary and write out the definition that best fits with your scriptural understanding.

2. In the following verse circle every occurrence of the word **you** or **your**.

But if you do not drive out the inhabitants of the land from before you, then it shall be that those whom you let remain shall be irritants in your eyes and thorns in your sides, and they shall harass you in the land where you dwell.

Numbers 33:55

3. Whose responsibility is it to “drive out” the inhabitants (enemy)? Yours or God’s?
4. What does Numbers 33:55 say will be the result of failing to drive out the enemy?

5. What are two important facts we learn about strongholds from **2 Corinthians 10:3-6**?
 - a. _____
 - b. _____

6. What is a consequence of trying to deal with a stronghold merely at a surface level?

Personalize the following passage by filling your name in the blanks.

Then Jesus said to those Jews who believed Him,

"If you (_____) abide in My word, you (_____) are My disciple(s) indeed. And you (_____) shall know the truth, and the truth shall make you (_____) free." John 8:31-32

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Chapter Three

Step One – Freedom to Repent

Websters Dictionary 1828 defines **repentance** the following way:

1. Sorrow for anything done or said; the pain or grief which a person experiences in consequence of the injury or inconvenience produced by his own conduct.

2. In theology, the pain, regret or affliction which a person feels on account of his past conduct, because it exposes him to punishment. This sorrow proceeding merely from the fear of punishment, is called legal *repentance* as being excited by the terrors of legal penalties, and it may exist without an amendment of life.

3. Real penitence; sorrow or deep contrition for sin, as an offense and dishonor to God, a violation of his holy law, and the basest ingratitude towards a Being of infinite benevolence. This is called evangelical *repentance* and is accompanied and followed by amendment of life.

Repentance is a change of mind, or a conversion from sin to God.

Godly sorrow worketh *repentance* to salvation. **2 Corinthians 7:9. Matthew 3:8.**

Repentance is the relinquishment of any practice, from conviction that it has offended God.

1. Look up the following verses and record what you learn about repentance.

a. Acts 3:19 _____

b. Romans 2:4 _____

c. 2 Corinthians 7:9-10 _____

d. Revelation 2:5 _____

2. When is the best time and where is the best place to repent? Explain

3. What can you do if you don't have a desire to repent?

4. According to the following verse what can you anticipate from the Lord when you repent?

Therefore, the Lord will wait, that He may be gracious to you; And therefore He will be exalted, that He may have mercy on you. For the Lord is a God of justice; Blessed are all those who wait for Him. Isaiah 30:18

Circle one or the other.

PunishmentMercy

JudgementGrace

AbandonmentCompassion

CursingBlessing



Study Guide
Chapter Four

Step Two – Freedom from Deception

1. At the root of every stronghold is an exalted _____!
2. Work through the following steps to identify the lies:

Take some time and **write out** whatever comes to mind as you ask the following questions. Do this in faith! Remember the Lord promised that the Holy Spirit would guide us into all truth. (John 16:13)

- Identify the stronghold or area of struggle. (See Stronghold Inventory found in the appendix) **Write it down.**

- Ask the Lord to show you what lie you have been believing that is feeding this stronghold or area of struggle. Write it out. Don't worry about it being crystal clear. God will use the process of writing to help bring clarity.

- Is it a lie about **God, yourself** and/or **others**? Write out how it is connected to your stronghold.

- Now ask the Lord to show you where and when the lie was embraced. Write down what the Holy Spirit shows you.

- Now ask the Lord to speak the Truth you need to destroy the lie. **Write out the truth that He reveals to your heart.**

See the appendix for a list Truths about God, yourself and others. Ask the Holy Spirit to highlight the Truths you need to combat the lie(s).



Study Guide
Chapter Five

Step Three – Freedom by Confession

1. Why is confession important?

2. Look up the following verses and using one or two words identify the purpose of confession as it relates to the passage.

- a. Romans 10:9-10 _____
- b. Hebrews 4:14 _____
- c. Hebrews 10:23 _____
- d. 1 John 1:9 _____

*I will also meditate on all Your work,
And talk of Your deeds. Psalms 77:12*

The word **meditate** in the above verse is the Hebrew word *hagah* (hah-gah) Strongs #1897. It can also be translated: to moan, growl, utter, muse, mutter, meditate, devise, plot, or speak. *Unlike the English word "meditate,"* which is typically restricted to thoughts, the Hebrew idea of meditating on Scripture involves speaking and repeating aloud to oneself.

The word *hagah* is also used in the following instruction given by God to Joshua. Read the passage then complete the sentences that follow.

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Joshua 1:8

*The Book of the Law shall not _____,
but you shall _____,
that you may _____ according to all that is written
in it.*

*For then you will _____,
and then you will have _____.*

This verse clearly connects your mouth with meditation. What does God promise Joshua if he will follow His instruction?

How can you apply this to your own life? _____

Look up the declarations found on pages 95-96 in the Releasing Captives book. Choose one of the statements written out for you that reflects a truth you need to **meditate** on for this season of your life. Write it out in the space provided. Feel free to make it personal by tweaking it a bit.

Use the space below to write out the Truth you received from the previous lesson (page 21 of this study guide) as a personal declaration.

Keep these declarations/confessions handy so you can **meditate** on them daily.



Study Guide
Chapter Six

Step Four – Freedom by Authority

1. What is a squatter? _____

2. Why is the enemy likened to a squatter?

3. Are there any clues in your life of the enemy occupying territory as a squatter? Yes or No. Explain: _____

4. Having authority is not the same as using authority. But you can't put to use what you don't know you have. Are you aware of the authority you have in Christ? **Yes or No.**

a. Do you have questions or concerns about exercising your authority in Christ? Write them out below.

Now take a moment and ask the Lord to help you better understand what you need to know about the authority you have in Him.

5. **Look up Luke 10:17-20** then answer the following questions:
- a. In verse 20 who does Jesus say “the (demonic) spirits” are subject to? _____
 - i. In Whose name? _____
 - b. According to verse 20 what cause do we have for rejoicing? _____

To have your name written in heaven means you are a citizen of Heaven with all the rights of citizenship. In truth, the only reason “the spirits” are subject to us is because our names are written there.

6. **Look up Acts 16:16-18** to examine how Paul exercised his authority in Christ when he was being harassed by a (demonic) spirit.
7. According to what you just read mark each statement below as **true** or **false**.
- ____ Paul spoke to Lord about the spirit.
 - ____ Paul spoke to the girl about her behavior.
 - ____ Paul spoke directly to the spirit.
8. Based on this account will the enemy forces leave you alone because you are a “servant of the Most High God”? **Yes or No**
- a. What did Paul say to the (demonic) spirit? _____

 - b. What was the result? _____

*As a rule of thumb your authority in Christ is restricted to that which affects your own life (Notice, Paul didn't seek this spirit out—it sought him out).



Study Guide
Chapter Seven

Step Five – Freedom by the Spirit

1. What did Jesus promise His followers in Acts 1:8? _____

a. What did He say the result would be? _____

The following is a definition of the word **witness** taken from webstersdictionary1828.com:

WITNESS, *noun*

1. Testimony; attestation of a fact or event.
2. That which furnishes evidence or proof.
3. A person who knows or sees any thing; one personally present; as, he was witness; he was an eye-witness..
4. One who sees the execution of an instrument, and subscribes it for the purpose of confirming its authenticity b his testimony.
5. One who gives testimony; as, the witnesses in court agreed in all essential facts.

WITNESS, *verb transitive*

1. To see or know by personal presence.
2. To attest; to give testimony to; to testify to something.
3. To see the execution of an instrument, and subscribe it for the purpose of establishing its authenticity; as, to *witness* a bond or a deed.

WITNESS, *verb intransitive*

1. To bear testimony.
2. To give evidence.

2. Using the above definition write out a statement that reflects what you think it means to be a witness *to Jesus* through the baptism (v5) with the Holy Spirit.

3. Have you ever wondered if there was *something more* or *something missing* from your life with Jesus? **Yes or No.** Please explain.

The book of Acts mentions the Holy Spirit 71 times. This is nearly double the the times He is mentioned in any other New Testament book (except for 1 Corinthians where He is mentioned 46 times). This is because the primary focus of Acts is Christians living and serving in the power of the Holy Spirit. Often it has been referred to as "The Acts of the Holy Spirit" and for good reason. "The book of Acts is the story of the disciples receiving what Jesus received in order to do what Jesus did." (Quote from New Spirit-Filled Life Bible)

4. Look up the following verses and record what you learn about the Holy Spirit as your Helper from each of them.

John 14:16-17 _____

John 14:26 _____

John 16:7 _____

John 16:13-16 _____

Write out a prayer below expressing thanks to the Father for the outpouring of the Holy Spirit and your desire to keep on being filled with His glorious presence.



Study Guide
Chapter Eight

Step Six – Freedom Maintained by Cleaning House

1. Why is the decision to “clean house” often a painful one?

2. Can you recall a particular time when you had to make a tough decision to set aside something *lesser* for something *greater*? Explain

a. Was there a payoff for your sacrifice? Explain

3. Is there anything you need to put out of your life presently? Explain

a. Is there something holding you back from making this decision? Explain

List three benefits you will derive from "cleaning house".

1. _____
2. _____
3. _____

Now ask the Lord for an action plan to get cleaning. Brainstorm and write out what steps you will take to "clean house."

- a. _____

- b. _____

- c. _____

- d. _____

- e. _____

In the following verse there are 7 adjectives given for the Holy Spirit. Write out a prayer of consecration using as many adjectives as you need to express how you will rely upon Him in the days ahead to carry out your plan of action.



Study Guide
Chapter Nine

Step Seven – Freedom Maintained by Purpose

1. What role does discovering your God-given purpose play in maintaining freedom? _____

2. How can making a personal investment into the *plan of God* for your life help to keep you on the path of freedom? _____

3. *"If we are not giving ourselves to something constructive, we are likely to give ourselves to something destructive."* (see pg. 158) Do you agree or disagree with this statement? Why or why not? _____

4. How has God written His purpose on the tablet of your heart? _____

For we are God's [own] handiwork (His workmanship), recreated in Christ Jesus, [born anew] that we may do those good works which God predestined (planned beforehand) for us [taking paths which He prepared ahead of time], that we should walk in them [living the good life which He prearranged and made ready for us to live].

Ephesians 2:10 AMP

5. Can you identify some of God's "handiwork" in your own life that has prepared you for "good works"? Describe

6. **Look up 1 Peter 4:10-11** then answer the following questions.

a. How many have received a gift? _____

b. How can we be a good steward of that gift?

c. Complete the following statement:

...that in all things _____

_____, *to whom belong the glory and the dominion forever and even; Amen!*

7. How can you give yourself more diligently to God's purpose in this season of life?

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Study Guide
Chapter Ten

Closing Decree

1. What is a "trigger?" _____

2. Most of God's promises have certain conditions that we must meet (by the grace and ability He supplies) in order to benefit from them. Look up the following passage and then write the conditions and promises in the appropriate boxes. Psalms 1:1-3

Conditions	Promises

3. Identify your potential “triggers” by writing them out in the spaces below. (For example: *“When I am alone with that friend I am tempted to gossip.”* Or *“When I meet new people I feel insecure and am tempted to exaggerate my accomplishments.”* Or *“When I have a stressful day I am tempted to overeat.”* Or *“When there are company dinners I am tempted to get drunk.”* Etc.)

a. _____

b. _____

c. _____

4. Now take some time and ask the Lord to give you wisdom to create a simple plan of action to either avoid, prepare for, or protect yourself against a known, potential pitfall. What can you do differently that will assist you in living victoriously? Write out your strategies below.

a. _____

b. _____

c. _____

5. Undoubtedly there will be times when temptation comes from an unexpected place. According to **1 Corinthians 10:13** what promise can you cling to when this happens? _____

Now take time to thank God for all that He has done, is now doing, and will continue to do—affirming your decision to love and trust Him in the days to come.

Appendix (a) Truths about God

Therefore, know that the LORD your God, He is God, the **faithful God** who keeps covenant and mercy for a thousand generations with those who love Him and keep His commandments; Deuteronomy 7:9

But You, O Lord, are a God **full of compassion**, and **gracious, Longsuffering** and **abundant in mercy and truth**. Psalms 86:15

The Lord your God in your midst,
The Mighty One, will save;
He will rejoice over you with gladness,
He will quiet you with His love,
He will rejoice over you with singing. Zephaniah 3:17

A father of the fatherless, a defender of widows,
Is God in His holy habitation. Psalms 68:5

The Lord is near to those who have a broken heart,
And saves such as have a contrite spirit. Psalms 34:18

The Lord will give strength to His people;
The Lord will bless His people with peace. Psalms 29:11

For **God so loved the world** that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. John 3:16-17

He has made His wonderful works to be remembered;
The Lord is gracious and full of compassion Psalms 111:4

Oh, give thanks to the God of heaven!

For **His mercy endures forever**. Psalms 136:26

But **God demonstrates His own love toward us**, in that while we were still sinners, Christ died for us. Romans 5:8

For I am persuaded that **neither death nor life**, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, **shall be able to separate us from the love of God** which is in Christ Jesus our Lord. Romans 8:38-39

You are good, and do good;

Teach me Your statutes. Psalms 119:68

He (Jesus) is the image of the invisible God, the firstborn over all creation. Colossians 1:15

For the Lord is good;

His mercy is everlasting,

And His truth endures to all generations. Psalms 100:5

This is the message which we have heard from Him and declare to you, that **God is light and in Him is no darkness at all**. 1 John 1:5

Your faithfulness endures to all generations;

You established the earth, and it abides. Psalms 119:90

Let those who favor my righteous cause and have pleasure in my uprightness shout for joy and be glad and say continually, **Let the Lord be magnified, Who takes pleasure in the prosperity of His servant**. Psalms 35:27

God is not a man, that He should lie,
Nor a son of man, that He should repent.
Has He said, and will He not do?
Or has He spoken, and will He not make it good? Numbers 23:19

Therefore do not be like them. For **your Father knows the things you have need of before you ask Him.** Matthew 6:8

Oh, **the depth of the riches both of the wisdom and knowledge of God!** How unsearchable are His judgments and His ways past finding out! Romans 11:33

The thief does not come except to steal, and to kill, and to destroy. **I (Jesus) have come that they may have life, and that they may have it more abundantly.** John 10:10

*"The Spirit of the Lord is upon Me (Jesus),
Because He has anointed Me
To preach the gospel to the poor;
He has sent Me to **heal the brokenhearted,**
To proclaim **liberty to the captives**
And recovery of sight to the blind,
To set at liberty those who are oppressed
To proclaim the acceptable year of the Lord. Luke 4:18*

For the Lord God is a sun and shield;
The Lord will give grace and glory;
No good thing will He withhold
From those who walk uprightly. Psalms 84:11

Every good gift and every perfect gift is from above, and comes down from the **Father of lights,** with whom there is no variation or shadow of turning. James 1:17

*He who does not love does not know God, for **God is love.***

1 John 4:8

*and said, "If you diligently heed the voice of the Lord your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. **For I am the LORD who heals you.** Exodus 15:26*

Appendix (b) Truths about you in Christ

*Behold what manner of love the Father has bestowed on us, that we should be called **children of God!**¹ Therefore the world does not know us, because it did not know Him. Beloved, now we are **children of God**; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is. 1 John 3:1-2*

*But God, who is rich in mercy, because of **His great love with which He loved us,**⁵ even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved) Ephesians 2:4-5*

***I have been crucified with Christ;** it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. Galatians 2:20*

*But as many as received Him, to them **He gave the right to become children of God,** to those who believe in His name: John 1:12*

*Therefore, if anyone is in Christ, **he is a new creation;** old things have passed away; behold, all things have become new. 2 Corinthians 5:17*

***There is therefore now no condemnation to those who are in Christ Jesus,** who do not walk according to the flesh, but according to the Spirit. Romans 8:1*

No longer do I call you servants, for a servant does not know what his master is doing; but **I have called you friends**, for all things that I heard from My Father I have made known to you. John 15:15

You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you. John 15:16

For as many as are led by the Spirit of God, these are sons of God. ¹⁵ For you did not receive the spirit of bondage again to fear, but **you received the Spirit of adoption** by whom we cry out, "Abba, Father. Romans 8:14-15

In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace. Ephesians 1:7

Therefore you are no longer a slave but a son, and if a son, then **an heir of God through Christ**. Galatians 4:7

For You formed my inward parts;
You covered me in my mother's womb.
I will praise You, for **I am fearfully and wonderfully made**;
Marvelous are Your works,
And that my soul knows very well. Psalms 139:13-14

For **we are His workmanship**, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them. Ephesians 2:10

For “who has known the mind of the Lord that he may instruct Him?” But **we have the mind of Christ**. 1 Corinthians 2:16

So **God created man in His own image**; in the image of God He created him; male and female He created them. Genesis 1:27

But you are a chosen generation, a royal priesthood, a holy nation, **His own special people**, that you may proclaim the praises of Him who called you out of darkness into His marvelous light. 1 Peter 2:9

Blessed be the God and Father of our Lord Jesus Christ, who has **blessed us with every spiritual blessing** in the heavenly places in Christ,⁴ just as He chose us in Him before the foundation of the world, that we should be **holy and without blame** before Him in love, Ephesians 1:3-4

In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, **you were sealed with the Holy Spirit** of promise, Ephesians 1:13

“Can a woman forget her nursing child,
And not have compassion on the son of her womb?
Surely they may forget,
Yet I will not forget you.
See, I have inscribed you on the palms of My hands;
Your walls are continually before Me. Isaiah 49:15-16

Appendix (c) Truths about others

And you He made alive, who were dead in trespasses and sins, ² in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience, ³ among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others. Ephesians 2:1-3

Then Jesus said, "Father, forgive them, for they do not know what they do." Luke 23:34

But even to this day, when Moses is read, a veil lies on their heart. ¹⁶ Nevertheless when one turns to the Lord, the veil is taken away. 2 Corinthians 3:15-16

whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them. 2 Corinthians 4:4

So God created man in His own image; in the image of God He created him; male and female He created them. Genesis 1:27

And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. Ephesians 4:32

Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; Romans 12:10

Owe no one anything except to love one another, for he who loves another has fulfilled the law Romans 13:8

For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age against spiritual hosts of wickedness in the heavenly places. Ephesians 6:12

Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. ²Bear one another's burdens, and so fulfill the law of Christ. Galatians 6:12

Therefore, putting away lying, "Let each one of you speak truth with his neighbor," for we are members of one another. Ephesians 4:25

bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. Colossians 3:13

For we ourselves were also once foolish, disobedient, deceived, serving various lusts and pleasures, living in malice and envy, hateful and hating one another. Titus 3:3

See that no one renders evil for evil to anyone, but always pursue what is good both for yourselves and for all. 1 Thessalonians 5:15

But concerning brotherly love you have no need that I should write to you, for you yourselves are taught by God to love one another. 1 Thessalonians 4:9

Therefore, let us not judge one another anymore, but rather resolve this, not to put a stumbling block or a cause to fall in our brother's way. Romans 14:13

Appendix (d) Stronghold Inventory

A yes answer to any of the following questions could be an indication you have a stronghold.

1. Do you struggle to believe God is good and loves you completely?
2. Do you regularly fight feelings and thoughts of inadequacy and worthlessness?
3. Are you often overwhelmed with depression?
4. Do you find yourself haunted by derogatory thoughts and memories?
5. Are you lacking a desire for a close and intimate relationship with God?
6. Do you feel a need to perform well in order to earn God's favor?
7. Is it difficult for you to trust God?
8. Do you feel unlovable?
9. Do you ever struggle with suicidal thoughts?
10. Are you overcome by lustful thoughts?
11. Do you carry regret that you cannot let go or forgive yourself?
12. Do you struggle with feelings of failure, guilt, or shame?
13. Does your temper get out of control?
14. Do you often speak critically of others?
15. Do you have secretive behavior?

16. Do you feel estranged from God?
17. Do you have a habit that you attempt to conceal from others?
18. Do you have compulsive behaviors?
19. Are you lacking in joy?
20. Do you have a habit that is affecting your relationships?
21. Do you regularly allow fear to make decisions for you?
22. Do you have a habit that interferes with your work?
23. Are you easily offended?