



1

So often we imprison ourselves by constantly dwelling on particular thoughts.

Often, we know the thoughts are not from him, yet we still choose to think on these.

Philippians 4:8(NIV): Finally brothers and sisters, whatever is true, whatever is right, whatever is pure, whatever is lovely, whatever is admirable. If anything is excellent or praise worthy think about such things.

2

When you have a thought which is not in line with his word, how will you respond?

3

What thought patterns are currently holding you hostage?

Ask the holy spirit what you need to do to experience the freedom which is already yours.



4

Prisons may have been formed from what people have spoken over you, what has happened to you and what you have done.

Prisons may also exist because of what we have spoken over ourselves, personal insecurities and the thoughts we choose to embrace.

Gal 3:23(ESV): Now before faith came, we were held captive under the law, imprisoned until the coming faith would be revealed.

5

What has he set you free from – yet you still think on or embrace?

What are you doing to ensure you remain free from certain mental prisons and are not falling back into being a slave?

Gal 5:1(NLT): So Christ has truly set us free. Now make sure you stay free and don't get tied up again in slavery to the law.



6

When you know an attack is likely, how will you respond?

Are you doing things which are reinforcing specific mental prisons?



Romans 12:2 (ESV): Do not be conformed to this world but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good, acceptable and perfect.

7

2 Corinthians 10:4 – 5(ESV): For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.



Luke 10 :19 (ESV) Behold I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you.

8

Intentionally pursue the freedom which is already yours!

What is the holy spirit telling you to do going forward?



Luke 10 :19 (ESV) Behold I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you.

9

The enemy has no authority over you! You already have the victory!

Take hold of what is yours!
Allow Christ to break down the
prison walls!

