

## Lesson 4B – Breaking the Barriers Around Our Heart

*Our mind and mouth are powerful creative parts of our body that the Father gave us so that we could subdue and replenish the earth and establish the Garden of Eden throughout the whole world.*

- ❖ Our mind connects us to the spirit world of the Kingdom where we can receive downloads of images, visions, pictures, and creative ideas from heaven.
- ❖ As we see into the future with our mind, we begin to speak forth with our mouth and bring those things in the future into our present. We call those things that be, not as though they were, and they come to pass. **Rom. 4:17**
- ❖ Jesus and the Father modeled what we are to be doing as we walk about this earth and speak things into existence in the natural world. Each one of us is a natural extension of His divine nature in the earth!

### Satan Uses Barriers to Try and Stop Us

Because he knows the power of our mind and mouth against his works in the earth, Satan has tried to stop us from being effective with these two parts of our being.

- ❖ *Ungodly Beliefs, Mind Viruses, and Strongholds* are three of the ways that he blocks us in our mind.
- ❖ *Vows and Judgments* are two ways that he blocks us through our mouth.

### The Barrier of Ungodly Beliefs

“Ungodly beliefs are **all beliefs, decisions, attitudes, agreements, judgments, expectations, vows, and oaths** that **do not** agree with God, His Word, His nature, and His character.”

*(Restoring the Foundations, Chester and Betsy Kylstra)*

- A perfect ungodly belief is one that appears to be absolutely **true** based on the **facts** of our experience and yet is absolutely **false** based on **God’s Word**.
- Most ungodly beliefs are not absolutes, but a mixture of truth and error.

### Ways Ungodly Beliefs Can Form In Us

**1) Many of the negative beliefs that we have about ourselves, others, and God result from the hurtful ways we have been treated.**

- ❖ Most of our ungodly beliefs resulted from childhood hurts, traumas, and negative experiences that left a very strong impression on us.
- ❖ These ungodly beliefs from the hurts and wounds go to the very core of our being and may be very difficult to root out.
- ❖ Hurts must be healed along with renewing our minds.
- ❖ Our agreement with the devil rather than God connects us to demonic oppression.

**2) Our family experience is the source of many ungodly beliefs.**

- ❖ Traditions, habits, prejudices, attitudes, actions, and words of our parents can be passed on.
- ❖ Words that are repeatedly spoken about us can also become ungodly beliefs. “You’ll never amount to anything.” “Can’t you do anything right?” These ungodly beliefs undermine our self-worth and ability to succeed.

## Breaking the Barriers Around Our Heart

### 3) Our natural, unredeemed mind can form ungodly beliefs that may sound logical and appealing, but do not agree with the Word.

- ❖ These tend to focus on self and not God. “Cleanliness is next to Godliness.” “Disasters are acts of God.” “You have to work for everything you get in this life.” “God is trying to teach us something through sickness, disease, and accidents.” “We’re poor, but we’re proud!” “You can never understand a woman.”
- ❖ Our mind can also form ungodly beliefs in an attempt to handle or make sense out of life’s hurts and traumas.

### The Belief-Expectation Cycle

1. **Ungodly beliefs** are formed out of hurtful experiences, leading to
2. **expectations** arising from these beliefs. These expectations affect our
3. **behavior**, causing us also to influence the behavior of others, leading to
4. **experiences** in line with these behaviors that confirm the ungodly beliefs.

This traps a person. You must renounce your agreement with the ungodly beliefs and stop the cycle. We must choose to make God’s Word our new belief. As we receive the truth and let it change what we believe, we can expect positive things to happen in our lives.

### *Our ungodly beliefs affect how we relate to others, our identity, and how we perceive ourselves.*

- ❖ They choke out the abundant life God intended for us to have by destroying our ability to believe Him.
- ❖ The ungodly beliefs undermine our faith and hinder our ability to understand and know God’s promises and the truths in the Bible. (**Mk. 11:23-24**)
- ❖ They also shut off our ability to receive God’s blessings such as healing and prosperity.

**Our ungodly beliefs can block the Holy Spirit from sanctifying us because we may use them to justify our sins or the old self. (Rom. 6:6-7, 12)**

**Our ungodly beliefs can give us a false identity of ourselves. We see ourselves through the lies that we have embraced.**

**We can develop negative expectations about life and ourselves.**

- ❖ We can believe that everyone is going to reject us or hurt us in some way.
- ❖ We can never get close or open our spirits to anyone for fear of being hurt again.
- ❖ We believe the lies more than we do God’s Word of protection and love.
- ❖ We can also expect to never have anything and always live in lack, never experiencing the great provisions and promises of God.

**Our negative beliefs and expectations can defile those around us.**

- ❖ Spiritual forces emanating from us can affect others thinking such as sexual lusts or unresolved conflicts in the home.

### **What you believe is true is true to you!**

- *if you believe you can’t, you can’t*
- *if you believe you will fail, you will fail*
- *if you believe people will reject you, eventually they will*
- *if you believe people will hurt you, you will draw people around you who will hurt you*

## Breaking the Barriers Around Our Heart

### Breaking free from ungodly beliefs

- ❖ First, we must recognize that we have an ungodly belief through the work of the Holy Spirit.
- ❖ You must renounce the ungodly belief and break all ties to demons from any ungodly belief.
- ❖ Then you must forgive those who caused you to form this ungodly belief (*be as specific as you can be*).
- ❖ Then forgive yourself for believing this lie and ask God to forgive you for any adverse effects you may have had on others as a result of believing this lie.
- ❖ Finally, ask Father to speak truth to you. Go to the Bible and find out what God says about what you should believe and write out a Godly Belief. Start renewing your mind every day with the Godly Belief until it becomes a part of your thinking.
- ❖ Take all the negative thoughts, habits, and expectation to the cross and leave them there.
- ❖ Start seeing yourself the way God sees you.

### The Barrier of Mind Viruses

*Viruses have two purposes in life: to reproduce themselves and to infect someone else.*

*Mind viruses are the thoughts that were formed in the mind of someone we have had contact with, and now they have infected our thinking too! They become a part of our belief system from which we live our lives.*

Mind viruses can be good or bad, but unfortunately, because most people and the world are focused on the negative, most of our mind viruses are negative too.

- ❖ The biggest source of mind viruses come from the people who we are closet to (family, friends, relatives, co-workers)
- ❖ They become some of the colored lenses that we see ourselves, life, and the world through.
- ❖ They affect our thoughts, actions, words, beliefs, and responses to life's circumstances.
- ❖ Many of these mind viruses form while we are children and become so much a part of our subconscious that we don't even know they are there.
- ❖ They contribute to our shame, condemnation, self-hatred, low self-worth and self-esteem.
- ❖ They cause us to develop prejudices, form judgments, become critical or cynical, and have negative expectations about life, others or the world.
- ❖ They can affect our attitudes and outlook about our government, the financial crisis around the world, world leaders, political parties, candidates running for office, and people of other races, sex, religion, nationalities, or ethnic backgrounds.
- ❖ Mind viruses cause us to make inner vows or judgments towards other individuals or groups.
- ❖ They can affect our attitude towards God, our ability to believe or have faith, our ability to imagine, see visions, or have hope for the future.

**If you are dealing with shame, making a lot of excuses for not doing things, living in fear, have a negative outlook on life, are critical or judgmental, feel like quitting or giving up on life, or lost all hope in the future, you may be dealing with mind viruses that you don't even know are there. Ask the Father to reveal to you any negative thoughts, images, or expectations that you might have that are affecting your life. If any come to your mind, then ask the Father what lies you have believed that have contributed to these. Finally, ask Father to speak truth to you**

## Breaking the Barriers Around Our Heart

about these negative thoughts, images, or expectations. *Renounce the negative thoughts and embrace the truth.*

### The Barrier of Vows and Judgments

**Judgmental and critical spirits** are some of the most destructive bitter root influences in our lives and can hinder our ability to receive and give love away.

- ❖ We usually judge others as a result of being hurt or wounded by something they did or said. It can come in the form of bitterness, blame, condemnation, jealousy, envy, unrighteous anger, or unforgiveness.
- ❖ When we judge others, we set in motion a spiritual law that demands a response. The way we judge others is the way we will be judged. (**Matt. 7:1-2**)
- ❖ The standard and measure of our judgment will come back on us at some point in our lives. Unfortunately, the judgment we receive is usually much greater than what we sowed because of the laws of sowing and reaping and increase. (**Gal. 6:7, Lk. 6:38**)
- ❖ The judgment against us is the curse of reaping what we sowed.
- ❖ Our judgments defile those around us and draw the very behavior out of them that we judged in the person who hurt us. (**Heb. 12:15**) This reinforces our bitter expectations and we can develop an ungodly belief based upon this.
- ❖ Our judgments can also set into motion **Rom. 2:1** and we can become what we judged as bad in someone else and do the very same bad thing!
- ❖ Often these hidden judgments and bitter expectancies cause us to continue doing the same thing even when we know what we are doing is wrong. We just cannot seem to stop!
- ❖ Generational patterns may be a result of sons judging their parents and reaping that same problem in their lives and marriages.
- ❖ Because the judgments come back on us, we begin to expect those bad things to continue happening to us. We develop bitter expectancies that are now self-fulfilling!
- ❖ We end up defiling those around us. (weak father » weak husband; alcoholic father » alcoholic husband; cold, distant father » cold, distant husband; domineering, controlling mother » domineering, controlling wife) If these are not exactly the same, they will at least be parallel in nature.

### How to Walk Free From Bitter Root Judgments and Expectancies

- ❖ Jesus came not to do away with the law, but to fulfill it. (**Matt. 5:17**)
- ❖ What Jesus did through the cross was to become a substitute for us and fulfill the demands of the law for us. What should have been a curse on us for judging others was put on Jesus and He takes it in our place.
- ❖ By repenting and asking God's forgiveness, we remove the demand of the law from us and place it on Jesus.

### God takes vows very seriously! (Num. 30:2, Deut. 23:21, Ecc. 5:4)

- ❖ An inner vow is a hateful order against our body, usually spoken as a child that is sent through the heart and mind to the body. It is made by self and does not include God.

## Breaking the Barriers Around Our Heart

- ❖ The words spoken are a creative force that will affect us until it is broken through the cross. We do not grow out of them as we mature or have a change of heart.
- ❖ Our mind may forget about the vow, but it will eventually manifest itself in our life and physical body at the appropriate time.
- ❖ Even good vows that were compelled by the flesh and not the Spirit need to be released so that the flesh does not rule in that area.

### Vows May Lie Dormant for Many Years

The manifestation of inner vows may lie dormant for many years until the time set by the vow or the right situation or person(s) trigger the vow to be activated.

- ❖ They usually are forgotten until the Holy Spirit reveals them to us.
- ❖ Inner vows lodge in the heart and cannot be removed by our own fleshly effort.
- ❖ Only by using the authority of the Name of Jesus, sometimes needing the help of another believer, can a person be released from an inner vow.

### Some Examples of Inner Vows:

- ❖ “I’ll never do that again,” after feeling shame.
- ❖ “I’ll never be like my mother (or father). I’ll never act like that.”
- ❖ “I shouldn’t be here. I’m in the way, so I choose to hide,”
- ❖ “I’ll get even with her (a mother or sister)” which can be projected on all women.
- ❖ “I’ll never let my temper go again,” so you store up repressed anger.
- ❖ “I’ll never raise my voice,” which is good yet it’s your flesh doing it, not God.

### We Need Help to Break Inner Vows

- ❖ Once the Holy Spirit can reveal an inner vow. Find another strong believer and have them use the authority of the Name of Jesus and break the inner vow.
- ❖ The person breaking the vow must have a personal faith in the power of the Lord to act on their behalf. You must speak to the inner child and release the child from the habit of or connection to this inner vow in Jesus’ Name.
- ❖ Next, release the child to enjoy the original freedom they had in that area before the vow.
- ❖ Then ask God to reveal to the adult the freedom from the effects of this inner vow.

### The Barrier of Strongholds

**Strongholds** are habit-structured patterns of thought that control our life and have a “strong – hold” on our thoughts and actions. In **2 Cor. 10:4-5** they are referred to as “speculations” (reasonings and thoughts) and “imagination.” They steal the life of Father from us, hinder our spiritual growth and maturity, and hinder our ability to receive and give love away. They are like railroad tracks or deep ruts in the road that take us in a certain direction and destination.

Strongholds are fortresses of thought that we build in our soul (mind, will, emotions, and personality) that influence the negative thought patterns in our life.

- ❖ They are the lies and half-truths that affect how we respond to the Word and Father’s love, and create areas of darkness where demonic activity can occur.
- ❖ They are the wrong motives and attitudes that protect and defend our walk in the flesh.
- ❖ They keep us from experiencing repentance and seeking the Father for help to break them.

## Breaking the Barriers Around Our Heart

- ❖ They affect our attitude and identity. “That’s just the way I am.” “This is the way my family, culture, or ethnic background is.” “How can you expect me to be any different?”

**Habits** are a type of stronghold. “They are an act repeated so often that it becomes involuntary. There is no new decision of mind each time the act is performed.” *Jack Frost*

- ❖ Habits have lives of their own.
- ❖ Habits are created by a series of choices that give birth to the habit.
- ❖ Habits have “voices” of their own and talk to you all the time!
- ❖ Not all habits are demonic in nature or necessarily bad.
- ❖ Our character is basically is a composite of our habits, good or bad.

**Mental strongholds** can hinder our ability to think clearly, know our heavenly Father, shape our value system and how we treat others, distort our priorities in life, hinder us walking in truth and faith, cause us to draw negative conclusions, and cause us to do things we don’t want to do.

- ❖ “When our thoughts continue to dwell upon feelings of fear, insecurities, unbelief, doubt, lusts, control, striving, unrest, bitterness, resentment, criticism, unforgiveness, or habitual sin, a strong deceiving hold begins to build in us like a fortress.” *Jack Frost*
- ❖ Until these habitual lies are destroyed in us, it will be difficult to walk in the Spirit, live our life like Jesus, or draw near to the Father.

### How do Strongholds form in us?

- ❖ Can be passed down from generation to generation through mind viruses and iniquities.
- ❖ Can be built within us from deep hurts and wounds we have received.
- ❖ Can be built through misrepresentation of love and rejection.
- ❖ Can come through judgments or inner vows towards others, ourselves, or Father.
- ❖ Can be built within us through the words that others speak over us.
- ❖ Can be built through false doctrines or false teaching by others or the church.
- ❖ Can come through our ethnic or cultural backgrounds.
- ❖ Can be built by our negative thinking patterns and false beliefs.

### To Break These Strongholds

Studies show that 80% of the average person’s thoughts are negative mainly because we live in a world that is focused on the negative. Father is love and light, and all of His thoughts are positive! We need to allow the Father who is in us to dominate our thoughts and actions all of the time.

- ❖ The first step is to **renew our mind** (our conscious thoughts), which make up 12% of our actions and attitudes. **Rom. 12:2** We can do this by reading and listening to the Word, attend a Bible-based church, interact with other Christians, read Christian literature, seek out Christian counsel.
- ❖ Second, we must **renew the spirit of our mind** (our sub-conscious thoughts), which make up 88% of our actions and attitudes. **Eph. 4:22-24** We must make the quality decision to live our lives according to the Word of God, keep our spirit stirred up **2 Tim. 1:6**, pray in the Spirit, enter into worship and praise, replace the ungodly beliefs with Godly beliefs, break all judgments and vows, renounce the lies and replace them with His truths, and spend time in His presence every day.

Some information from *Breaking Free, Uprooting Destructive Habits and Thought Patterns*, Jack Frost, Shiloh Place Ministries

## Breaking the Barriers Around Our Heart

1. Are you duplicating things in your life that you resented in your parents or others such as character traits, actions, emotional patterns, motives or attitudes? Write down anything that Holy Spirit reveals to you and repent and break any judgments you may have made.
2. Are you acting out an attitude, emotion, or behavior that you said that you would never do? Write out what Holy Spirit shows you and repent for any inner vows that you may have made.
3. Are you dealing with habits or areas in your life that you don't seem to have any power to overcome? Is there a driving force that you seem to have no control over? Ask Holy Spirit to show you if you have made any judgments or inner vows that may be the root cause and repent for anything He shows you.
4. Ask Father to give you one new image of how He sees you in heaven already. Begin practicing that new image of yourself. Allow it to impact your thoughts and mind-set so that it leads you to speaking new words and having new actions.
5. Which identity from this week's lesson – chosen, valuable, precious, or blessed- does Father want you to meditate and work on this week?
6. Journal – Read the story of Gideon (**Judges 6:1-7:22**) Where do you identify with Gideon? Ask Father to speak truth about yourself from this story and allow Him to reveal how He sees you and where He is placing you to make an impact for His kingdom