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|  | Chapter 3: Rooted in Belief **STRONGHOLD REFLECTION TEMPLATE** |
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| INSTRUCTIONS: This template is designed to help you reflect on spiritual strongholds—areas in your life where you may feel stuck, challenged, or hindered in your faith journey. By identifying these barriers, you can take intentional steps toward growth and healing. | |

*Please ensure your responses fit within the text box provided.*

### **1. Reflection on Barriers**

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| **What area of your life feels like a stronghold?** (e.g., fear, doubt, anger, addiction, pride, unforgiveness) |
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| **How does this stronghold affect your relationship with God or others?** |
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| **What thoughts, emotions, or actions keep this stronghold in place?** |
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### **2. Understanding the Root Cause**

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| **When did this stronghold begin?** (Think about specific events or patterns that may have contributed to it.) |
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| **Are there any beliefs or lies you’ve accepted about this area?** |
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| **What scripture or truths from God’s Word challenge this stronghold?** |
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### **3. Identifying Steps Towards Freedom**

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| **Step** | **Action Plan** | **Support/Resources Needed** | **Target Date** |
| *Example: Replace fear with trust in God* | *Memorize verses about trust, journal prayers about fear* | *Accountability partner, Bible study materials* | *End of the month* |
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### **4. Prayer and Surrender**

**Write a prayer to God about this stronghold, asking for His guidance and strength to overcome it.**

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