



Chapter 3: Rooted in Belief

STRONGHOLD REFLECTION TEMPLATE

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

What area of your life feels like a stronghold? (e.g., fear, doubt, anger, addiction, pride, unforgiveness)

How does this stronghold affect your relationship with God or others?

What thoughts, emotions, or actions keep this stronghold in place?

2. Understanding the Root Cause

When did this stronghold begin? (Think about specific events or patterns that may have contributed to it.)

Are there any beliefs or lies you've accepted about this area?

What scripture or truths from God's Word challenge this stronghold?

3. Identifying Steps Towards Freedom

Step	Action Plan	Support/Resources Needed	Target Date
<i>Example: Replace fear with trust in God</i>	<i>Memorize verses about trust, journal prayers about fear</i>	<i>Accountability partner, Bible study materials</i>	<i>End of the month</i>

4. Prayer and Surrender

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