



# Strongholds of the Enemy – Part 2

Volume 2, Week 6, Lesson 6

## Tools to Conquer: Limbic Lies.

If you are having a hard time understanding the significance of limbic lies, here's a tool that will help. Start by writing out the 10 worst moments of your life. If you've already been through the Conquer Series Volume 1, you would have completed this exercise in your group. Looking at the list you created, once you get to moments 5, 6, 7, and 8, you'll recognize some deep issues in your life. In these areas of your pain and woundedness, Satan will attach a limbic lie – a lie that is fueled by emotion, not by rational thought. When you understand the limbic lie, you're believing and learn how to replace the lie with truth, you will have a fighting chance to win this battle.

**Limbic Lies:** Hell takes our imagination and our fantasies captive, usually by wounding us; we begin to believe the worst about ourselves and about life. Right where you were wounded, the enemy inserted a limbic lie. For example, if you were sexually abused as a child, you may believe the lie that you're worthless. When the Holy Spirit ministers to men in sexual bondage, He will often encounter them at the place where they've been wounded and give them new memories.

*Trauma is personal and all trauma is significant. –Dr. Ted Roberts*

**The right God perspective:** What you believe about God is the most important thing about you. If you perceive God as an angry and judgmental god, you'll be rigid, judgmental, and addicted because you won't understand God's grace.

**Knowledge v. Belief:** The enemy wants to build strongholds of lies in your mind. Jesus wants to build strongholds of truth. Addictive behavior creates a stronghold of truth. Addictive behavior creates a stronghold of lies in your mind. Many Christians are deceived because they equate what they know with what they believe; the two are very different. What we really believe often gets covered up with knowledge. Part of the healing process is to dig through the knowledge and get down to the lie that is motivating the destructive behavior. All behavior is based on belief, not on knowledge.

*We cover up the lies of the enemy, that we believe, with the knowledge that we have acquired in church. – Dr. James Reeves*

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## SUMMARY POINTS

- The enemy uses our wounds against us, creating limbic lies.
- What you believe about God is reflected in what you believe about yourself.
- Behavior is based on belief, not on knowledge – how we feel, not on what we know.

**The healing process:** The first step is to recognize God's unconditional love for you. Next, identify the wounds and ask God for healing. Finally, learn to be honest in your Conquer Group because secrets are what make you sick. You were wounded in community, you need to be healed in community.

*God's not a magician. He's not waving some magical wand. God is saying: "Here's the process of renewing your mind." Becoming a part of family of God, being a believer in Christ, there is something that happens instantaneously. But then the Bible says our mind has to be renewed. – Paul Cole*

## Tools to Conquer: Limbic Lies.

There is hope, real hope; but you have to learn some emergency procedures. These simple tools are going to help you survive when you're right on the edge of acting out. These are physical reminders that you should keep in a box or safe place, somewhere easily accessible. The first thing is a letter to yourself – write out who you want to be or the type of husband you want to be. Second of all, have a picture of your wife or family; the people who will be hurt by your acting out. Third, have some token of victory; things that represent your success. Lastly, create a list of consequences that will take place if you choose to act out.

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**Gripped by grace:** God is outrageously gracious. He wants to heal you. When you understand how deep God's love is for you, how powerful it is, you will be able to walk with purity the rest of your life. Grace is not a point of doctrine or a point of theology. It's a Person – Jesus Christ. It's only the Cross of Jesus Christ – His shed blood – that gives us any hope. God wants you to have sweet revenge against the enemy, so He gifts you with His grace through His Son, Jesus Christ. The very thing that kept you in bondage, God will take and form into a weapon that you will use against the enemy.

*God wants to turn you into more than a conqueror; not just a conqueror, but more than a conqueror. What "more than a conqueror" means is that every time the enemy knocks you down, by the grace of God, you get back up. –Dr. Ted Roberts*

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## SUMMARY POINTS

- Sexual addiction is really a battle between truth and lies.
- Healing is not linear; it is cyclical, but in forward motion.
- Secrets make you sick and keep you in bondage.

## DISCUSSION

Watch DVD 1 of the Conquer Series Volume 2 before answering the following questions:

1. Identify one limbic lie that has been planted in your mind. **Examples:** I am so stupid. I will never get this right. I have made so many mistakes that I can never change. I'm determined to look happy on the outside even if I'm a mess on the inside.

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2. How do lies affect the way we see God, ourselves, and others?

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3. What areas in your life do you see conflict between knowledge and belief?

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Why is it dangerous to confuse the two when it comes to your faith? **For example**, you know you’ve been made righteous by the sacrifice Jesus made on the cross, but you don’t believe you’re righteous unless you work to deserve it. Men who have acted out sexually feel they must go through a period of feeling bad before they can feel righteous, as a penalty for their sin.

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- 4. Share one or more secrets you kept in your life that you now recognize contributed to your addiction.  

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- 5. Dr. James Reeves mentioned that until we come to the end of ourselves, we can’t come to the beginning of God. Why is recognizing that we’re powerless so important to our healing and yet so difficult to do? In what areas of your life do you recognize that you are powerless?  

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**ACCOUNTABILITY**

**Note:** *If there are any new members in the group, have them read and sign the Memo of Understanding and Covenant to Contend before proceeding with this part. The following accountability questions are based on your 7-Day Mission from Conquer Series Volume 1, DVD5.*

**Last week’s 7-Day Mission**

- 1. In your Conquer Series Journal, you discovered the arousal template and examined a recent relapse to provide insight into your sexual behavior. Did you recognize any patterns in your behavior? Did you gain a better understanding of why you act out?  

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- 2. You were asked to list the ten worst moments of your life and identify any vows you made as a result of those moments. How did it go? Were you able to identify how your worst moments may have impacted your addictive behavior?  

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- 3. At the end of the Conquer Series Volume 1, you were given a Double Bind Exercise. Explain how this was helpful in understanding the double binds you face and how it serves as a process for choosing the right thing to do.  

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**7 – Day Mission Checklist**

**Note:** *The 7-Day Mission provides a concise weekly battle plan built on the key concepts in the DVD lesson for you to work out in your Conquer Series Study Guide and Journal. Additional exercises mentioned in the Conquer Series are suggestions for you to add on your own.*

- ☐ Uncovered the significant limbic lies in my life
- ☐ Filled out the Whacks and Lacks table (see below)
- ☐ My survival kit is ready to go and easily accessible to prevent relapse
- ☐ Used the FASTER Scale daily in my Conquer Series Journal

### Whacks in my Life

LOW INTENSITY - MILD	MEDIUM INTENSITY - MODERATE	HIGH INTENSITY – EXTREME
<b>Examples:</b> <ul style="list-style-type: none"> <li>• Didn't have a voice in my home</li> </ul>	<b>Examples:</b> <ul style="list-style-type: none"> <li>• Loved to another state</li> <li>• Lost a close friend</li> <li>• Cyberbullied</li> </ul>	<b>Examples:</b> <ul style="list-style-type: none"> <li>• Parents divorced</li> <li>• Grandfather died</li> <li>• Parent remarried</li> </ul>

### Lacks in my Life

LOW INTENSITY - MILD	MEDIUM INTENSITY - MODERATE	HIGH INTENSITY – EXTREME
<b>Examples:</b> <ul style="list-style-type: none"> <li>• Not many friends</li> <li>• Marginalized by family and peers</li> <li>• Teased by stepbrother</li> </ul>	<b>Examples:</b> <ul style="list-style-type: none"> <li>• Had to work after school, so I couldn't play sports</li> <li>• Rejected by the opposite sex</li> </ul>	<b>Examples:</b> <ul style="list-style-type: none"> <li>• Absent father</li> <li>• Poverty</li> <li>• Stepparent</li> </ul>