



# Winning the Mind Wars

## Part 6—Unforgiveness, Rejection, Depression

### Personal Strongholds

- We are going to start addressing personal strongholds that exist in us and have negative effects on our relationship with God, within ourselves, and with others.
- Humility, honesty (with recognition and repentance), eyeing reward and renewal, are necessary for us to move forward. We have an opportunity to make changes and we cannot harden our heart. Humility, honesty, reward and renewal will heal us. God does not want us to resist and run away. We need to let renewal overcome the wounding.
- Foundational Scripture: 2 Corinthians 10:3-5
  - Stronghold: A satanic lie, a generational mindset or a human wounding that you have listened to long enough, believed strongly enough, and owned deeply enough that it has become part of your identity. It has fortified itself in you and dictates your thoughts, beliefs, actions and reactions. They are unholy filters through which all thoughts pass.

### Unforgiveness

- When unforgiveness is present, every other stronghold has a better chance of existing. The effects of unforgiveness are that far reaching and powerful.
- Every one of us has been and will be hurt by other people and unforgiveness allows their hurt to continue in us. Forgiveness doesn't make what they did right; forgiving sets us free.
- Every one of us is going to have to make the choice to forgive or not and to be undecided is to be unforgiving.
- Every one of us is either going to live free through forgiveness or bound by the stronghold of unforgiveness. Forgiveness is about your freedom more than theirs.
- Jesus has given every Christian the motivation and the tools to forgive. Forgiveness is giving others what Jesus has given us first.
- Unforgiveness is due to the failure to see two crucial truths:
  1. The depth of forgiveness Jesus has shown us and the things from which He has saved us.
  2. The costly price we pay for not forgiving others.
    - Matthew 18:21-35
      - The wicked servant failed to see how much he was forgiven, and from what he was saved.
        - After being forgiven millions shouldn't you, by comparison, be able to find the compassion to forgive mere thousands others have owed you?
      - The wicked servant failed to see the costly price he would pay for not forgiving the other person.
        - 2 Corinthians 2:10-11
  - Satan gets an advantageous, imprisoning, torturing stronghold over our lives when unforgiveness is present. It is far reaching!
    - Matthew 6:14-15

## Unforgiveness Prescriptive Prayer

Father, it is beyond human comprehension how you could love me so much that You would send Jesus to pay the unspeakable price for my sins, so I could be forgiven and have eternal life. John 3:16

I might never know the full extent of the depths of forgiveness you have afforded me. But, what I do know about the depravity of my own sin, past, present and future is that it is massive and offensive to You. Matthew 18:24

Father, thank you for having compassion on me, releasing me and forgiving me from the debt I could never pay on my own. Matthew 18:25

Lord, thank you for being a God who forgives my iniquity, my transgressions and my sins. Exodus 34:7

Thank you that though my sins were red as scarlet You made them as white as snow and though my sins were red as crimson You made them as white as wool. Isaiah 1:18

Thank you for removing my sins from me as far as the East is from the West. Psalm 103:12

Thank you for remembering my sins and lawless deeds no more. Hebrews 8:12

Thank you for cleansing and forgiving me from all my sin and unrighteousness. 1 John 1:9

Today, right now, as an act of faith and obedience I choose to forgive those who have hurt me, and sinned against me, just as You forgave me. Matthew 6:12

I offer them the same compassion, release and forgiveness You gave me. Matthew 18:25

I choose to walk in forgiveness and offer it continually. Matthew 18:21-22

I choose to love my enemies, bless those who curse me, do good to those who hate me, and pray for those who spitefully use me and persecute me. Matthew 5:44

I realize forgiveness is something I must do. Colossians 3:13

I repent of an unforgiving spirit while needing forgiveness myself. 2 Samuel 12:1-9

I refuse to let Satan take advantage of me in this area any longer. 2 Corinthians 2:11

Father, because it is clearly Your will, I renounce the stronghold of unforgiveness in my life, in Jesus Name, by His love, mercy and power, Amen!

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## Rejection

- It means being devalued, dismissed and unwanted.
- Every one of us will be genuinely rejected at some point in our life. It happened to Jesus, it will happen to us, it is part of Kingdom living.
- Some people have rejection issues, even when rejection isn't real, it's only perceived.
- How we respond to either real or perceived rejection, determines whether a rejection stronghold is established in our life.
- Rejection comes from Satanic lies: "No one, that person, those people don't like you, want you or to be with you. You're not good enough, cool enough, in enough..."
- Generational mindsets: Satanic lies that have been bought into generationally and given voice through family words and actions, spoken not simply to individuals, but now in plural..."We're not wanted, valued, accepted, welcomed, embraced, afforded opportunities etc..."
- Human wounding: Physical forsaking, withholding affection and affirmation, verbal abuse, bullying, etc.
- Our identity, acceptance, value, worth, joy and peace has to come, NOT from people, but from the fact that God, The Father loves, accepts, values, and sings over us.

- Jesus model. John 2:23–25
  - Jesus didn't let people's approval and applause own Him. He didn't commit, surrender and relinquish Himself to their opinions of Him.
  - Jesus knew people and what was in them—their fickle opinions weren't worthy of His surrender (Hosanna on Sunday, crucify on Friday).
- Jesus lived free from people's rejection because He listened, heard and believed when The Father said, "You are My beloved son in whom I am well pleased."
- The more we battle with rejection the more we need to listen, hear and believe The Father's loving, accepting and affirming words. Otherwise, we'll hear satanic lies of rejection and continue to be victimized by generational mindsets and human wounding.

### **Rejection Prescriptive Prayer**

Father, I thank you that You love me just like you love Jesus. John 17:23

I praise You that You have chosen me and called me royal, holy and special in Your sight. 1 Peter 2:9

You say I'm so valuable to You that I am Your rich inheritance. Psalm 28:9

You have accepted me; You have highly favored me. Ephesians 1:6

You call me Your beloved. Romans 9:25

I am a part of Your glorious bride. Revelation 21:9

You keep me as the apple of Your eye. Deuteronomy 32:10

Because I received Jesus as my Lord and Savior, You have received me as Your child. John 1:12

As Your child, I am Your heir, a co-heir with Jesus. Romans 8:16-17

You have inscribed my name on the palms of Your hands. Isaiah 49:16

Your thoughts toward me are more than can be numbered. Psalm 40:5

You stick closer to me than a brother. Proverbs 18:24

You have promised You will never leave me or forsake me. Hebrews 13:5

You have promised You will never cast me away from Your Presence. John 6:37

You love me with an everlasting love. Jeremiah 31:3

And, I praise You that nothing can ever separate me from Your love. Romans 8:38-39

Lord, I repent for thinking others are rejecting me when it isn't true, I repent for believing evil about others and not believing the best about others. 1 Corinthians 13:5,7

Jesus, I repent for letting others opinions of me own me and speak louder to me than Your loving, accepting, affirming voice.

Father, thank you for loving me, choosing me, valuing me, accepting me, favoring me, adopting me, thinking of me, sticking with me, and for never leaving, forsaking or rejecting me. Thank you that nothing can separate me from Your love, in Jesus Name, Amen!

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### **Depression**

- A spirit of heaviness, oppression and being downcast. Not talking of a chemical imbalance.
- Every one of us will have a justifiable reason to be depressed at some point in our life.
- How we respond t those times determines whether a stronghold becomes established or not.

- Depression can result from rejection, real or perceived, they often go hand in hand.
- Depression can come from satanic lies: "God doesn't love you, look at your situation, nothing's going to change, there's no hope for you, you're done, it's over etc..."
- Generational mindset: "We're victims, losers, poor, needy, nothing's going to change that, no hope, never better, we're stuck in this circumstance..."
- Human wounding: Because of human rejection, abuse in all forms, neglect, etc.
- Untold negative circumstances: Broken dreams, loss, grief, etc.
- A spirit of heaviness becomes a depression stronghold when it is given more attention, justification and power over you than the love of God, the goodness of God, the blessings of God, the hope of God, and the power of God.
  - Psalm 27:13-14
  - Loving warning: If you get stuck at "Why?" and never move to "Into Your hands I commit my spirit," you'll stay in depressed trouble.
    - Matthew 27:46
    - Luke 23:46

### **Depression Prescriptive Prayer**

Father, I thank and praise You that You comfort me when I mourn, that You give me beauty for ashes, the oil of joy for mourning, and the garment of praise for the spirit of heaviness. Isaiah 61:3

Thank you for turning my mourning into dancing and removing my sackcloth and clothing me with gladness. Psalm 30:11

Jesus, I love how You turn my sorrow to joy. John 16:20

I'm grateful that Your joy is my strength. Nehemiah 8:10

I praise You that through hearing and believing Your Word, Your joy can remain in me. John 15:11

Thank You that You desire for me to have joy that is full. John 16:24

I know that joy is part of Your Kingdom and available to me. Romans 14:17

And, that joy is one of the fruits of Your Spirit at work within me. Galatians 5:22

I'm thankful that You fill me with Your joy. Acts 13:52

And, in Your Presence is the fullness of joy. Psalm 16:11

Lord, I choose to be thankful for all things. Ephesians 5:20

And, in the midst of all things. 1 Thessalonians 5:18

I choose to rejoice always because this is Your will for me. 1 Thessalonians 5:16, 18

I can do this because You make all things work together for my good. Romans 8:28

And, because I can do all things through Jesus who strengthens me. Philippians 4:13

Jesus, I believe that the abundant life You came to give everyone, is mine, now. John 10:10

Father, I repent of negative thinking that has stolen my joy, I choose to meditate on things that are true, noble, just, pure, lovely, of a good report, things that are virtuous and praise worthy.

God of hope, as I hear and believe Your truth fill me with all joy and peace, I want to abound with hope by the power of the Holy Spirit, in Jesus Name. Romans 15:13

Amen!