

# **GRACE For Addictions**

## **A One Step Program**

### **Part 6**

#### **THOUGHTS, IMAGINATIONS, AND STRONGHOLDS**

II Corinthians 10:4-5 "(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ..."

#### **YOUR THOUGHTS**

It has been said that the average person has 10,000 thoughts go through his mind in a 24 hour period. Not all of your thoughts are godly; many are ungodly. You don't have control over the thoughts that cross your mind, but you do have control of the thoughts you mediate on.

Each thought has a picture attached to it. The reason you slow a thought down in your mind is because of the picture you see. Once you capture a thought because of the picture attached, the process of developing that picture takes place in your imagination. A captured thought, whether godly or ungodly, becomes a part of your imagination or soul. You can recall that thought at any time.

#### **YOUR IMAGINATIONS**

Once you've captured a thought it is developed and becomes a part of your imagination. That picture begins to direct your destiny. You will always go in the direction of the picture you have on the inside of you.

The first place change takes place is in your imagination. Your imagination is your ability to FORESEE things happening before they happen. It's your ability to chart your destiny.

#### **STRONGHOLDS: FORTRESS OR PRISON**

Strongholds are developed in your soul or heart based on the thoughts you've captured. Once a thought is captured, it becomes an imagination that becomes a stronghold. If the picture you've developed in your imagination is ungodly, the stronghold becomes a prison that holds you in bondage. If your imagination is godly, the stronghold becomes a fortress that protects you and sets you free

#### **SEEING WITH YOUR EYES CLOSED**

When you close your eyes, how do you see yourself? If you see yourself free from your addictions, freedom will become your destiny. If you see yourself bound by your addictions, you will remain under the control of your addiction until the picture you have of yourself changes.

As far as you can see belongs to you. You will never go where you can't see yourself going. As long as you continue to see yourself addicted, you'll remain addicted.

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#### QUESTIONS

1. What are the three key words in II Corinthians 10:4-5?
2. The word stronghold has two meanings. What are they?
3. Is it true that as far as you can see belongs to you?

#### ANSWERS

1. The three key words in II Corinthians 10:4-5 are:  
thoughts  
imaginings  
strongholds.
2. A stronghold can be a prison or a fortress.
3. Yes, it is true.