

**Spiritual Momentum – Upwards, Inwards, Outwards**  
**Part 3 – “This Isn’t Hocus-Pocus”**

Each week in this series, we encourage you to spend some quality time with God during the week to seek God for more revelation and knowledge of Him. **Today’s content builds on last week**—be sure to download last week’s Takeaway Handout (1.16.22) from [www.MtHopeLoudoun.org/teaching.html](http://www.MtHopeLoudoun.org/teaching.html) if you have not completed it as you **will need your notes from last week’s exercise** to complete this week’s.

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**Week One:** we learned that to move forward in Christ, we must learn to **sit**—both to **rest in Him**, and to recognize what it means to be seated with Christ in a **position of spiritual authority**:

*“...[God] raised [Christ] from the dead and **seated him at his right hand** in the heavenly realms...”*

**Ephesians 1:19-22**

*“And God raised us up with Christ and **seated us with him** in the heavenly realms in Christ Jesus.”*

**Ephesians 2:6**

**Week Two:** we learned about Christ’s **captured authority** and our **delegated authority**:

*“...God made you alive with Christ....And **having disarmed the powers and authorities**, he made a public spectacle of them, triumphing over them by the cross.”*

**Colossians 2:13, 15**

**This Week:** we learned that we must operate in our **delegated authority** by submitting our **thoughts** and **mindset** to Christ.

*“We **demolish arguments** and every **pretension** that sets itself up against the knowledge of God, and we **take captive every thought** to make it obedient to Christ.”*

**2 Corinthians 10:5**

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**SO WHAT? What do I specifically DO this week?**

For these exercises, you will need to plan **three independent sessions**, each consisting of **about 20 minutes** or so. Make plans now for where and when this week you will devote time to God. **If you end up only spending one session on this exercise**, consider making it a full one-hour session and tackle all three sessions in one setting.

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**SESSION ONE:** Once again pray **Ephesians 1:17-23** and **3:14-21** over yourself as you begin this exercise. Then, pull in and review your notes from last week’s exercise (or go back and complete it now):

- **Where do you need victory?** What are **key words** that describe the victory you need?
- **What spiritual influences** (principalities and powers) do you think might be at play working against you?
- **Make an outline** where you link the **key words** you defined with the **scriptural foundation** (Bible verses) that promise the victory you need.
- **Pray over each of the verses** and the promises contained in them. Ask God to **accomplish in you** what is promised in scripture.

- **Pro Tip:** Move super-slowly and carefully with this. Resist the thought that this is a repetitive move from last week, and that you've already done this or "checked that box." Careful, slow, thoughtful repetition of this step is a valuable move in seeking God for Him to accomplish His work (see **Isaiah 55:6-11**). Seeking God authentically takes time. What God is looking to do in you is to change aspects of **how you think, how you view your circumstances, and how you interpret reality**. Changing these things is significant and will take a lot of time for God to soften your mind and heart.

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**SESSION TWO:** In this session, we are asking God to reveal **thoughts, ideas, and perspectives** that you have held in your life that are contrary to the will and mind of God. **This will be a difficult session** if you do it right. You are looking here for **strongholds**—ideas and core beliefs you have held onto that are contrary to Biblical truth. They are called strongholds specifically **because they are strong**—we resolutely cling to our old and damaged beliefs because of how they were formed. They were established at very **formative moments** in our life and then often **reinforced** as events in our life appear similar. We interpret those similar events as confirmation of our old and unscriptural views of ourselves.

- **Read James 1:5 and 1 Corinthians 2:9-16.** Ask God to give you wisdom and a spirit of revelation on these matters.
- **Read carefully and slowly 2 Corinthians 10:3-5.**
- **Look again over the list of key words and scriptural truths** you reviewed in this week's Session One.
- **Ask God to reveal to you where, how, and why** you subconsciously resist accepting those scriptural truths into

your reality. **Slow down here...sit in quiet and listen carefully to the Holy Spirit's speaking to your conscience.**

- **Write out here or in a journal the thoughts, ideas, and perspectives (strongholds) you have held onto that are contrary to God's will:**

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- **Confess each one of them to God in prayer** ("God, I confess to you that I have clung onto this idea, and I acknowledge that it is not scriptural...help me receive your truth...")

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**SESSION THREE:** In this session, we want to begin to **replace** old views of ourselves with **new mindsets** that are congruent with God's will as revealed in scripture.

- **Read Galatians 5:16-25, paying special attention to vs. 22-23.** Note that this is what **God does** (fruit=evidence), not what **you do**. You trust God to act; He enacts the change.
- **Create a new list** where you link the fruit of God's Spirit (Galatians 5:22-23) with the old, damaged ideas (strongholds) from the previous sessions.
- **Confess and claim in prayer these new and Biblical ideas.** (For example: "God, in the name of Jesus, I confess that joy [or some other fruit of the Spirit] is the evidence of your Spirit in my life. I choose to claim this over my circumstance XYZ, and I renounce the former way I have thought...")