

IDENTIFYING CARNAL STRONGHOLDS

This survey is designed to help you identify areas where your fleshly desires may be holding you back from fully living in the freedom that Christ offers. Please take a moment to reflect on your past experiences and check any of the following that apply to you.

- Struggling with anger or uncontrolled rage
- Harboring bitterness or resentment towards others
- Dealing with envy or jealousy
- Engaging in gossip or slander
- Struggling with lust or sexual immorality
- Viewing pornography or engaging in inappropriate online activities
- Experiencing addiction to substances (e.g., alcohol, drugs) or behaviors (e.g., gambling)
- Engaging in overeating or gluttony
- Struggling with laziness or lack of motivation
- Harboring unforgiveness or a desire for revenge
- Being overly critical or judgmental of others
- Experiencing pride or arrogance
- Struggling with greed or a love of money
- Allowing fear or anxiety to control your decisions and actions
- Seeking approval or validation from others rather than from God
- Engaging in self-destructive behaviors
- Struggling with negative self-talk or low self-esteem
- Dealing with chronic lying or dishonesty
- Experiencing uncontrollable fits of rage or aggression
- Allowing selfishness to dominate your relationships and interactions

BREAKING FREE FROM CARNAL STRONGHOLDS

Recognizing these carnal strongholds is an important step towards breaking free from their grip. The next step is to repent and renounce these behaviors, committing to living a life that honors God. Replace these fleshly desires with the fruit of the Spirit, and seek God's help through prayer, reading the Bible, and fellowship with other believers.

PRAYER FROM CARNAL STRONGHOLDS

Heavenly Father, I come before You in the name of Jesus Christ, acknowledging that I have allowed my fleshly desires to dominate my life. I repent of [call out the specific carnal strongholds by name], and I ask for Your forgiveness. I declare that Jesus Christ is my Lord and Savior, and I choose to turn away from these carnal strongholds completely.

I ask You, Lord, to fill me with Your Holy Spirit and help me to produce the fruit of the Spirit in my life. Give me the strength to resist temptation and the wisdom to make choices that honor You. Surround me with Your love and protection as I walk in Your ways.

In Jesus' name, I pray. Amen.