



OVERCOMING STRONGHOLDS
The 40 Day Treatment Devotional



February 2023

Ephesians 3:20 “Never doubt God’s mighty power to work in you and accomplish all this. He will achieve infinitely more than your greatest request, your most unbelievable dream, and exceed your wildest imagination! He will outdo them all, for His miraculous power constantly energizes you.”

Holy Spirit, what are You saying to me through this?

(Well done! You made it to the end of your 40 Day Treatment. Our prayer is that God has done a mighty work in and through you, and you will never be the same again! “The old has gone and new has come!” 2 Corinthians 5:17)

James 1:5 “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”

Holy Spirit, what are You saying to me through this? Do I struggle with asking the Holy Spirit for wisdom? Why is that?

OVERCOMING STRONGHOLDS THE 40 DAY TREATMENT DEVOTIONAL

“A stronghold is a mindset impregnated with hopelessness that forces us to accept as unchangeable situations we know are contrary to the will of God.”

-Dr. Ed Silvano

This is my interpretation of what a stronghold is: A stronghold is when there is a disconnect between my mind (what I **know** to be true) and my heart (what I **believe** to be true) and actions, and it is covered with hopelessness; therefore, deep down, I believe that things can **never** change.

You are about to experience breakthrough like never before! You are about to encounter God in ways that you never have before. There will be moments of pain that the Lord will allow to rise to the surface, and you will be given a choice to either lean into the pain and allow the Lord to bring healing or to shut it down. You will hear God speak to you so clearly. But there will also be times when it's a struggle and you'll want to give up.

But if we don't deal with our strongholds, Satan uses this secret weapon against us to steal, kill, and destroy the destiny God has given to us from long ago. As Dr. Ed Silvano says, “This is where the battle for our cities is won or lost.”

You are on a journey to breakthrough, and you are not alone. Here are some tips as you partner with Jesus over these next 40 days.

~Pastor Charis Logan

1. Key Bible Verses

- a) Take time to ask God to highlight verses (If you can't think of any, Google it!)
- b) Say and memorize these verses
- c) Say these verses EVERY DAY (4 times a day!)

2. Write out declarations from the truth He reveals and say them out loud (until your head connects to your heart!)

- a) If you are having trouble thinking of declarations, use the Bible verses to make them your declarations
 - Example: Jeremiah 31:3 "I have loved you with an everlasting love; therefore, I have drawn you out with kindness."
- Declarations:**
- "I declare that I am loved 100% of the time."
 - "I declare that I am loved without conditions."

3. Focus on having heart to heart connections with Him every day (take time to worship God, by yourself, in your car, with your family, etc.)

4. Even on days when you are not getting anything "significant", enjoy being in His Presence

I have noticed that I tend to get a lot of breakthroughs in the first 7-10 days and it's easy to "take my foot off the gas pedal". But I want to encourage you to push through and keep seeking God for whatever He has for you. Trust me...there's more.

5. Keep SPA'ing and reading your Bible (you will be so surprised to see how God really brings everything together!)

6. Fast for 40 days

I'm sure that some of you are cringing as you read this (like how I would be!). But the truth is that there is spiritual significance to a fast. Psalm 107:9 says "He satisfies the longing soul, and the hungry soul He fills with good things." There's something about hungering and longing that the Father loves to fill and satisfy...if we let Him.

Psalm 70:4-5 "But let all who passionately seek You erupt with excitement and joy over what You've done! Let all Your lovers, who continually rejoice in the Savior, say aloud, 'How great and glorious is our God!' Lord, in my place of weakness and need, won't You turn Your heart toward me and hurry to help me? For You are my Savior and I'm always in Your thoughts."

Father God, what are You saying to me through this?

John 12:26 “If you want to be My disciple, follow Me and you will go where I am going. And if you truly follow Me as My disciple, the Father will shower His favor (honor) upon your life.”

Jesus, what are You saying to me through this? Am I truly following You as Your disciple? If not, what are the areas in my life that I have not fully submitted yet?

Please don't make your fast (whether it's certain foods, caffeine, processed sugars, or maybe your electronic devices, just to name a few suggestions) about figuring out what you can and can't eat or watch. Personally, I've done fasts like a Daniel fast, and I found myself constantly thinking about preparing for my next meal or snack that I could munch on, and how to substitute one treat for another. It was exhausting, distracting, and not to mention expensive lol.

So I want to encourage you to fast, but not make it about the fast. These next 40 days are about you encountering the sweet manifest Presence of Jesus 24/7. The purpose and goal of fasting is that you receive God's heart for you, your family, and the world. It's not about losing weight, or making healthier food choices, or breaking an addiction to your phone (although those things will likely happen in the process). As your soul longs for more of Him, He **will** fill you with good things!

7. Forgive and be set free!

Pain from the past may begin to surface over these next 40 days. But I truly believe it is in God's grace that He is exposing it. He has faith in you to deal with it and allow Him to heal it.

As lies are revealed and pain, anger, bitterness, frustration, or anxiety may begin to get triggered, it must be dealt with. Don't try to shut it off or ignore it. Take a proactive stance and forgive those who have hurt you. Try to go back to when the enemy introduced this lie through something hurtful or painful. Even if it's hurt that was unintentional or from your perspective as a child, there needs to be forgiveness.

Ask the Lord to forgive you also, for judgements that were made, whether it was out loud or just in your heart. Ask God to forgive you for bitterness and anger you may have held on to. And release it all into the Lord's hands. In doing this, you are trusting that God, our Judge, will deal with it, and most of all, He will take care of you.

Then, as you let go of the lies you have believed, ask the Holy Spirit to show you the TRUTH. And like Steve Chua said in Unit 6, if you don't know what the truth is and you're having trouble hearing it, ask your prayer partner to help you discern the truth.

In doing this, you will be an overcomer and gain the spiritual authority that God has destined for you!

“It is written...”

Romans 8:26-27 “In the same way the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us through wordless groanings. And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God’s people in accordance with the will of God.”

Holy Spirit, what are You saying to me through this?

Psalm 50:23 “The life that pleases Me is a life lived in the gratitude of grace, always choosing to walk with Me in what is right. This is the sacrifice I desire from you. If you do this, more of My salvation will unfold for you.”

Father God, what are You saying to me through this? Am I living a life “in the gratitude of grace”? What are all the things that I am thankful for and how God’s grace has blessed my life?

- DAY 1 -

Psalm 37:23-24 “The LORD makes firm the steps of the one who delights in Him; though he may stumble, he will not fall, for the LORD upholds him with His hand.”

Holy Spirit, what are You saying to me through this? Are there parts of me that doesn't believe this, and where did that come from?

- DAY 34 -

Luke 12:32 “[Jesus said] So don't ever be afraid, dearest friends! Your loving Father joyously gives you His Kingdom realm with all its promises!”

Jesus, what are You saying to me through this?

- DAY 33 -

1 Peter 2:24 "He Himself bore our sins in His body on the cross, so that we might die to sins and live for righteousness; by His wounds you have been healed."

Jesus, what are You saying to me through this? Is there healing in my life that You want me to claim this promise for?

- DAY 2 -

Isaiah 40:31 "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Father God, what are You saying to me through this? Do I find my strength in the Lord? And if I don't, where do I renew my strength and why isn't it in the Lord?

(With a week left in our 40 Day Treatment, don't stop! It's easy to sit back and feel satisfied with the breakthroughs that have come in these last 32 days...but there is MORE. Don't let complacency hold you back from taking those final blows to the most stubborn walls of these strongholds.)

- DAY 3 -

Jeremiah 29:11 “‘For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’”

Father God, what are You saying to me through this? Do I believe that You only have the best planned for me and my family? If I don't, where did that lie come from?

- DAY 32 -

Deuteronomy 31:8 “The LORD Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

Father God, what are You saying to me through this?

- DAY 31 -

Psalm 34:18 “The LORD is near to the brokenhearted and saves those who are crushed in spirit.”

Jesus, what are You saying to me through this? Please remind me of how You have come near to me in my lowest points and have always been faithful. Ask God to show you times that He met you in your pain and brokenness.

- DAY 4 -

Philippians 4:6-7 “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

Lord Jesus, what are You saying to me through this? Are there things that I am worried about? What does it look like for His peace to guard my heart and mind?

- DAY 5 -

Psalm 68:5-6 “Father to the fatherless, defender of widows—this is God, whose dwelling is holy. God places the lonely in families; He sets the prisoners free and gives them joy. But He makes the rebellious live in a sun-scorched land.”

Father God, what are You saying to me through this? Are there times that my heart can remember of feeling lonely or comfortless? Is there anyone that I need to forgive?

- DAY 30 -

Psalm 23:6 “So why would I fear the future? For Your goodness and love pursue me all the days of my life. Then afterward, when my life is through, I’ll return to Your glorious Presence to be forever with You!”

Father God, what are You saying to me through this?

- DAY 29 -

2 Corinthians 3:17 “For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.”

Holy Spirit, what are You saying to me through this? Are there areas in my life that I am not experiencing freedom? Why is that?

- DAY 6 -

Romans 8:28 “And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.”

Jesus, what are You saying to me through this? Do I really believe that You will work for my good? If not, where did that lie come from?

- DAY 7 -

Isaiah 54:10 “‘Though the mountains be shaken and the hills be removed, yet My unfailing love for you will not be shaken nor My covenant of peace be removed,’ says the LORD, who has compassion on you.”

Father God, what are You saying to me through this? What is my usual reaction when life is shaken?

- DAY 28 -

Romans 8:38-39 “So now I live with the confidence that there is nothing in the universe with the power to separate us from God’s love. I’m convinced that His love will triumph over death, life’s troubles, fallen angels, or dark rulers in the heavens. There is nothing in our present or future circumstances that can weaken His love. There is no power above us or beneath us—no power that could ever be found in the universe that can distance us from God’s passionate love, which is lavished upon us through our Lord Jesus, the Anointed One!”

Lord Jesus, what are You saying to me through this?

(P.S. For those of you that are fasting, push through the withdrawals and persevere!)

- DAY 27 -

Matthew 11:28-29 “Come to Me and I will give you rest—all of you who work so hard beneath a heavy yoke. Wear My yoke—for it fits perfectly—and let Me teach you; for I am gentle and humble, and you shall find rest for your souls.”

Jesus, what are You saying to me through this? Am I carrying burdens that are not meant for me to carry? Am I wearing Your yoke (aka calling), rather than my own?

- DAY 8 -

John 15:9-11 “As the Father has loved Me, so have I loved you. Now remain in My love, just as I have kept My Father’s commands and remain in His love. I have told you this so that My joy may be in you and that your joy may be complete.”

Jesus, what are You saying to me through this?

- DAY 9 -

Psalm 103:2-5 “Praise the LORD, my soul, and forget not all His benefits –who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s.”

Father God, what are You saying to me through this? Do I believe this promise? If I don't, where did the lie come in?

- DAY 26 -

Philippians 4:19 “And my God will meet all your needs according to the riches of His glory in Christ Jesus.”

Jesus, what are You saying to me through this?

- DAY 25 -

Psalm 17:6 “You will answer me, God; I know You always will, like You always do as You listen with love to my every prayer.”

Father God, what are You saying to me through this? Do I believe that You care for me and you listen to my every prayer? If I don't, what is the lie and where did that lie come from?

- DAY 10 -

Acts 3:19 “Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.”

Jesus, what are You saying to me through this? Have I, or do I, experience times of refreshing from the Lord? What does that look like in my life? And if I haven't, what has prevented it?

- DAY 11 -

Mark 11:24 “Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.”

Jesus, what are You saying to me through this? Are there times that I struggle to ask You for things in prayer, Jesus? Where did this struggle come from?

- DAY 24 -

Ephesians 3:16 “And I pray that He would unveil within you the unlimited riches of His glory and favor until supernatural strength floods your innermost being with His divine might and explosive power.”

Jesus, what are You saying to me through this?

- DAY 23 -

Psalm 9:9-10 “The LORD is a refuge for the oppressed, a stronghold in times of trouble. Those who know Your name trust in You, for You, LORD, have never forsaken those who seek You.”

Father God, what are You saying to me through this? As I am breaking ungodly strongholds, are You becoming my true stronghold?

- DAY 12 -

Joshua 1:9 “Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”

Father God, what are You saying to me through this? Do I live my life in a way of being strong and courageous? Do I believe in my heart that God is with me wherever I go?

- DAY 13 -

Proverbs 18:10-12 “The name of the LORD is a strong tower; the righteous runs into it and is safe. The rich think of their wealth as a strong defense; they imagine it to be a high wall of safety. Pride goes before destruction; humility precedes honor.”

Father God, what are You saying to me through this? Do I have a hard time walking in humility? Why is that a struggle for me?

- DAY 22 -

James 4:6-7 “And He gives grace generously. As the Scriptures say, ‘God opposes the proud but gives grace to the humble’ (Prov. 3:34). So submit yourselves before God. Resist the devil, and he will flee from you.”

Holy Spirit, what are You saying to me through this? How can I submit (more) to You, Lord? How are You calling me to resist the devil in my life? What does my life look like when the devil flees from me?

- DAY 21 -

Psalm 23:4 “Lord, even when Your path takes me through the valley of deepest darkness, fear will never conquer me, for You already have! You remain close to me and lead me through it all the way. Your authority is my strength and my peace. The comfort of Your love takes away my fear. I’ll never be lonely, for You are near.”

Holy Spirit, what are You saying to me through this?

- DAY 14 -

James 4:8-10 “Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. Humble yourselves before the Lord, and He will lift you up in honor.”

Holy Spirit, what are You saying to me through this? Have I truly allowed You to bring me to a place of “Godly sorrow”, not condemnation, but a place of ownership for my sins and the heartache that was caused to God, others, and even myself?

- DAY 15 -

Isaiah 43:2 “When you pass through the water, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.”

Holy Spirit, what are You saying to me through this?

- DAY 20 -

Isaiah 54:17 “...no weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the LORD, and this is their vindication from Me,” declares the LORD.”

Father God, what are You saying to me through this?

(P.S. Congratulations! You're halfway there...don't give up!
God has even more in store for you.)

- DAY 19 -

Isaiah 41:10 "Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand."

Father God, what are You saying to me through this? What are some of my fears? When God is calling me to step out in faith, what is "the worst-case scenario" that gets triggered in my mind and heart? Where did that come from?

- DAY 16 -

John 14:27 "[Jesus said] I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."

Jesus, what are You saying to me through this? How can I live in this gift that Jesus promised me? What steals away this peace in my life?

- DAY 17 -

Psalm 32:8 “The LORD says, ‘I will guide you along the best pathway for your life. I will advise you and watch over you.’”

Father God, what are You saying to me through this? Do I truly believe that You will guide me down the best pathway? Or do I rarely ask You to guide me because I have a hard time trusting/asking?

- DAY 18 -

1 Corinthians 1:3 “May joyous grace and endless peace be yours continually from our Father God and from our Lord Jesus, the Anointed One!”

Holy Spirit, what are You saying to me through this?