

Ethos | Tearing Down Strongholds

3 Fears That Create Strongholds In Our Hearts

1. Fear Of Failure

Fear Of Failure Makes You Defensive

“Slowness to anger makes for deep understanding; a quick-tempered person stockpiles stupidity.”

Proverbs 14:29

“A man without self-control is as defenseless as a city with broken-down walls.”

Proverbs 25:28

2. Fear Of Rejection

Fear Of Rejection Keeps You Distant

“One who isolates himself pursues selfish desires; he rebels against all sound wisdom.”

Proverb 18:1

3. Fear Of Being Hurt

Fear Of Hurt Makes You Demanding

“Reckless words pierce like a sword, but the tongue of the wise brings healing.”

Proverbs 12:18

3 Truths That Tear Down The Strongholds

“For God has not given us a spirit of fear, but one of power, love, and sound judgment.”

2 Timothy 1:7

Truth #1: Perfect Love Is From God

Action Step #1: Accept God's Perfect Love

“And so we know the love that God has for us, and we trust that love. God is love. Those who live in love live in God, and God lives in them.”

1 John 4:16

“I pray that Christ will live in your hearts by faith and that your life will be strong in love and be built on love. And I pray that you and all God’s holy people will have the power to understand the greatness of Christ’s love—how wide

and how long and how high and how deep that love is. Christ's love is greater than anyone can ever know, but I pray that you will be able to know that love. Then you can be filled with the fullness of God."

Ephesians 3:17-19

Truth #2: Perfect Love Drives Out Fear

Action Step #2: Activate God's Perfect Love

"Where God's love is, there is no fear, because God's perfect love drives out fear."

1 John 4:18

"The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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 10:4-5

Truth #3: Perfect Love Wins Over Fear Every Time

Action Step #3: Apply God's Perfect Love

"Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you."

Ephesians 4:32

"Be gentle and ready to forgive; never hold grudges. Remember, the Lord forgave you, so you must forgive others."

Colossians 3:13

"And may the Lord make your love for one another and for all people grow and overflow, just as our love for you overflows."

1 Thessalonians 3:12