





TTR Week 1 Bible Devotion: Letting Go of Strongholds


Week 1: Recognizing Strongholds


Theme: Identifying the walls we've built and how they keep us bound.

Day 1 – God's Power Destroys Strongholds


 *Scripture:* 2 Corinthians 10:4–5 – “The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.”


 *Devotion:* Strongholds are not just bad habits; they are thought patterns, fears, or sins that keep us trapped. Paul reminds us that in Christ, we are not powerless—God equips us with spiritual weapons strong enough to break down anything that holds us captive.


 *Prayer:* Lord, open my eyes to see the strongholds in my life. Help me believe Your power is greater than any chain holding me back.


 *Action Step:* Write down one area where you feel stuck. Declare over it: “*This stronghold will not stand, because God's power is greater.*”

Day 2 – Search Me, O God

 *Scripture:* Psalm 139:23–24 – “Search me, God, and know my heart... See if there is any offensive way in me, and lead me in the way everlasting.”


 *Devotion:* Sometimes we can't see our strongholds clearly. We need God to shine His light into the hidden corners of our hearts. This is a prayer of surrender—inviting Him to reveal what we may be blind to.


 *Prayer:* Father, search my heart today. Show me the attitudes, fears, or sins I've allowed to take root. Lead me into freedom.


 *Action Step:* Spend 5 minutes in quiet prayer. Ask God to reveal hidden strongholds. Write down what He brings to mind.

Day 3 – The Truth Will Set You Free


 *Scripture:* John 8:34–36 – “So if the Son sets you free, you will be free indeed.”


 *Devotion:* Jesus makes it clear: sin enslaves us, but His truth brings freedom. Strongholds lose their power when exposed to His Word. Freedom is not something we earn—it's a gift we receive through Christ.


 *Prayer:* Jesus, I believe You came to set me free. Help me walk in Your truth and not in the lies that have trapped me.


 *Action Step:* Write out John 8:36 on a card or sticky note. Place it somewhere you'll see it daily.

Day 4 – The Struggle Within


 *Scripture:* Romans 7:21–25 – “What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!”


 *Devotion:* Paul himself wrestled with sin's grip. The struggle is real, but so is the rescue. When we feel weak and defeated, we can remember that Christ has already won the battle for us.


 *Prayer:* Lord, even when I fail, remind me that my rescue is in You, not in my own strength.


 *Action Step:* Write down one area you've been trying to fix on your own. Release it to God in prayer.

Day 5 – The Danger of Hiding Sin


 *Scripture:* Proverbs 28:13 – “Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.”


 *Devotion:* Strongholds grow in the dark. Confession breaks their power. When we bring our struggles into the light, we open the door for mercy and healing.

 *Prayer:* God, give me the courage to confess what I've been hiding. Thank You that Your mercy is greater than my sin.


 *Action Step:* Share one area of struggle with a trusted friend, mentor, or journal it in prayer.

Day 6 – Lay Aside Every Weight


 *Scripture:* Hebrews 12:1 – “Let us throw off everything that hinders and the sin that so easily entangles.”


 *Devotion:* Not every weight is sin—sometimes it's worry, fear, or distractions that weigh us down. God calls us to let go so we can run freely in His plan.


 *Prayer:* Father, show me what I need to lay down today so I can run the race You've set before me.


 *Action Step:* Identify one “weight” in your life (fear, distraction, habit). Write it down, then pray over it and ask God for strength to release it.

Day 7 – Reflection & Journaling

 *Scripture:* Lamentations 3:40 – “Let us examine our ways and test them, and let us return to the Lord.”

 *Devotion:* This week has been about recognizing strongholds. Before you move forward, pause to reflect. Growth comes through honest self-examination in God's presence.

 *Prayer:* Lord, thank You for revealing areas where I've been bound. I return to You with my whole heart.

 *Action Step:* Journal your biggest takeaway from this week. Answer: “*What strongholds am I holding onto, and how is God leading me to let them go?*”