

Arsenal Against Accusation Full Book Outline

Intro

It Starts with a Seed:

Begin with core memories that introduced me to accept the lies of the enemy that I was always to blame for everything:

-Childhood-parents-the impact of language used in parenting

-Childhood impact of parents divorce-blaming myself for their split

-High expectations from parents and other authority figures: believed that I could never measure up

-Childhood Abuse: the impact on self-worth/Felt like I somehow brought the abuse upon myself.

-Not graduating High School on time: Impact on self-worth, received the lie of being a failure, that even though I applied myself the best I could, it wasn't good enough.

Believing the Lies, Living in Fear

-Discuss the lies my past experiences caused me to believe and how these fears built a stronghold in my mind concerning myself, my worth, my intelligence, my ability to make decisions..etc.

-Expose how the enemy uses lies to open the door to fear

-Discussing how satan's name is a title and what it means as far as his assignment against us.

Explaining how he uses fear to cripple us using the examples above and how the developed a fear of success fear of failure-fear of making decisions, fear of being wrong, etc.

Spiraling out in Adulthood

-How believing lies affected my identity.

-Dealing with depression because of lies I believed

-The lies I believed about myself because of a previous marriage

-Hitting my rock bottom: living in crippling double-mindedness and addiction wanting to die.

Being Sick and it's my fault

-Guilt of failures used to cause me to believe I was sick because I failed God or sinned and was being punished.

-Discuss how my health got worse because of my inability to pull down the imagination the enemy placed in my mind.

It's life or Death

-Coming to the end of my rope physically

-Noticing spiritual death

-Noticing a severe physical decline

-being pushed to the point of realizing if I didn't start fighting back I would die.

The Revelation

-God is truth and every other man is a liar-even me and the thoughts i think

-His plans for me are good

-His perfect love casts out all fear

-In order to receive the truth I had to identify where I'd believed a lie!

The Fight

Learning to silence myself, my thoughts, and focus on the Lord

-Learning to be intentional and swift to guard my thoughts and rebuke thoughts that didn't align with the word.

-learning to pinpoint the lies, rebuke them and replace them with truth.

-knowing the Word not just the letter-knowing Him as Love instead of wrath

-Building a personal war system in the form of a journal that aided me in self-deliverance

Conclusion

Recap lessons learned

Word of encouragement to fight and keep fighting

Point reader to resources I created that helped me in my journey.