



CORNER FRINGE MINISTRIES  
**FREEDOM IN MESSIAH**

*Student Guide | Week 4*  
**Egypt Is Still in Your Head**

**THIS WEEK'S ISSUE**

*Chapter 4 is about this: the primary arena of spiritual warfare is not your circumstances — it is your mind. Specifically, the root beliefs you hold about yourself, about God, and about the world. Strongholds are not dramatic. They are lies that have been believed long enough to feel like the truth.*

**THE JOURNEY SO FAR**

**LAST WEEK**

*We established that we are fighting from a secured victory, not for one. We stand in the authority of I AM — and nothing has the power to remove us from His hand.*

**THIS WEEK**

*We go inside. The battle is not out there — it is in the thought patterns and deep beliefs that govern every decision we make. This week we name the stronghold.*

**THIS WEEK'S MEMORY ANCHOR**

***"We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Messiah."***

**2 Corinthians 10:5**

**A THOUGHT TO CARRY INTO THE WEEK**

A stronghold is not a dramatic demonic structure. It is a thought pattern — a way of interpreting reality — that has become so ingrained it operates automatically, below conscious awareness. It does not announce itself. It just runs.

You can leave Egypt in a day. But it takes time to get Egypt out of you — unless the truth gets to the root. The work this week is to identify the program running beneath the behavior.

**BEFORE YOU BEGIN — A PERSONAL REFLECTION**

Take 2 minutes before your group starts. Read the question below and write your honest answer. You will not be required to share this — but you may want to.

**WHAT DOES YOUR MIND DO AUTOMATICALLY WHEN THINGS GO WRONG? WHAT IS THE FIRST CONCLUSION IT REACHES — AND WHERE DID IT LEARN TO DO THAT?**

|  |
|--|
|  |
|  |
|  |
|  |

## BREAKOUT SESSION

Week 4 | *Battle for the Mind*

Total time: 60 minutes | No facilitator needed — follow the steps

### HOW THIS WORKS

There is no leader in this group — everyone follows the steps together. Each step has a time guide. Stay with the step you are on. If someone in the group needs more time on a particular step, the group can choose to stay — that is the right call. The structure serves the people, not the other way around.

***The goal is not to get through all five steps. The goal is that every person in this group leaves having done real work — and none of you leaves alone.***

### STEP 1 LAND THE TEACHING 8–10 minutes

Someone in the group reads this aloud before anyone responds:

The teaching this week confronted the operating system beneath the behavior — the stronghold. Israel had been freed from Egypt physically, but their minds were still formed by forty years of slavery. One setback in the wilderness and immediately the stronghold took over: God has abandoned us, we were better off before. That is what strongholds do. They interpret every circumstance through the lens of the lie.

Take 2 minutes of silence. Let each person answer this question privately before anyone speaks:

#### DISCUSS:

***What is the deep belief — not the behavior — that most consistently works against your freedom? Can you trace it back to where you first learned to believe it?***

#### MY HONEST ANSWER TO STEP 1:

|  |
|--|
|  |
|  |
|  |

Now go around the group. Each person shares their answer — as honestly as they are able. No cross-talk while someone is sharing. When everyone has spoken, move to Step 2.

### STEP 2 THE ROOT WORK 15–20 minutes

Turn back to Page 1 and look at the Root Question Framework you began filling in. If you have not yet completed it, take 5 minutes now to do so — privately and honestly.

This is individual work first. Do not share yet. Write it down. The act of writing forces honesty in a way that thinking alone does not.

After everyone has had time to write, go around the group. Each person shares what they wrote — as much or as little as they are ready to share. The group listens. No fixing, no advising, no jumping to solutions. Just witness what each person brings.

After everyone has shared, reflect on this together:

#### GROUP REFLECTION

***What strongholds do you think are most common among people in your generation or background? How do those strongholds typically show up — what fruit do they produce that most people mistake for the root problem?***

### STEP 3 GO DEEPER TOGETHER 20–25 minutes

This is the heart of the session. The question below is harder than Step 1. It requires more honesty. Take 2 minutes of silence before anyone speaks — let each person sit with it privately first. When you are ready, go around the group. Each person responds. The group listens fully before anyone else speaks.

If someone in the group is particularly moved by this question — if the Holy Spirit is clearly doing something — let the group stay with that person. Do not rush past a real moment to stay on schedule. That is what the time margin is for.

**DISCUSS:**

***What is the thought pattern you keep returning to that you have accepted as just the way you are — but that may actually be a stronghold the enemy has built? What would it mean to name it as a lie rather than an identity?***

**THE STRONGHOLD I AM NAMING TODAY:**

|  |
|--|
|  |
|  |

**THE LIE AT ITS FOUNDATION:**

|  |
|--|
|  |
|  |

**THE TRUTH THAT REPLACES IT:**

|  |
|--|
|  |
|  |

**PREPARE TO SHARE**

When you return to the main room, your group may be asked to share. Together, decide on one thing — one insight, one moment, one declaration — that represents what happened in your group today.

***Complete this sentence as a group: "The lie we are most tired of believing is***

\_\_\_\_\_"

*Write it here so you don't lose it:*

Our group is taking away:

\_\_\_\_\_

\_\_\_\_\_

**STEP 5 — CLOSING PRAYER 2–3 MINUTES**

Designate one person to open in prayer. Then go around the group — each person prays one sentence if they are willing. No one is required. No one is skipped over without grace.

Suggested focus: Pray the Memory Anchor back to God as a declaration over your own life. Then ask Him to meet the specific thing you named today.

*One person closes the prayer when the group is ready.*