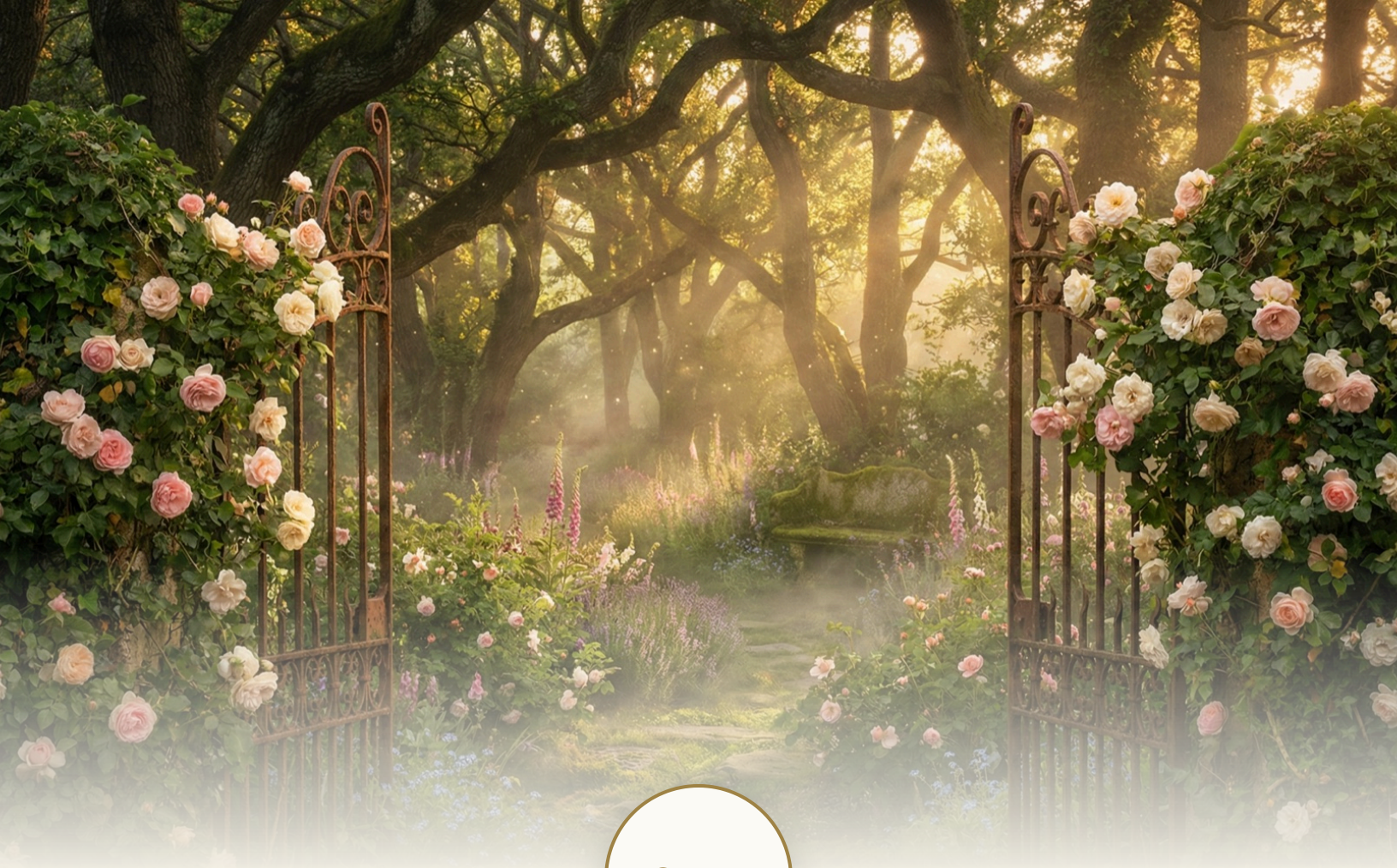




A JOURNAL FOR HEARING THE LORD & WALKING FREE

My *Secret* Garden

Raising my Ebenezer to future generations

AN IMPRINT OF OUR LEGACY LANE



THIS JOURNAL BELONGS TO





DEDICATION

From Grandma Ida, who gave me the wall.

Jesus, who gave me the key.

To Aunt Linda, who called me her own.

*And for a peaceful Papa, and Momma Bill,
who taught me to seek Him.*

*To my Momma, who always put me first,
and my Daddy, who always loved me unconditionally.*



DEDICATION

*To the women who showed me how to walk —
my spiritual mommas, and a new spiritual sister.*

*To my spiritual mommas, whom I could always depend on for
the truth.*

To Linda, gifted in mercy and grace.

To Suzette, a real warrior and survivor.

*To Janice — in full surrender, she goes forth with full truth
and authority.*

*And to my new sister in Christ, Mary Elaine — surrendered
enough to come alongside you with truth and precise focus, to
help bring you to deliverance.*

*Thank you all for submitting, surrendering, and seeking
truth.*

Thank you for acting on His behalf.

THE INVITATION

Behind the wall, a spring kept for you

A secret garden is the secret place — where the Lover of your soul waits. Jesus said to pray to “*your Father who is in the secret place*” (Matthew 6:6). Behind a wall the world can’t climb, He keeps a fountain sealed for you alone.

The whole story of God runs through gardens. He walked with us in Eden in the cool of the day. He surrendered everything in the garden of Gethsemane. And when He rose, Mary found Him in a garden and mistook Him for the gardener. Beginning, breaking, and resurrection — He has always met His people among growing things.

And this door is not new to you. Your Grandma Ida pressed the first *Secret Garden* into your hands when you were a girl. He has been walking you toward this gate your whole life — a thread of love, passed down, that finally opens onto Him.



A PRAYER TO ENTER

Lord, quiet my heart and still the noise around me. Open the ears of my spirit to Your still, small voice. Speak — for Your servant is listening. Teach me to know Your voice from every other, and give me the courage to walk in what I hear. In Jesus’ name, amen.



Contents

Dedication	3
The Daily Journal	7
The Garden Wall — testing what you hear	87
The Deliverance Workbook	88
Strongholds — by where they take hold	89
Scriptures for the Fight	90
Worksheets	93
Index of Strongholds	105
Notes	106

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HOW IT CAME

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☐ Spontaneous thought

☐ Dream

☐ Vision

☐ In worship

☐ Through a person

☐ Through an elder

☐ In creation

☐ A deep knowing

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THE FRUIT

LIKELY HIM — peace, and my faith rose

TEST IT HARD — fear, striving, or condemnation

IS IT LOVE? — *does it build up, encourage, comfort? 1 Cor 14:3*

MY RESPONSE — *the one step of obedience I'll take*

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Test it before you trust it — *weigh how you heard against His Word, its fruit, and love.* 1 JOHN 4:1 · GALATIANS 5:22–23



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TEST IT HARD — fear, striving, or condemnation

IS IT LOVE? — *does it build up, encourage, comfort? 1 Cor 14:3*

MY RESPONSE — *the one step of obedience I'll take*

LOOKING BACK — *did it come to pass?*

Test it before you trust it — *weigh how you heard against His Word, its fruit, and love.* 1 JOHN 4:1 · GALATIANS 5:22–23

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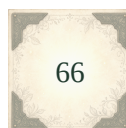
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MY RESPONSE — *the one step of obedience I'll take*

LOOKING BACK — *did it come to pass?*

Test it before you trust it — *weigh how you heard against His Word, its fruit, and love.* 1 JOHN 4:1 · GALATIANS 5:22–23

DATE

WHERE I MET HIM

MINUTES STILL

WHAT I SENSED — *a phrase, a picture, a verse, a dream, a knowing*

HOW IT CAME

☐ Still, small voice

☐ Spontaneous thought

☐ Dream

☐ Vision

☐ In worship

☐ Through a person

☐ Through an elder

☐ In creation

☐ A deep knowing

DOES IT AGREE WITH HIS WORD? — *reference & note*

THE FRUIT

LIKELY HIM — peace, and my faith rose

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THE GARDEN WALL

What keeps the garden safe

Every impression gets weighed against these three. This is what turns a gift into something trustworthy — and keeps it love instead of ego.

The *Word*

Does it agree with Scripture? He never contradicts what He has already written. ¹

JOHN 4:1

The *Fruit*

Does it bring peace and strengthen faith — or fear and striving? He has not given a spirit of fear. GALATIANS 5:22–23 · 2 TIMOTHY 1:7

The *Love*

Does it build up, encourage, comfort someone? That is what the gift is for. ¹

CORINTHIANS 14:3

THE WAYS HE SPEAKS

The still, small voice

A spontaneous thought

Dreams

Visions

Through worship

Through another believer

Through an elder

In creation

A deep, settled knowing

VERSES FOR THE GARDEN

Psalms 46:10 — Be still, and know.

1 Kings 19:12 — a gentle whisper.

John 10:27 — *My sheep hear My voice.*

Jeremiah 33:3 — Call to Me and I will answer.

Habakkuk 2:2 — Write down the revelation.

Psalms 91:1 — the secret place of the Most High.

*“You will keep in perfect peace those whose minds are
steadfast, because they trust in You.”*

ISAIAH 26:3

Come often. The gate is open to you.



Demonic and Flesh Infirmities

Common groupings — the ones I'm bringing to Him

We have a real enemy — not a symbol, not a leftover superstition, but a person the Word says prowls, looking for a way in (1 Peter 5:8). Somewhere the church grew quiet about him, and His people waste away for the lack of that knowledge (Hosea 4:6). You can love the Lord for twenty-five years and never once be told the door is still open to be set free. I know — I hadn't been.

So this part of the garden is that missing word, said plainly. Not to make you afraid — you fight from a victory already won, not for one (Luke 10:19; Colossians 2:15) — but so you stop wrestling flesh and blood (Ephesians 6:12), and take back ground he was never entitled to.

Some of what we carry is of the *flesh* — habits, appetites, and patterns to be crucified and disciplined (Galatians 5:19–24). Some is *demonic* — an influence to be bound and cast out in Jesus' name (Mark 16:17; Luke 10:19). Part of walking free is knowing *which is which*, so you fight each the right way — one you put to death daily, the other you command to go.

This is where you name them. Take your time. Mark which are yours — some you carry *now*, some you carried *once*, some came down the *family line*. Weigh each one before Him honestly; He is gentle with an honest heart.

And when He sets you free, *guard the door*. A swept house has to be filled (Matthew 12:43–45). Submit to God, resist the devil, and he flees (James 4:7). Give him no foothold again (Ephesians 4:27).

The Holy Spirit will quicken more as He sees fit. Leave room. Let the list grow.

Strongholds — by where they take hold

Every family, gathered by the makeup of a person — spirit, soul, and body.

Each is placed where it most roots; they overlap, so read across and circle where it lives in you.

Body FUNCTION · APPETITES · THE PHYSICAL

BONDAGE & ADDICTION

Addiction, compulsion, gluttony, overindulgence, escape, striving, workaholism, obsession, restlessness

INFIRMITY & DEATH

Sickness, infirmity, affliction, chronic pain, weakness, death, suicide, self-harm

LUST & IMPURITY

Lust, impurity, perversion, fantasy, pornography, fornication, adultery of the heart, seduction, uncleanness

Soul MIND · HEART · WILL

Mind

FEAR & TORMENT

Fear, anxiety, worry, dread, panic, phobias, terror, torment, nightmares, paranoia, timidity

DOUBT & DECEPTION

Doubt, unbelief, skepticism, deception, confusion, double-mindedness, lying, error

Heart

REJECTION & WOUNDS

Rejection, abandonment, self-rejection, fear of rejection, insecurity, inferiority, loneliness, feeling unloved, orphan-heartedness

SHAME & CONDEMNATION

Shame, guilt, condemnation, self-condemnation, self-hatred, unworthiness, regret, defilement

BITTERNESS & ANGER

Bitterness, unforgiveness, resentment, offense, anger, wrath, rage, hatred, retaliation, violence, cruelty

GRIEF & HEAVINESS

Grief, sorrow, mourning, heaviness, sadness, depression, despair, hopelessness, discouragement, apathy, self-pity

ENVY, GREED & DISCONTENT

Jealousy, envy, covetousness, greed, competition, comparison, discontent, ingratitude

Will

REBELLION & CONTROL

Rebellion, stubbornness, self-will, disobedience, control, manipulation, domination, possessiveness, intimidation

PRIDE & SELF

Pride, arrogance, vanity, ego, self-righteousness, haughtiness, self-importance, self-deception, stubborn pride

Spirit GOD-CONSCIOUSNESS · WORSHIP

OCCULT & FALSE WORSHIP

Occult, witchcraft, sorcery, divination, fortune-telling, astrology, spiritism, séance, idolatry, false religion, New Age

Doorways, not walls — where one crosses over; put it where it first took root.

HEBREWS 12:15 · PROVERBS 4:23

Scriptures for the fight

The Word is the weapon — for the flesh, for the enemy, and for walking free

FOR THE FLESH · CRUCIFY & DISCIPLINE

Galatians 5:19–24

Now the deeds of the flesh are obvious, which are: adultery, sexual immorality, uncleanness, lustfulness, idolatry, sorcery, hatred, strife, jealousies, outbursts of anger, rivalries, divisions, heresies, envy, murders, drunkenness, orgies, and things like these; of which I forewarn you, even as I also forewarned you, that those who practice such things will not inherit God's Kingdom. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, gentleness, and self-control. Against such things there is no law. Those who belong to Christ have crucified the flesh with its passions and lusts.

Romans 8:13

For if you live after the flesh, you must die; but if by the Spirit you put to death the deeds of the body, you will live.

Colossians 3:5

Put to death therefore your members which are on the earth: sexual immorality, uncleanness, depraved passion, evil desire, and covetousness, which is idolatry;

Romans 13:14

But put on the Lord Jesus Christ, and make no provision for the flesh, for its lusts.

1 Corinthians 9:27

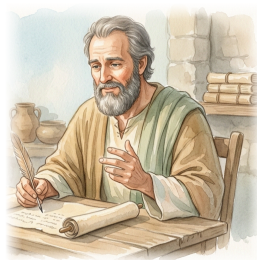
but I beat my body and bring it into submission, lest by any means, after I have preached to others, I myself should be rejected.

Galatians 5:16

But I say, walk by the Spirit, and you won't fulfill the lust of the flesh.

Titus 2:11–12

For the grace of God has appeared, bringing salvation to all men, instructing us to the intent that, denying ungodliness and worldly lusts, we would live soberly, righteously, and godly in this present age;



PAUL · WHO WROTE THESE WORDS

DEMONIC AND FLESH INFIRMITIES

FOR DEMONIC OPPRESSION · BIND & CAST OUT

Luke 10:19

Behold, I give you authority to tread on serpents and scorpions, and over all the power of the enemy. Nothing will in any way hurt you.

Matthew 17:20–21

Because of your unbelief. For most certainly I tell you, if you have faith as a grain of mustard seed, you will tell this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. But this kind doesn’t go out except by prayer and fasting.

James 4:7

Be subject therefore to God. Resist the devil, and he will flee from you.

Ephesians 6:11–12

Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For our wrestling is not against flesh and blood, but against the principalities, against the powers, against the world’s rulers of the darkness of this age, and against the spiritual forces of wickedness in the heavenly places.

2 Corinthians 10:4

for the weapons of our warfare are not of the flesh, but mighty before God to the throwing down of strongholds,

1 Peter 5:8–9

Be sober and self-controlled. Be watchful. Your adversary, the devil, walks around like a roaring lion, seeking whom he may devour. Withstand him steadfast in your faith, knowing that your brothers who are in the world are undergoing the same sufferings.

1 John 4:4

You are of God, little children, and have overcome them; because greater is he who is in you than he who is in the world.

Colossians 2:15

Having stripped the principalities and the powers, he made a show of them openly, triumphing over them in it.



JESUS · WHO GIVES THE AUTHORITY · LUKE 10:19

DEMONIC AND FLESH INFIRMITIES

FOR FREEDOM IN BOTH · THE VICTORY TO STAND IN

John 8:36

If therefore the Son makes you free, you will be free indeed.

Galatians 5:1

For freedom did Christ set us free; stand fast therefore, and be not entangled again in a yoke of bondage.

Romans 8:1-2

There is therefore now no condemnation to those who are in Christ Jesus, who don't walk according to the flesh, but according to the Spirit. For the law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.

Colossians 1:13

who delivered us out of the power of darkness, and translated us into the Kingdom of the Son of his love;

2 Corinthians 3:17

Now the Lord is the Spirit and where the Spirit of the Lord is, there is liberty.

Isaiah 61:1

The Spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound;

2 Timothy 1:7

For God didn't give us a spirit of fear, but of power, love, and self-control.

Fight the flesh by putting it to death daily; fight the enemy by resisting and casting out in Jesus' name — and stand in the freedom already won at the cross.



ISAIAH · WHO PROCLAIMED THE LIBERTY · ISAIAH 61:1

THE INFIRMITY

ITS NATURE

☐ *Flesh* — crucify & discipline

☐ *Demonic* — bind & cast out in Jesus' name

IS IT MINE?

☐ Current

☐ Past

☐ Generational

THE WORD THAT STANDS AGAINST IT — *reference & note*

HOW I'LL FIGHT IT — *the discipline to keep, or the prayer that binds and renounces*

☐ Brought to Him — date _____

☐ Set free — date _____

GUARDING THE DOOR — *how I'll keep this ground (Matt 12:43-45 · James 4:7 · Eph 4:27)*

ROOM TO WRITE — *what He is showing me, the prayer, the victory (more? keep going on Notes No. ____ in the back)*

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ROOM TO WRITE — *what He is showing me, the prayer, the victory (more? keep going on Notes No. ____ in the back)*

THE INFIRMITY

ITS NATURE

☐ *Flesh* — crucify & discipline

☐ *Demonic* — bind & cast out in Jesus' name

IS IT MINE?

☐ Current

☐ Past

☐ Generational

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My index of strongholds

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OUR LEGACY
L A N E *Every family has a
story worth keeping.*

POWERED BY OUR LEGACY LANE

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