



**CRITICAL ARMOR**  
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# ARMOR FOR THE FAMILY TECHNOLOGY AND YOUR HOME



## WEEKEND WORKSHOP WORKBOOK

# MY ZONE STRATEGY

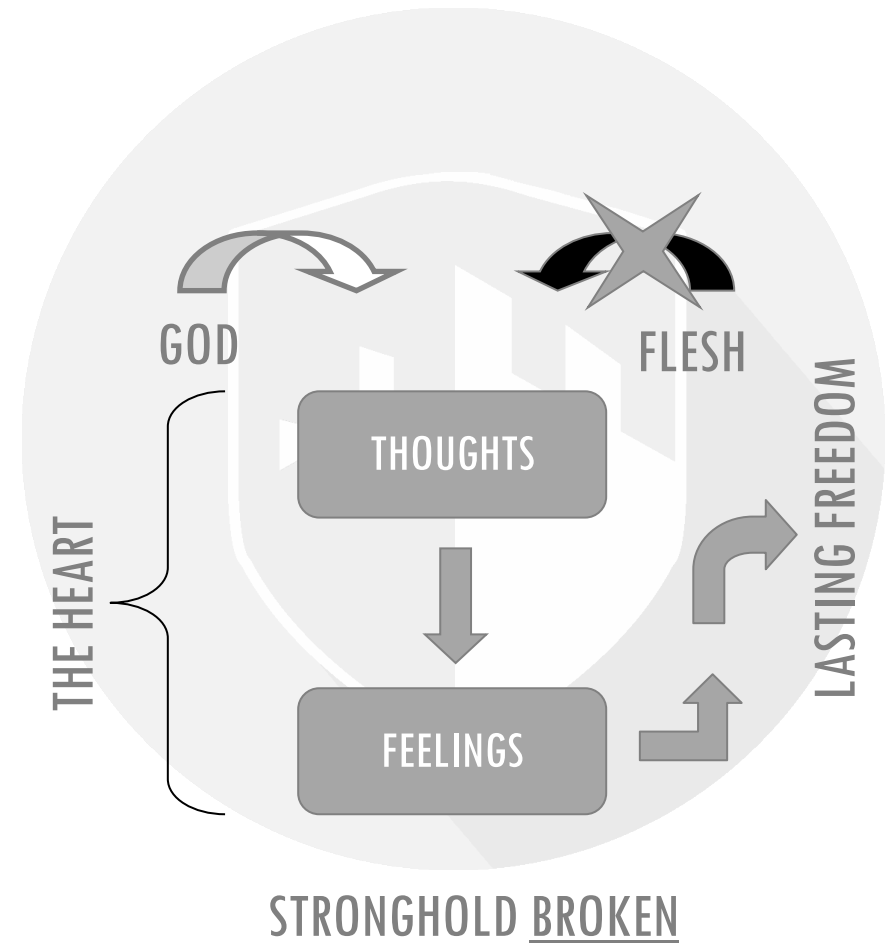
01 Device \_\_\_\_\_

02 Network \_\_\_\_\_

03 Internet \_\_\_\_\_

04 Physical \_\_\_\_\_

perfection, but with the power of God, we can certainly “sin less”. He is mighty to tear down strongholds in the lives of hurting and hopeless people, but we have to let Him. Without Christ, one may only be conformed to this world (Romans 12:2) but *with Christ*, one may renew the mind through the transformative power of Salvation.



*Evangelist Richard King (Berean Baptist Church, Springfield, Missouri) preached a message based upon this subject at the Berean H.O.P.E. Attendees in June of 2012.*

person cannot even please God (Romans 8:8 ). Therefore, an individual without God might occasionally do the “right” things but cannot do them for the “right” reasons.

This situation utterly prevents breaking down spiritual strongholds. The “natural” man without a relationship with God cannot receive the things of God (I Corinthians 2:14 ). In fact, the Bible says that the lack of understanding runs so deep that the mind with no relationship considers the things of God foolishness!

**II CORINTHIANS 10:4**  
*“FOR THE WEAPONS OF OUR WARFARE ARE NOT CARNAL, BUT MIGHTY THROUGH GOD TO THE PULLING DOWN OF STRONG HOLDS”*

On the other hand, a person who has what the Bible calls Salvation possesses a new source for thinking godly thoughts, and that by walking close to Him, the influence of the powers of Evil becomes minimized. That person no longer enters the battle unarmed, but instead ready to fight and win.

### **SUCCESS EXPERIENCED**

As a person walks with God, and learns from His Word, he removes the reinforcing power of the stronghold. As each imagination and “every high thing that exalteth itself against the knowledge of God” is cast down, the way of escape appears. As every thought is brought in captivity to the obedience of Christ, a person leaves the ball-and-chain behind and walks without entanglement as a “New Creature” in Christ Jesus (II Corinthians 5:17 ). “For as [a man] thinketh in his heart, so is he.”

The Bible teaches freedom from addictions and entanglements. It does not teach that anyone in this life can reach sinless

# SESSION AGENDA

SESSION 1 ZONE : STRATEGY

SESSION 2 ZONE 4 : PHYSICAL

SESSION 3 ZONE 3 : INTERNET

ZONE 2 : NETWORK

SESSION 4 ZONE 1 : DEVICE

SESSION 5 ZONE 0 : HOPE



The heart is deceitful above all things, and desperately wicked: who can know it? (Jeremiah 17:9)

Let this mind be in you, which was also in Christ Jesus: (Philippians 2:5)



For thou hast been a shelter for me, and a strong tower from the enemy. (Psalm 61:3)

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Name

# MY RISK WORKSHEET

*Instructions: Read each line carefully and select the one answer that most accurately describes your home. For each column, add together the values of your answers to find the over all Zone Value. Zone Values range from 0 to 8. Finally, use the form in the bottom right to calculate the Total Risk Value.*

## 01 Device

### RISK RATING OVERVIEW

Mobile Phones:	<input type="checkbox"/> None	<input type="checkbox"/> Two or Less	<input type="checkbox"/> Three or More
Desktop Computers:	<input type="checkbox"/> None	<input type="checkbox"/> One	<input type="checkbox"/> Two or More
Laptop Computers:	<input type="checkbox"/> None	<input type="checkbox"/> One	<input type="checkbox"/> Two or More
Tablets or iPads:	<input type="checkbox"/> None	<input type="checkbox"/> Two or Less	<input type="checkbox"/> Three or More
Column Values:	0	1	2
		ZONE 1 VALUE:	

## 02 Network

### RISK RATING OVERVIEW

WiFi in Home:	<input type="checkbox"/> None	<input type="checkbox"/> Open	<input type="checkbox"/> Password
Game Consoles:	<input type="checkbox"/> None	<input type="checkbox"/> One	<input type="checkbox"/> Two or More
Set Top / Smart TV:	<input type="checkbox"/> None	<input type="checkbox"/> One	<input type="checkbox"/> Two or More
Web Filtering:	<input type="checkbox"/> Full	<input type="checkbox"/> Passwords	<input type="checkbox"/> None
Column Values:	0	1	2
		ZONE 2 VALUE:	

the things of man. We know the things of man because we have the spirit of man in us (I Corinthians 2:11 ). That verse goes on to tell us that we can know the things of God by the Spirit of God. The lack of a relationship with God means no knowledge of the Holy Spirit of God. Therefore, you have no other source for your thinking other than, as the Bible in one case says, “only evil continually” (Genesis 6:5 ).

Some might reject this idea. They might believe that they create original thoughts all the time, but the Bible talks about this—let us redirect our attention to Ecclesiastes 1:9. The Bible tells us that there is nothing new under the sun, which includes our thoughts.

Plainly put, the Bible teaches us to do right things. From God’s Word, a person can learn to live a life that society would call “moral.”

However, living an outwardly “moral” life will not provide true freedom from a stronghold. Furthermore, the Bible explains that without the relationship with Jesus Christ called Salvation, a





Now, we will consider this same silly scene played out differently. What if Bob turned around, rushed back to Al, and said, “Al, I’m sorry! I shouldn’t have pushed past you, but I just got a call—my mother is going into the hospital.” So, why did Al jump to the worst possible conclusion?

### SOURCES EXAMINED

We see the power of thoughts. We see how the things we think affects the person we are. So far, though, we have yet to examine the source of those thoughts. Two, and only two, sources for our thoughts exist. One source is the Mind of Christ (I Corinthians 2:16 ), for the purposes of His goodness (Psalm 100:5 ), grace, mercy, and love (Ephesians 2:4&5 ). The other source is the power of evil, which goes by the Biblical names the Flesh, the Devil, and the World (Ephesians 2:2&3).

As we continue, you need to know that here is the catch. Without a relationship with God through His Son Jesus Christ, you cannot know the Mind of Christ in your life. The Bible makes this distinction clear by explaining how we know about



## 03 Internet

### RISK RATING OVERVIEW

Social Media:	<input type="checkbox"/> None	<input type="checkbox"/> Two or Less	<input type="checkbox"/> Three or More
Online Games:	<input type="checkbox"/> None	<input type="checkbox"/> One	<input type="checkbox"/> Two or More
Internet News:	<input type="checkbox"/> None	<input type="checkbox"/> One	<input type="checkbox"/> Two or More
Peer / Friend Apps:	<input type="checkbox"/> None	<input type="checkbox"/> Two or Less	<input type="checkbox"/> Three or More
Column Values:	0	1	2
			ZONE 3 VALUE: <input type="text"/>

## 04 Physical

### RISK RATING OVERVIEW

Family Devotion:	<input type="checkbox"/> Usually	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Rarely
Nightly Collection:	<input type="checkbox"/> Usually	<input type="checkbox"/> Occasionally	<input type="checkbox"/> Rarely
Alternate Pass Times:	<input type="checkbox"/> Many	<input type="checkbox"/> Few	<input type="checkbox"/> None
Unmonitored Time:	<input type="checkbox"/> Little	<input type="checkbox"/> Some	<input type="checkbox"/> Much
Column Values:	0	1	2
			ZONE 4 VALUE: <input type="text"/>

ZONE 1  + ZONE 2  + ZONE 3  + ZONE 4   
 TOTAL RISK VALUE =

# SESSION TAKEAWAYS



think the same reinforcing thoughts. The inward man, or the Heart, eventually displays itself to the outside world.

## **SIMPLE EXAMPLE**

Al meets Bob one day at church. They have known each other for years and have passed many pleasant conversations together. Today, though, when Al sticks out his hand in greeting, Bob shoulders by without even noticing. He did not pause to speak. In fact, it did not seem like Bob even noticed Al existed.

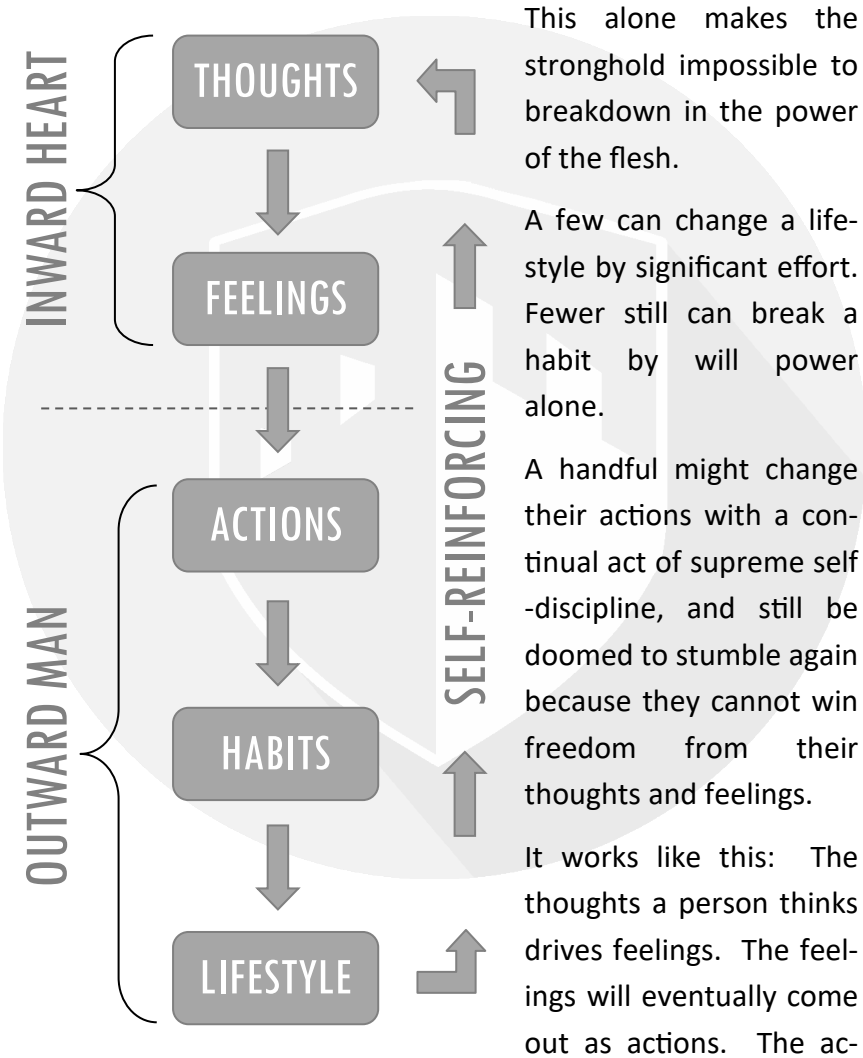
Now Al begins thinking (remember the diagram): Why did Bob treat me that way? After all, we've never been the best of friends, but surely, I deserves more than a snub on a Sunday morning. Maybe my car isn't quite as new as Bob's or I don't live in as nice a neighborhood, but this is church! I have been a member here a lot longer than Bob and all his pals. I don't think he ever liked me.

Soon Al's thoughts become feelings. He says in his heart, "You know, I don't like Bob that much. In fact, I am not sure if I ever liked him. Actually, I may really hate him."

We can see how the little story progresses from here. Now Al moves into the world of actions. If he's going to treat me like that, then I'll do the same to him. Since he feels hatred towards Bob, Al will now begin to avoid him. Those actions become habits, which in turn soon simply becomes a way of life. Al's life-style reinforces his thoughts. Now, regardless of what Bob says or does, to Al or anyone else for that matter, Al's mind turns Bob's behavior into a personal attack, which gives him even more reason to hate, and so forth and so on. Al has become a very bitter man.

Examine the diagram on this page and notice that the arrows move in a circular flow.

That reinforcing behavior works just like enemy reinforcements on a battlefield—just when you think you have made some headway, you find yourself back at square one.



## ZONE : STRATEGY

### DECISIONS AND DANGERS

My Strategic Plan (Psalm 127:3):

Count the Cost (Luke 14:28):

Shield the Heart (Jeremiah 17:9):

Guard the Mind (Philippians 2:5):

Build the Castle (Psalm 61:3):

# SESSION TAKEAWAYS



steer of asking that question. Yet self-help books fill the bookstores to the brim and never seem to produce any lasting results. With so many “experts” applying so much effort to the subject of self-help, surely by this point in history humanity should all be living healthy, wealthy, and wise! Yet, the evening paper seems to prove such a conclusion incorrect.

God provides us the key in His Word. All the self-betterment programs man has created throughout history without exception

misses this one key fact. Simply stated: we must not just deal with sin. That's a Bible truth for Salvation. Furthermore, though, even Bible-believing people must deal with how they think about sin.

**PROVERBS 23:7A**

*“FOR AS [A MAN THINKETH  
IN HIS HEART, SO IS HE”*

Regardless of whether a person knows the Lord Jesus Christ in Salvation or not, this fact remains true. It is just as true for the worst human who ever lived as for the dear church-lady grandmother never known to speak a word in anger. It is true for you and for me.

**STRONGHOLDS EXPLAINED**

Like a mediaeval castle, a spiritual stronghold can turn back all but the most determined assaults. However, also like a mediaeval castle, the right ally makes all the difference. The stronghold can be broken!

The Bible says that as a man “thinketh” in his heart, or the inward man, so is he (Proverbs 23:7a ). In other words, change the thoughts to change the man—easy to say, but impossible to accomplish.



“INSANITY: DOING THE SAME THING OVER AND OVER AGAIN AND EXPECTING DIFFERENT RESULTS” - (ATTRIBUTED TO) ALBERT EINSTEIN

## SAD EFFECT

Whether you call it the ball and chain, the merry-go-round, or simply call it by the Bible name, Strongholds try to force us into repeating, over-and-over again, the exact same behaviors that keep us down.

Addictions, or what the Bible calls entanglements and be-setting sins, often show up as visible (or even invisible) evidence of Strongholds.

Before going any further, though, we better clear the air and face facts: According to the Bible, every living person on the face of the Earth disobeys God (called “sin” in Romans 3:23 ), deals with the sin that so easily makes us stumble (Hebrews 12:1 ), and struggles with weak flesh (Romans 8:3 ).

The bad news is that the Bible certainly includes you in that number with the rest of us, and while it is not “good” news, perhaps it helps a little to know that you do not face these things alone. In fact, the Bible even tells us that there is “nothing new under the sun” (Ecclesiastes 1:9 ).

Thinking on these things honestly forces us to admit that our society and culture fall far short of ideal even in man’s eyes, but also absolutely in God’s eyes (Romans 3:12 ). Very few people would dare to claim otherwise.

The question centers instead on how to stop doing the things we know displease God and destroy our lives. The world might

# ZONE 4 : PHYSICAL

## DECISIONS AND DANGERS

My Zone 4 Plan (Psalm 127:3):

Count the Cost (Luke 14:28):

Shield the Heart (Jeremiah 17:9):

Guard the Mind (Philippians 2:5):

Build the Castle (Psalm 61:3):

# SESSION TAKEAWAYS



# BREAKING DOWN STRONGHOLDS

SHIELD THE HEART

GUARD THE MIND

BUILD THE CASTLE

RICHARD KING AND JOSEPH BAXTER

A vertical graphic with a dark, textured brick wall background. At the top, the title "BREAKING DOWN STRONGHOLDS" is written in large, bold letters, with "BREAKING DOWN" in white and "STRONGHOLDS" in blue. Below the title are three icons on black rectangular backgrounds. The first icon is a heart made of metal plates with the text "SHIELD THE HEART" written vertically to its right. The second icon is a colorful brain with the text "GUARD THE MIND" written vertically to its right. The third icon is a stone castle tower with the text "BUILD THE CASTLE" written vertically to its right. At the bottom of the graphic, the authors' names "RICHARD KING AND JOSEPH BAXTER" are written in blue.

# ZONE 3 : INTERNET

## DECISIONS AND DANGERS

My Zone 3 Plan (Psalm 127:3):

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Count the Cost (Luke 14:28):

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Shield the Heart (Jeremiah 17:9):

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Guard the Mind (Philippians 2:5):

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Build the Castle (Psalm 61:3):

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## SESSION TAKEAWAYS



## ZONE 0 : HOPE



- 1. Pause — Be aware and stop immediately!**
- 2. Pray — Run to the only strong tower**
- 3. Plead — Plead the Blood of Christ**
- 4. Praise — Go blessing by specific blessing**
- 5. Repeat — Consistently, as often as needed**

# SESSION TAKEAWAYS



# ZONE 2 : NETWORK

## DECISIONS AND DANGERS

My Zone 2 Plan (Psalm 127:3):

Count the Cost (Luke 14:28):

Shield the Heart (Jeremiah 17:9):

Guard the Mind (Philippians 2:5):

Build the Castle (Psalm 61:3):

# SESSION TAKEAWAYS



# ZONE 1 : DEVICES

## DECISIONS AND DANGERS

My Zone 1 Plan (Psalm 127:3):

Count the Cost (Luke 14:28):

Shield the Heart (Jeremiah 17:9):

Guard the Mind (Philippians 2:5):

Build the Castle (Psalm 61:3):