



CORNER FRINGE MINISTRIES

FREEDOM IN MESSIAH

Student Guide | Week 4 | The Five Whys — Tracing to the Root

Egypt Is Still In Your Head

THIS WEEK'S FOCUS

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 THROUGH 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 — until the Truth of God becomes your root. The work this week is to identify the program running beneath the behavior.

RELEVANT THOUGHTS THAT CAME TO MIND DURING THE WEEK:

BREAKOUT SESSION

Week 4 | The Five Whys — Tracing to the Root

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 continue with it. The structure serves the people, not the other way around. The goal is not to get through all of the steps. The goal is that each person in the group leaves having done real work and no member of the group leaves feeling left behind.

Open your session with prayer. Let the Spirit guide one of you to begin.

STEP 1 LAND THE TEACHING 8–10 minutes

Someone in the group reads this aloud before anyone responds:

The teaching this week confronts the operating system beneath your behavior — the stronghold. Israel had been freed from Egypt physically, but their minds were still formed by four-hundred years of slavery. One setback in the wilderness and immediately the stronghold took over: ‘God has abandoned us’ and ‘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:

What does your mind do automatically when things go wrong? What is the first conclusion you reach? What is the deep belief — not the behavior — that most consistently works against your freedom? Can you trace this belief back to where you first learned it?

My honest answer to Step 1:

Now go around the group. Let each person share his or her answer as honestly as possible. No cross-talk while someone is sharing. When everyone has spoken, move to Step 2.

STEP 2 GO DEEPER TOGETHER 20–25 minutes

This is the heart of the session. The question is harder than Step 1. It requires more honesty. Take 2 minutes of silence before anyone speaks — let each person sit with their thoughts privately first.

This tool uses the Five Whys method to trace a behavior or pattern back to the root belief that is generating it. Most attempts at change fail because they address the behavior — not the belief beneath it.

Step A: Write the behavior or pattern you keep returning to in the Start row. Be specific — not 'I struggle with anger' but 'I explode at my spouse when I feel dismissed.'

Step B: Ask “Why?” and answer honestly in each row. Each answer becomes the subject of the next Why. Do not skip levels. Go one step deeper each time.

Step C: The answer in “Why 5” is usually the root belief. It will often sound like a statement about who you are, or about who God is. That is the lie the stronghold is built on.

THE FIVE WHYS — TRACING TO THE ROOT	
START	<i>The behavior I keep returning to:</i>
WHY 1	<i>Why do I keep doing this?</i>
WHY 2	<i>And why is that true?</i>
WHY 3	<i>And why is that true?</i>
WHY 4	<i>And why is that true?</i>
WHY 5	<i>And why is that true? (This usually is the root belief — The stronghold)</i>

When you are ready, go around the group and let each person respond. 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. This is the most important work — what the time margin is for.

Discuss what 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?

When everyone has spoken, move to Step 3.

STEP 3 THE ROOT WORK 20-25 minutes

Take 2-5 minutes to complete the Root Question Framework privately and honestly.

What stronghold have you identified? What thoughts do you have just prior to resorting to this learned pattern? What lie is at its foundation? What Truth from Scripture will you believe instead to take every thought captive to the obedience of Messiah?

This is individual work first. Write it down. The act of writing forces honesty in a way that thinking alone does not. Please move on to the group reflection and finish your root question framework contemplation later if you are running out of time.

THE ROOT QUESTION FRAMEWORK <i>Go deeper on what steps one and two surfaced.</i>	
The behavior is:	What do I keep doing — or running to — that I know is not producing life?
The feeling is:	What does it feel like right before I go there? Shame? Fear? Emptiness? Loneliness?
The lie beneath is:	What must I believe about myself — or about God — for this to feel necessary?
The truth is:	What does God actually say about me in this place? (Use scripture if you can.)

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.

Use most of this time discussing and reflecting on the whole group's testimony:

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?

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: _____.”

Here’s what our group is taking away (write it down so you don’t lose it):

STEP 4 CLOSING PRAYER 2-5 minutes

Allow the Spirit to lead one person to close in prayer. Then go around the group — each person may pray one sentence if they are willing. No one is required to pray. No one is skipped over without grace.

Suggested focus: Pray the Memory Anchor back to God as a declaration over your own life and renounce the lie you have been believing. Declare your belief in God’s Truth about you from His Word.

One person closes the prayer when the group is ready.