



## Fruit and Roots

Illustrating a truth of [Spiritual Strongholds](#) (Main Healing Lesson 11)

Basic discipleship and inner healing restrain strongholds. Basic discipleship is the part we play in clearing out the "bad fruit" by doing our best to trust and obey with the faith and self-discipline that we have available to us. The disciplines (prayer, Bible study, worship, fellowship, service) act as a restraint upon the power of temptation. Inner healing gets at the root issues that caused strongholds of the flesh to form in the first place. Bad fruit springs up from root issues. Inner healing removes or reduces the power of temptations by bringing release from the pain and/or ungodly beliefs rooted in our hearts due to past traumatic events. **We need both fruit pruning and root removal in the spiritual life!**



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