



Stronghold of Egypt (Slave mentality)

Lies you believe:

- I have to serve those I perceive as stronger than me or above me (more important than me – can especially be in an abusive work context/ relationship – no balance) because this will preserve my life. I have to serve to the point of slavery = survival/life preservation.
- Trust in horses and chariots (own strength / worldly means of wisdom) instead of God. So my might and my strength, wisdom is stronger than God (Saviour complex).
- I am unworthy (slave mentality) and therefore subject myself to punishment (can be by a partner or work abuse) because this is my duty – to serve them/save them – linked to the need for affirmation, acceptance, approval, and fear of rejection.
- What I need does not matter – others' needs are more important than my well-being/health (talking about unhealthy relationships with people – enabling, abuse etc.).

Result of slavery emotionally / personally

- Slowness (overtaxed body, soul, spirit = overloaded, out of alignment)
- Apathy
- Exhaustion/numbness
- Hopelessness
- Resigned to fate
- Powerlessness
- Safety in familiarity even if it is destructive.

(Slavery of Israelites in Egypt reference)

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