

A DEVOTIONAL STUDY
TO GOVERNING THE WILL AND LIVING UNBREACHABLE

FOOTHOLDS, STRONGHOLDS, AND FREEDOM

BREAK EVERY CHAIN.
GUARD YOUR WILL.
WALK IN LASTING FREEDOM.

EXPOSING
SPIRITUAL TRAPS.

DESTROYING
STRONGHOLDS.

ESTABLISHING
GOD'S KINGDOM
IN YOUR LIFE.

DR. AMY LAVON McMILLAN
SPIRIT UNLIMITED INT'L MINISTRIES

FOOTHOLDS,
STRONGHOLDS,
AND
FREEDOM

Written by:

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INTRODUCTION

Welcome to a devotional journey designed to expose spiritual access points, reveal hidden patterns, and equip you to walk in lasting Kingdom authority.

This is not just another devotional—it's a spiritual recalibration created to accompany the 5-part YouTube series accessed on my channel: <https://www.youtube.com/@spiritunlimitedintl>

Throughout Scripture, we see that Satan does not operate through force—he operates through influence. He does not begin with strongholds—he begins with footholds. Small agreements. Subtle compromises. Unchecked thoughts and unmanaged emotions that, over time, create access.

What starts as a moment can become a mindset. What begins as a thought can become a structure. And what is tolerated can eventually become territory. This is why this study is so important.

Many believers are fighting battles they do not understand, attempting to rebuke what has been legally allowed, and resisting what has already gained access through agreement. But when you understand how the enemy operates—how footholds are formed and how strongholds are built—you also begin to understand how they are dismantled.

This devotional booklet is not just about identifying the problem, it's about walking you through the process of freedom, alignment, and spiritual authority.

As you journey with me in this series, you can expect to:

- Gain clarity on how the enemy gains access to your life through the will.
- Identify emotional and mental patterns that may have become footholds.
- Understand how compromise forms strongholds over time.
- Learn how to break agreement with the enemy's lies and dismantle strongholds through truth.
- Establish divine strongholds—places of truth, peace, and authority in your life.
- Develop daily practices that help you live guarded, aligned, and unbreachable.

Each chapter is intentionally structured to guide you through revelation, reflection, and response. You will be challenged to examine your thoughts, your emotions, and your agreements, while also being equipped with truth to walk in freedom. You may discover areas you did not realize were influencing your life. You may recognize patterns that have quietly shaped your thinking. But more importantly, you will be given the tools to take your authority back, because you were never created to live in cycles of struggle. You were created to live free; established in a life where the enemy finds no access point.

As you begin this journey, I encourage you to take your time. Do not rush through. Allow the Holy Spirit to speak to you, to reveal truth, and to bring alignment where it is needed. Freedom is not just something God gives—it is something we walk in, and it all begins with your will.

-Dr. Amy

THE INVISIBLE BATTLE

***For though we live in the flesh,
we do not wage war according to the flesh.***

2 Corinthians 10:3

Many believers spend their time trying to fix what is happening around them, attempting to manage circumstances, relationships, and outcomes. Yet Scripture reveals something deeper. The greatest battle is not external; it is internal. It is the battle for your will, because whoever governs your will ultimately governs your life.

Satan does not need to control your circumstances if he can influence your agreement. He comes subtly, not with force, but through thoughts, emotions, and suggestions. A whisper, a feeling, or a repeated thought that may seem insignificant, but if entertained long enough, it becomes agreement. Once agreement is formed, access is granted.

This is why your will is so valuable. It determines what you accept, what you reject, and what you align yourself with. You are not powerless in this battle. Your will is not weak; it's a place of authority.

Freedom begins the moment your agreement shifts. When you align your will with truth, you begin to close doors that once allowed access to the enemy.

Drawing from 2 Corinthians 10:3, although believers live in the natural world, the nature of their warfare is spiritual, not physical.

This distinction is critical because it reframes how believers understand conflict. Rather than reacting only to what is seen, they must become aware of the ‘unseen’ influences shaping their thinking, choices, and reactions.

Every war has a battleground, and in this case, the battleground is the will. The will governs decisions, alignment, and ultimately direction in life. Therefore, whoever governs the will governs the soul. This insight becomes the central theme, establishing why spiritual warfare is deeply connected to personal choices rather than external pressures alone.

To provide context for this battle, Revelations 12 points to the origin of spiritual conflict in heaven. It explains that satan’s fall was not the end of the war but a shift in its location. Though cast down from heaven, satan did not cease his opposition; instead, he redirected it toward humanity. The battlefield moved from heaven to the human will, making every individual a participant in this ongoing spiritual conflict.

This study is not primarily about focusing on the enemy, but about understanding how access is gained and how authority is restored. When believers recognize how footholds develop into strongholds, they are empowered to shut down access points and reclaim control over their lives.

The ultimate goal is not just temporary freedom, but a sustained condition of spiritual stability. Take a moment to reflect on the thoughts that have been repeating in your mind. Consider the emotions you have allowed to remain unchallenged. Ask the Lord to reveal where your will has been influenced and allow Him to realign you with His truth.

PRAYER

Father, I ask that You expose every hidden influence in my life. Reveal where my will has come into agreement with anything that is not from You and bring me into alignment with Your truth. From this day forward, my will belongs to You. In Jesus' name, Amen.

REFLECTION QUESTIONS

- 1- *What does it mean that Satan was “displaced” rather than destroyed?*
- 2- *How does this understanding affect how you view daily struggles?*
- 3- *In what ways do your thoughts and emotions influence your decisions?*
- 4- *Can you identify a recent situation where the real battle was internal rather than external?*

ACTIVATION

- *Ask the Holy Spirit to reveal hidden agreements in your life.*
- *Journal one area where your will needs realignment.*

END OF SAMPLE



FREEDOM IS NOT THE FINISH LINE— IT'S THE FOUNDATION.

There is a battle for *your will*.
Whoever governs your will...
governs your life.

Footholds, Strongholds, and Freedom is a
devotional journey that exposes the enemy's
strategies, dismantles mental strongholds,
and equips you to live a life of lasting
spiritual authority.

IN THIS JOURNEY, YOU WILL:



Discover how **footholds** gain
access through small agreements.



Understand how **strongholds**
are formed through repeated
patterns.



Learn how to **break agreement**
with lies and dismantle mental
fortresses.



Establish **divine strongholds**
rooted in truth, righteousness,
and God's presence.



Develop **daily practices** to live
guarded, aligned, and spiritually
unbreachable.

YOU WERE NOT CREATED TO LIVE
IN CYCLES OF STRUGGLE.

YOU WERE CREATED TO LIVE
IN FREEDOM, AUTHORITY,
AND ALIGNMENT WITH HEAVEN.



DR. AMY LAVON MCMILLAN

is a teacher, speaker, and founder of
Spirit Unlimited Int'l Ministries. She is
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her teachings, she helps uncover hidden
spiritual patterns and empowers others
to live unshakable, unbreachable lives.

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