

# **SOP—Spiritual Footholds and Strongholds: Fear**

## **Definition of Foothold:**

- A secure position; especially a firm basis for further development
- A military term to describe taking a small piece of territory in order to launch further attacks—and ultimately establish a stronghold
- An opportunity that the evil one takes advantage of
- An opening into your life and thoughts
- The legal right that allows satanic invasion forces to become established

## **Examples of Footholds:**

Pornography—reading sexual stories, telling sexual stories, watching immoral films

Fear—Worry

Anger

Unwilling to forgive

Participating in false religious practices

Desensitized to violence

Thoughts that grieve the Holy Spirit

Depression

## **Definition of Stronghold**

- A well-fortified city or fortress.
- A central place of agreed-upon thoughts and views
- Something impregnable, rigid, unmoving
- The driving force behind thought patterns, attitudes and actions
- Thought patterns and ideas that govern individuals, churches, communities and nations
- A faulty thinking pattern based on lies and deceptions
- A mindset that is contrary to God's Word.
- Something that is contrary to God's Word that we believe is unchangeable
- A demonic fortress of thoughts
- When thoughts become activated—habitual—they allow spiritual fortifications to be built
- An influence or grip—a persistent oppression, hindrance or harassment
- Points of operation—where attacks are waged on outlying areas
- A point of operation where satan keeps an unbeliever captive or a believer incapacitated
- A fortified structure which is able to resist assault by enemy forces

## **Description:**

Putting walls around your settlement with a gate—gave inhabitants a source of protection and control—since walls needed to be breached before contact could be made.

### **Examples of Strongholds:**

- Incorrect views of God
- Incorrect views of self
- When wrong/deceptive thoughts have been acted upon—becomes habitual
- When you no longer have the ability to control your own thinking
- When you are under the control of a force or influence: drug and alcohol addiction
- When we agree with any lie from the enemy that is opposite to God's Word
- Religious lies and deceptions—false doctrines and teachings

### **Strongholds Within a Believer**

**Fear/anxiety**

**Blindness**

**Stubbornness**

**Pride**

**Unbelief**

**Rebellion**

**idolatry**

**Worldliness ( II Tim 4:10, James 4:4)**

### **Setting Captives Free:**

- You must begin to see the world in its' true context. There is a spiritual realm that is active and at work in this world and we inhabit territory that is disputed territory. (Ephesians 6:12-13, II Corinthians 10:3-5)
- It is the desire of the Holy Spirit to identify, cleanse, redeem areas of our life that have been subject to the influence of the evil one and worldly mindsets. (Meditating on the Word and submission to the instruction of the Holy Spirit needs to become our new normal)
- Once a foothold/stronghold is identified—confess. To confess to the Lord, brings forgiveness. To confess to another, brings healing. (James 5:14-20)
- Voids attract. Be filled with the Holy Spirit.