

Demolishing A Stronghold A Spirit-Led Personal Process

2 Cor. 10:3-5

*3. For though we live in the world, we do not wage war as the world does. 4. The weapons we fight with are not weapons of the world. On the contrary, they have **divine power to demolish strongholds**. 5. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

Divine Power: possible, able, mighty, strong

Demolish: a pulling down, destruction, demolition

Strongholds: fortress, a castle, anything on which one relies

Arguments: thought, imagination, a reasoning, a judgement, a decision

Pretention: a thing elevated, height, elevated structure, barrier, rampart, bulwark

1. A Normal Thought Is Just Like A Bird Flying Over

Your brain produces thoughts all day.

You see something, you remember something, you imagine something strange, you hear something and then it passes.

A weird thought that flies through once and never returns does not do any damage.

2. Demonic Intrusive Thoughts Come in Uninvited

A demonic intrusive thought is pushy, compelling, tormenting, dark.

Blasphemous thoughts you would never agree with.

It feels as though it came from outside of you not from within yourself.

3. A Stronghold Is a Lie That Moved in Years Ago

A stronghold is a belief system, a fortress of lies built in your mind over time.

*Google definition: A stronghold in the mind is an entrenched, deeply ingrained pattern of thinking that dictates a person's behavior, emotions, and worldview. It acts like a mental fortress. It is a belief system—often rooted in trauma, fear, or repetitive past experiences—that **resists change** and **locks out healthier, more realistic perspectives**.*

Ex. I'm worthless. No one really loves me. I will always be in bondage to this situation. There is no hope for change for me.

Repentance Breaks Strongholds!

O.T. Hebrew -Shuv: Means to turn back, return, or reverse direction (e.g., turning away from wicked ways back to God).

N.T. Greek — Metanoia: Means a fundamental change of mind, purpose, and inner orientation.

Strongholds Come Down as our Mind is Renewed by God's truth!

Rom 12:2A Do not conform to the pattern of this world, but be transformed by ***the renewing of your mind***.

Eph 4:22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³ ***to be made new in the attitude of your minds***; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.

What Do We do if we Have a Stronghold? *(Not a Script – A Personal Spirit-led Process)*

-With the help of the Holy Spirit, find the exact lie. Identify it! Put words to it!

(Ex. I am telling myself that I am a failure because... and I will never get better.)

-Do any work the Holy Spirit is leading you to after identifying the lie.

(ex. Process it out, conviction, confession, forgiveness, make amends, anything He is leading you to do.)

-With the help of the Holy Spirit, find the scripture/s that contradict the lie.

-Declare that Truth until it becomes your new default.

Forcefully drive your thoughts with your words to the New Source of Truth.

-Ask others to pray with you and for you in the process!

(may include accountability, bearing witness to your confessions, deliverance, etc.)

James 5:16A Therefore, confess your sins to one another and pray for one another, that you may be healed.

-Seal it by the Filling of the Holy Spirit!

(Ask for His filling to secure, seal and protect the work He has done in you!)

Practical Questions for Testing Your Thoughts:

-Does the thought feel like it came from outside of you? *Your own thoughts feel or sound like you, while demonic thoughts feel foreign, sudden, and uninvited.*

-Is it a one-time visit or is it living rent free in your head? *A thought that returns every time you cross that bridge or look in that mirror is either an active attack or a lie that already became a fortress.*

-What is the fruit? *Anything driving you toward fear, shame, hopelessness, or self-destruction is **not from God**. 2 Timothy 1:7 says He gave us a spirit of power, love, and a sound mind. God's ways are always centered on Life and Love and He never leads us toward darkness, death or evil.*

-Can you trace it to an open door? *Abuse, unforgiveness, sexual sin, words spoken over you by someone with authority. If you find a wound or a sin at the root, you are probably dealing with a stronghold*

-Is this though actually true, or is it an assumption?

-Does this thought match what God says about me, my future, or other people?

-Is this voice bringing conviction which leads to peace and change or condemnation which leads to shame and despair?

Just for fun: Philippians 4:8: "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Additional Resources in SOP Archives:

Footholds and Strongholds by Jody Mayhew

Deliverance Ministry by Calvin Tadema

*Some references in this teaching came from an Article by Lana Savchuk