

Letting
Go...
of **STRONGHOLDS**

“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.”

—2 Corinthians 10:4

How do you know that you are dealing with a Stronghold? Well, if you are continually dealing with the same issue and cannot seem to find victory in your life or if you're weighted down by the heaviness of defeat and can't or won't see God's Truth... if you're unwilling to yield to God's commands, you're probably dealing with a negative stronghold in your life.

Strongholds are repeated patterns of thinking built on unsundered areas of the mind, will and emotions. They're established by continually yielding to LIES, dwelling on unresolved hurts, and making sinful choices. Strongholds get a DEEP Grasp on our lives and keep us from experiencing God's Power and Victory. Satan gets a foothold in our lives when we align ourselves with his LIES. They are Dangerous and only bring you down!

According to 2 Corinthians 10:3-5 how do we wage war to demolish strongholds from our lives?

In order to demolish strongholds, we have to completely surrender and let go of sin AND then fill our lives with more of God. What danger is described in Mathew 12:43-45 if we get rid of sin but don't replace it with more of the right stuff? _____

Strongholds want to stay a part of you... and they may even represent a false sense of security. What does James 1:14-15 say about how sin and strongholds develop in our lives?

The first step in obliterating strongholds is to IDENTIFY the source of the stronghold! What does the Bible have to say about the following negative stronghold thinking patterns?

- Allowing **bitterness** to take root and grow... Hebrews 12:15? _____

- Letting **anger** fester... James 1:19-21? _____

- Harboring **stubbornness**... Jeremiah 11:7-8? _____

- Sinking into **apathy**... Revelation 3:15, 19? _____

- Being controlled by **fear**... 2 Timothy 1:7? _____

- Being controlled by **addictions**... 1 Corinthians 6:12? _____

- Being trapped by **my past**... Philippians 3:13-14? _____

- Buying into the **world's way of thinking**... Romans 1:21? _____

- Holding onto **religious traditions and rituals**... Matthew 23:13? _____

- Succumbing to **insecurities**... Psalm 139:14? _____

- Giving in to **immorality**... Colossians 3:5? _____

After identifying the stronghold, we must cut, sever, break, smash, crush, shatter, obliterate, confess, repent, and turn away from it to experience freedom in Christ! What encouragement is found in 1 John 1:9? _____

God and His Word are ultimately the sources that help us let go of strongholds and walk in freedom! Below are three key points to finding victory over strongholds.

1. Be Saturated with God's Truth by reading and applying God's Word

What does Joshua 1:8 encourage us to do and what is the result? _____

According to Psalm 119:9-11 what is the result of living according to God's Word? _____

2. Claim God's Power over Strongholds

In looking at 2 Peter 1:3, what does God's power enable us to do? _____

What power do you find in Philippians 4:13? _____

It's necessary to flee from anything that has fed your stronghold (i.e. negative influences, people, places, things, triggers, substances, books, TV, clothes, credit cards, etc.); it's equally important to pursue the right stuff. What should we pursue according to these verses in Timothy?

1 Timothy 6:11 _____

2 Timothy 2:22 _____

Stay close to godly influences and remain faithful in Bible Study and church. What does Hebrews 10:24-25 say about the importance of fellowship? _____

Listening to Christian music is a powerful resource. What truth do you find in Colossians 3:16?

Make holy habits to establish wise decisions. What promise is found in James 1:5? _____

You can ask God to redeem the time lost on past strongholds. What does God call us to and what is His response seen in Joel 2:12 & 25? _____

3. Make God your Stronghold

What do the following verses in Psalms say about making God your stronghold?
Psalm 18:2 _____

Psalm 37:39 _____

Wrap up:

I must let go of _____ and claim God's _____.

Passage Index (NIV 1984 unless otherwise stated)

2 Corinthians 10:3-5 *“For though we live in the world, we do not wage war as the world does. ⁴The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵We 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.”*

Matthew 12:43-45 (NLT) *“When an evil spirit leaves a person, it goes into the desert, seeking rest but finding none. ⁴⁴ Then it says, ‘I will return to the person I came from.’ So it returns and finds its former home empty, swept, and in order. ⁴⁵ Then the spirit finds seven other spirits more evil than itself, and they all enter the person and live there. And so that person is worse off than before. That will be the experience of this evil generation.”*

James 1:14-15 *“...but each person is tempted when they are dragged away by their own evil desire and enticed. ¹⁵ Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.”*

Hebrews 12:15 (NLT) *“Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.”*

James 1:19-21 (NLT) *“Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. ²⁰ Human anger does not produce the righteousness God desires. ²¹ So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls.”*

Jeremiah 11:7-8 (NLT) *“For I solemnly warned your ancestors when I brought them out of Egypt, ‘Obey me!’ I have repeated this warning over and over to this day, ⁸ but your ancestors did not listen or even pay attention. Instead, they stubbornly followed their own evil desires. And because they refused to obey, I brought upon them all the curses described in this covenant.”*

Revelation 3:15, 19 (NLT) *“I know all the things you do, that you are neither hot nor cold. I wish that you were one or the other! ¹⁹ I correct and discipline everyone I love. So be diligent and turn from your indifference.”*

2 Timothy 1:7 (NLT) *“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”*

1 Corinthians 6:12 (NLT) *“You say, ‘I am allowed to do anything’—but not everything is good for you. And even though ‘I am allowed to do anything,’ I must not become a slave to anything.”*

Philippians 3:13-14 (NLT) *“No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, ¹⁴ I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.”*

Romans 1:21 (NLT) *“Yes, they knew God, but they wouldn’t worship him as God or even give him thanks. And they began to think up foolish ideas of what God was like. As a result, their minds became dark and confused.”*

Matthew 23:13 (NLT) “What sorrow awaits you teachers of religious law and you Pharisees. Hypocrites! For you shut the door of the Kingdom of Heaven in people’s faces. You won’t go in yourselves, and you don’t let others enter either.”

Psalms 139:14 (NLT) “Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.”

Colossians 3:5 “Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.”

1 John 1:9 (NLT) “But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.”

Joshua 1:8 (NLT) “Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.”

Psalms 119:9-11 “How can a young person stay on the path of purity? By living according to your word. ¹⁰I seek you with all my heart; do not let me stray from your commands. ¹¹I have hidden your word in my heart that I might not sin against you.”

2 Peter 1:3 (NLT) “By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence.”

Philippians 4:13 (NLT) “For I can do everything through Christ, who gives me strength.”

1 Timothy 6:11 “But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness.”

2 Timothy 2:22 “Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.”

Hebrews 10:24-25 “And let us consider how we may spur one another on toward love and good deeds, ²⁵not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”

Colossians 3:16 “Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.”

James 1:5 “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”

Joel 2:12, 25a “‘Even now,’ declares the Lord, ‘return to me with all your heart, with fasting and weeping and mourning. ²⁵I will repay you for the years the locusts have eaten...’”

Psalms 18:2 “The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.”

Psalms 37:39 “The salvation of the righteous comes from the Lord; he is their stronghold in time of trouble.”