

## Bible Study: **Destroying Strongholds**

Text: 2 Corinthians 10:3-5

Big Idea: **Elevating your mind so God can elevate your life**

### **Destroying Strongholds**

A **stronghold** is a fortified place typically to protect against an attack (Psalm 9.9, 144.2; 1 Samuel 23.14). A stronghold of Satan is a depressing, beleaguering work that attaches to someone and refuses to depart. A stronghold is horrible because it is not beneficial! It only surrenders when Christ's power is exerted against it. Strongholds manifest in the form of worry, unnatural thoughts, persistent evil desires, paranoia, some sicknesses, internal heaviness, or oppression. Their only intent is to afflict, harass, burden, and unnerve.

Strongholds get stronger when more stuff—more thought—gets stored in there. In the life of the mind, the stuff that you were once aware of gets stored up in

unconscious memory, these thoughts can make a stronghold difficult to break. Strongholds create inner captivity. Strongholds keep a person from thinking clearly, accepting the truth, repenting of sin, and receiving deliverance. A stronghold can keep an unbeliever from hearing the good news. A stronghold can keep a believer from hearing the fullness of the good news. Good news!!!! Strongholds can be destroyed.

1. **Identify** the stronghold. You cannot defeat what you cannot define. What stronghold is holding you hostage? What wrong thought pattern robs you of living a life of freedom and joy? Satan's greatest weapon is the lie. (**First glimpse of him he was using deception Gen. 3.1-5; 2 Cor. 11.3**) Identify the negative impact it's had on your life.
2. **Prepare** for battle. Here is where we identify the weapons of our warfare. (**2 Cor. 10. 3-4; Eph. 6.13-17**)
3. **Replace** the lie with the truth (**2 Tim. 2.25-26; John 8.32; Lie, Truth, Declaration**) Lie: **I am a victim;**

**Truth: Rom. 8.31, 37; Declaration: Phil. 4.13 Remove  
the lie. Replace with truth.**

**4. Trust in the power behind your spiritual weapons (2  
Cor. 10.4; Heb. 11.1; Ps 121; Jer. 23.29; James 4.7; 2 Cor.  
3.17)**

**5. Capture your thoughts and bring them into obedience  
to Christ (Rom. 12.1-2; 1 Pet. 5.8; John 8.36; Nahum 1.7;  
Col. 1.13)**