

FACTSHEET

Strongholds

How Strongholds Are Built

Strongholds are built in a number of ways. “Strongholds are mental habit patterns of thought not consistent with God’s word,” defined by Dr. Neil T. Anderson. A stronghold is something that has a strong hold on you – a false belief that has been reinforced. Here are three ways strongholds can take hold of your life:

From Your Environment

This relates to how we were brought up, were disciplined or where we lived.

From Traumatic Experiences

A one-time painful experience can cause a stronghold to start because of its amount of emotional pain, such as:

- In a divorce
- In a rape
- In a death in the home

It’s not the horrifying experience itself that produces the stronghold. It’s the lie that we believe because of that shocking time. Whatever has happened in the past, you can go back to that traumatic event and process it again from the position of who you are now: a holy child of God.

From Giving in to Temptation

If you don’t get rid of a tempting thought, it will lead you to doing what you are thinking about. Repeating the action will lead to a habit. Duplicating the habit long enough will produce a stronghold.

How To Demolish Strongholds From Your Life

Wouldn’t it be great if we could erase the memories of our past mistakes? Of course, we wouldn’t want to let go of happy memories. But we would like to be freed from guilt, shame, blame and unworthiness. The good news is, we can be set free. But it takes work. In order to do this we must:

Close the Doors of the Enemy

We close the doors of the enemy through prayer, talking to God.

Start by asking God to show you what to do. As God brings these things to mind, you can pray something like this from your heart:

Pray this: “Dear Heavenly Father, I confess any part I had in (fill in the blank). I choose to turn away from this act. I refuse to follow Satan and all his works and ways. In Jesus’ name, amen.”

This Bible verse from Ephesians reminds us that we can pray to understand God’s greatness and His power that is available to you.

Ephesians 1:19-21 (NLT) "I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms. Now he is far above any ruler or authority or power or leader or anything else—not only in this world but also in the world to come."

Declare the Truth

We declare truth by submitting to God and resisting the devil. You can pray something like this from your heart:

Pray this: "Heavenly Father, thank you for revealing Your truth to me. I choose to submit to You, God, I declare that God is for me, not against me. I choose to seek God's ways for my life. I resist the devil's temptations or suggestions to take the easy way out. In Jesus' name, amen."

Romans 12 reminds us that we should not be like the world but we should let God transform our mind.

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." (Romans 12:1-2 NIV)

Take Every Thought Captive

We take our thoughts captive by asking God to fill our mind with Truth. The Bible tells us that we can be transformed by the renewing of our minds.

"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." 2 Corinthians 10:5 (NIV)

Your Takeaway

Salvation is so much more than accepting Jesus as your savior, it's experiencing daily fellowship as you invite Jesus to lead you as Lord.. Jesus came to set captives (us) free and give hope to the broken hearted. In Jesus, you can experience feeling alive and free in Christ through genuine (true) repentance (saying I did it) and faith (sitting in the chair) by faith in God. Jesus loves you and wants you to walk forward into your best life, as a free child of God.