

**Stronghold: A Precision Strike  
You need a smart bomb...spiritual  
weaponry which knows how to hit a  
specific target inside of you.**

**1. Refocus on seeing what a stronghold  
really is.**

strong·hold

noun: stronghold; plural noun: strongholds

- 1 a place that has been fortified so as to protect it against attack.
- 2 synonyms:
- 3 [fortress](#), [fort](#), [castle](#), [citadelle](#), [garrison](#)  
"the enemy stronghold"
- 4
  - a place where a particular cause or belief is strongly defended or upheld."a Republican stronghold"
  - synonyms:
  - [bastion](#), [center](#), [hotbed](#), [safe seat](#) "a liberal stronghold"

This also means we must take responsibility for what we are thinking and allowing to stay in our minds. **Look at the Lord's warning to Cain: Genesis 4:5-7**

“5 but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast. 6 Then the

LORD said to Cain, “Why are you angry? Why is your face downcast? **7** If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; *it desires to have you, but you must rule over it.*”

**...a stronghold got there, because sin entered your house...it was crouching at the door, and you invited it in. And it caused you to believe one or more of the following:**

1. To feel good about myself, I must achieve and maintain a particular standard. **I must perform well!**
2. To be at peace within, I must have approval from specific people. **I must have affirmation!**
3. If I fail, from attaining a certain standard, I am unlovable and deserve punishment. **I am to blame!**
4. I’m hopeless because I can’t change what I am. **I am ashamed!**

**Why do these ‘bad thoughts’ seemingly stick in my mind more than ‘good thoughts?’ Answer:**

- 1. Our brains are more sensitive to negative things.**

**“Studies conducted by Dr. John Cacioppo of the University of Chicago have shown what he calls "the negativity bias" of the brain. Our brains are actually more sensitive and responsive to unpleasant news. That's why personal insults or criticism hit us harder and stay with us longer. It's why negative ads are more effective than positive ones—political or otherwise.”**

**2. Our brains handle information differently.**

**“The brain handles positive and negative information in different hemispheres,” said Professor Nass, who co-authored “The Man Who Lied to His Laptop: What Machines Teach Us About Human Relationships” (Penguin 2010). Negative emotions generally involve more thinking, and the information is processed more thoroughly than positive ones, he said. Thus, we tend to ruminate more about unpleasant events — and use stronger words to describe them — than happy ones.” So, when you have the ‘stick’em’ of bad events and words, done or said about you, they have a tendency to stay lodged within your mind and heart. This**

**message is about dislodging them and destroying them.**

**How many positive things does it take to overcome a negative thing in your mind? Some say, 2 to 1, others 5 to 1...**

**2. Refuse to make peace with an enemy of your soul and body.**

The problem of passivity is important right here. Passivity is “the posture of accepting or allowing what happens or what others do, without active response or resistance.”

Accepting certain behavior from yourself and others without challenging it, is the invitation for you to be ‘run over’ by others or your own addictive behavior. Choose to no longer be a watcher who inwardly or outwardly complains but does nothing to change the situation. Before you can do what you need to do to get free, you must **CHOOSE** to declare war upon whatever has you locked up in your prison. Don’t be like the man.

Your mind must change before your behavior will: Transformation of your mind, how and what you think must happen...

**Romans 12:1-2**

“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.

**2** 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.”

You don’t have to keep living or thinking like the world does, justifying its sinful behavior, but your mind must change first, by the Word of God. If your mind does not change, your behavior will never change. Take control of what you are thinking! Refuse to just stay in the rut.

**Revelation 3:15-16**

“I know your works: you are neither cold nor hot. Would that you were either cold or hot! So, because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth.

**Romans 12:9-13**

...Abhor what is evil; hold fast to what is good...

**Zephaniah 1:12-13**

At that time I will search Jerusalem with lamps, and I will punish the men who are complacent, those who say in their hearts, 'The Lord will not do good, nor will he do ill.' Their goods shall be plundered, and their houses laid waste. Though they build houses, they shall not inhabit them; though they plant vineyards, they shall not drink wine from them."

**3. Repent, don't justify a false belief any longer.**

The renewing of one's mind will only come about when one declares war and moves to repentance about what one has allowed to stay within. Stinking thinking stains the inside walls of your heart.

2 Cor 7:9-10

9 yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us. 10 Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

**Brokenness leads to sorrow...**

**Sorrow leads to repentance...**

**Repentance leads to Freedom...**

**4. Replace that stronghold with the truth of God's Word.**

**Remember, Phil 4:8**

**“8 Finally, brothers and sisters, 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.”**

Instead of choosing a particular thought, leading to a particular action, stay...remind your mind to think about what God says about you, every time. My mom used to say, “Boy, you can't stop those birds from flying over your head, you can sure keep them

from making a nest on your head!” (Picture of cartoon of that)

You need to ‘beef up’ your thinking with God’s word about who you really are.

**These statements are God’s Smart Bombs to target your strongholds which have controlled your behavior by controlling your thinking....**

**Arial bombing...“Precision equals proximity to the target”**

**What God Says About Me**

1. I am His child

But to all who have received him--those who believe in his name--he has given the right to become God's children ... (John 1:12).

2. I am connected to Him

I am the true vine and my Father is the gardener. I am the vine; you are the branches. The one who remains in me--and I in him--bears much fruit, because apart from me you can accomplish nothing (John 15:1, 5).

3. I am a friend of Jesus.

I no longer call you slaves, because the slave does not understand what his master is doing. But I have called you friends,



because I have revealed to you everything I heard from my Father (John 15:15).

#### 4. I am justified and redeemed.

But they are justified freely by his grace through the redemption that is in Christ Jesus (Romans 3:24).

For he chose us in Christ before the foundation of the world that we may be holy and unblemished in his sight in love (Ephesians 1:4).

#### 5. I am free.

There is therefore now no condemnation for those who are in Christ Jesus (Romans 8:1). For the law of the life-giving Spirit in Christ Jesus has set you free from the law of sin and death (Romans 8:2).

For freedom Christ has set us free. Stand firm, then, and do not be subject again to the yoke of slavery (Galatians 5:1).

... For you have died and your life is hidden with Christ in God (Colossians 3:3).

When Christ (who is your life) appears, then you too will be revealed in glory with him (Colossians 3:4).

#### 6. I am an heir with Christ.

And if children, then heirs (namely, heirs of God and also fellow heirs with Christ)--if indeed we suffer with him so we may also be glorified with him (Romans 8:17).

Therefore, if you have been raised with Christ, keep seeking the things above, where Christ is, seated at the right hand of God (Colossians 3:1).

So you are no longer a slave but a son, and if you are a son, then you are also an heir through God (Galatians 4:7).

#### 7. I am loved.

We know, brothers and sisters loved by God, that he has chosen you ... (1 Thessalonians 1:4).

#### 8. I am accepted.

Receive one another, then, just as Christ also received you, to God's glory (Romans 15:7).

We know, brothers and sisters loved by God, that he has chosen you ... (1 Thessalonians 1:4).

#### 9. I am a set apart, saint of God.

... To the church of God that is in Corinth, to those who are sanctified in Christ Jesus, and called to be saints, with all those in every place who call on the name of our

Lord Jesus Christ, their Lord and ours (1 Corinthians 1:2). (See also Ephesians 1:1, Philippians 1:1, and Colossians 1:2.)

But now in Christ Jesus you who used to be far away have been brought near by the blood of Christ (Ephesians 2:13).

10. I am God's temple.

Do you not know that you are God's temple and that God's Spirit lives in you (1 Corinthians 6:19)?

11. I am one with the Lord.

But the one united with the Lord is one spirit with him (1 Corinthians 6:17).

12. I am in His parade.

But thanks be to God who always leads us in triumphal procession in Christ and who makes known through us the fragrance that consists of the knowledge of him in every place (2 Corinthians 2:14).

13. I am seeing.

But their minds were closed. For to this very day, the same veil remains when they hear the old covenant read. It has not been removed because only in Christ is it taken away (2 Corinthians 3:14).

14. I am new.

So then, if anyone is in Christ, he is a new creation; what is old has passed away--look, what is new has come (2 Corinthians 5:17)!

15. I am the righteousness of God.

God made the one who did not know sin to be sin for us, so that in him we would become the righteousness of God (2 Corinthians 5:21).

16. I am family.

There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female--for all of you are one in Christ Jesus (Galatians 3:28).

... The Gentiles are fellow heirs, fellow members of the body, and fellow partakers of the promise in Christ Jesus (Ephesians 3:6). (See also Ephesians 5:30.)

Therefore, if you have been raised with Christ, keep seeking the things above, where Christ is, seated at the right hand of God (Colossians 3:1). In Christ we too have been claimed as God's own possession, since we were predestined according to the one purpose of him who accomplishes all things

according to the counsel of his will  
(Ephesians 1:11).

... And he raised us up with him and seated us with him in the heavenly realms in Christ Jesus ... (Ephesians 2:6).

But now in Christ Jesus you who used to be far away have been brought near by the blood of Christ (Ephesians 2:13).

17. I am blessed.

Blessed is the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms in Christ (Ephesians 1:3).

18. I am forgiven.

In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace (Ephesians 1:7).

19. I am secure.

And when you heard the word of truth (the gospel of your salvation)--when you believed in Christ--you were marked with the seal of the promised Holy Spirit (Ephesians 1:13).

... For you have died and your life is hidden with Christ in God (Colossians 3:3).

When Christ (who is your life) appears, then you too will be revealed in glory with him (Colossians 3:4).

20. I am alive.

But God, being rich in mercy, because of his great love with which he loved us, even though we were dead in transgressions, made us alive together with Christ--by grace you are saved (Ephesians 2:4-5)!

22. I am designed with purpose.

For we are his workmanship, having been created in Christ Jesus for good works that God prepared beforehand so we may do them (Ephesians 2:10).

23. I am heard. God.

... In whom we have boldness and confident access to God because of Christ's faithfulness (Ephesians 3:12).

24. I am light.

... For you were at one time darkness, but now you are light in the Lord. Walk as children of the light (Ephesians 5:8).

25. I am a citizen of heaven.

But our citizenship is in heaven--and we also await a savior from there, the Lord Jesus Christ ... (Philippians 3:20).

26. I am guarded by peace.

And the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus (Philippians 4:7).

27. I am supplied.

And my God will supply your every need according to his glorious riches in Christ Jesus (Philippians 4:19).

28. I am complete.

... You have been filled in him, who is the head over every ruler and authority (Colossians 2:10).

29. I am chosen of God.

Therefore, as the elect of God, holy and dearly loved, clothe yourselves with a heart of mercy, kindness, humility, gentleness, and patience ... (Colossians 3:12).

We know, brothers and sisters loved by God, that he has chosen you ... (1 Thessalonians 1:4).

30. I am loved.

We know, brothers and sisters loved by God, that he has chosen you ... (1 Thessalonians 1:4).

**When you know who you are, you act like it! When you don't, you act like everyone else.**



