

Spring Cleaning Pt.1 *Demolishing Strongholds (The Science of Your Spiritual Battle)*

Link to message <https://www.youtube.com/live/T0ySu4r0vVA?si=sDpRV3c-zcpC35g1>

We are entering a season of deep-cleaning the soul, revealing and removing the mental and emotional clutter that prevents us from walking in the fullness of what has been paid for by Christ.

The Call to Soul Health

As physical seasons change, we naturally clear out clutter from our homes. Similarly, the Holy Spirit is leading a season of "spring cleaning" for the soul—the realm of the mind, will, and emotions. True maturity is not a result of age, but of intentional healing and renewal.

- **The Impact of Soul Health:** Wrong attitudes, heart postures, unforgiveness, and deep wounds act as blockages. We cannot effectively serve or minister to others from a place of dysfunction. We must be whole to facilitate healing in others.
- **The Synergy of the Prophetic and Apostolic:**
 - **Prophetic:** Sees and hears what the Father is doing and speaking.
 - **Apostolic:** Provides the blueprints and architectural plans to implement those revelations into daily life.

The Whole Spirit and the Un-Renewed Mind

A critical disconnect exists for many believers: they love God passionately but remain slaves to out-of-control emotions and toxic thoughts. Understanding the distinction between the spirit and the soul is the first step toward freedom.

- **The Spirit is New:** According to 2 Corinthians 5:17, the moment you are born again, your spirit becomes completely new and whole. It does not need to "grow" or be fed to survive; it already possesses the mind of Christ and knows all things.
- **The Mind Must Be Renewed:** Romans 12:2 commands us not to be conformed to this world but to be transformed by the renewing of the mind.
- **The Mandate:** Transformation is not a suggestion; it is a kingdom mandate for mental dominion. While the spirit is made new instantly, the mind requires an intentional, ongoing process of renewal. If you do not intentionally renew your mind, you will continue to live out of "cluttered programming."

Brain Basics for Believers

God has physically wired the human brain to obey the authority of the believer. Understanding the biological design of the mind helps us enforce the victory Christ has already won.

Concept	Definition	Function in Renewal
Neurons	Nerve cells in the brain.	Every thought, word, or emotion sends electrical signals (firing).
Neurogenesis	The creation of new "baby" neurons.	Occurs during sleep; God refreshes the brain daily, providing new cells to shape new ways of thinking.
Neuroplasticity	The brain's ability to physically reorganize itself.	The brain reshapes based on focus. Repeated thoughts create physical pathways that eventually become automatic.
The Amygdala	The brain's "Alarm System."	Scans for threats (physical or emotional). It has a built-in negativity bias and releases stress hormones like cortisol.
Prefrontal Cortex	The brain's "CEO."	Responsible for logic, reasoning, choice, and leadership.

Redefining Strongholds

While we often focus on confronting spiritual strongholds over a city or region, we must first take authority over the strongholds within ourselves—the deeply entrenched neural pathways that dictate our perspective.

A stronghold is often a mindset developed through neurons firing repeatedly on a specific thought. Over time, a "dirt path" of reasoning becomes a "paved superhighway."

- **Familiarity vs. Truth:** Because the brain loves efficiency, negative thinking feels convincing simply because it is familiar (the path of least resistance), not because it is true.
- **Good vs. Bad Strongholds:** A stronghold can be a place where the enemy operates or a place where the Holy Spirit operates. You choose the nature of the stronghold by choosing which pathways you allow to be trolled in your mind.

Perspective vs. Perception

To change your reality, you must understand how your internal framework filters your external experience.

1. **Perspective:** The long-term lens or framework through which you view reality. Biologically, this is your physical neural stronghold.
2. **Perception:** What you see through that lens in an immediate situation.

The Flow of Reality: Thoughts → Thought Patterns → Beliefs → Perspective → Perception → Actions

If your perspective is "I am not good enough," your amygdala (the alarm) will cause you to perceive a leader's correction as an attack or rejection. If your perspective is rooted in truth, you perceive that same correction as helpful guidance. As a man thinks in his heart (soul), so is he (Proverbs 23:7).

The Catch: Awareness and Mental Distance

Freedom begins with awareness. You cannot renew what you do not recognize. According to John 8:32, knowing the truth is what sets you free. This is not just head knowledge, but an experiential revelation of the Person of Truth.

Quick Win: The Mental Distance Assignment

When a negative thought or "alarm" from the amygdala hits, do not fuse your identity with it. Instead of saying "I am anxious" or "I am a failure," externalize the experience.

- **The Technique:** Say, "**I am having the thought that I will fail.**"
- **The Biological Shift:** Neuroscience shows that naming and observing a thought creates "mental distance." This act shuts down the emotional reactivity of the **Amygdala** and activates the **Prefrontal Cortex (The CEO)**.
- **The Result:** This is the exact moment you stop being held captive by the thought and begin taking the thought captive to the obedience of Christ.

Weekly Challenge: Mental Spring Cleaning

This week, focus on practicing awareness rather than trying to fix every issue at once.

1. **Identify:** Ask the Holy Spirit to show you one specific piece of mental clutter—a situation where you consistently have a negative perception.
2. **Externalize:** The moment that perception hits, pause and create distance.
3. **Reject Ownership:** Acknowledge the thought without identifying with it.
4. **Declare:** "I recognize this thought, I create mental distance from it, and I bring it into captivity to Christ."

Remember, grace is not opposed to effort; it empowers effort. Use the grace provided to forge new pathways and shut down the old superhighways of the un-renewed mind.