

# Tearing Down Spiritual Strongholds



“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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.”

II Corinthians 10:3-5 (NIV)

## Part 3: Winning The War For Your Heart Session 1: Tearing Down Spiritual Strongholds

Freedom

*Becoming Fully Alive!*



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# Freedom

*Becoming Fully Alive!*

## *PART 3: Winning The War For Your Heart*

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## **I. TEARING DOWN SPIRITUAL STRONGHOLDS**

### **A. RECOGNIZING SPIRITUAL STRONGHOLDS**

1. II Corinthians 10:3-5
2. “Unevangelized” areas of our lives - areas that are not submitted to the Lordship of Jesus Christ
3. Unbelief, misbelief, or judgments
4. “Houses of Thought”
5. Examples of common strongholds:
  - a. Pride...believing in yourself...you are always on your mind.
  - b. Shame...believing you are the sum total of your life’s experiences or some defining part thereof
  - c. Fear...faith in reverse...a lack of revelation of God’s love
  - d. Rejection...what happens when you put more faith in others and yourself rather than God
  - e. Anger...what happens when you demand what you think is “right,” and/or try to control the outcome of a situation
  - f. Depression...what happens when you put your hope in something or someone other than God
  - g. Unbelief...not believing in God
  - h. Self-Pity...when you make yourself the “god of all self-comfort”
6. Strongholds will keep you from knowing Jesus as He really is and keep you from knowing who you really are in Christ.

### **B. HOW TO TEAR DOWN SPIRITUAL STRONGHOLDS**

1. Recognition And Ownership (Conviction)
  - a. Requires facing yourself, not focusing on others.
    - 1) Matthew 7:1-5
    - 2) Luke 18:9-14
  - b. Requires humility
  - c. What is the stronghold in your life?

2. **Willingness (Repentance)**

- a. Willing to give up control
- b. Willing to be willing
- c. Seeing that some strongholds are really “sin-holds.” Fear, unbelief, pride, self-pity, anger are all sin - **my** sin.
- d. Seeing that my sin is a crime against God  
Psalm 51:1-4
- e. Repenting of “victim thinking” and all **known** sin
  - 1) II Corinthians 7:10
  - 2) Luke 13:3

3. **Absolute Surrender Of Self (Faith)**

- a. Luke 14:26-27
- b. Matthew 10:37-39
- c. Romans 12:1-2

Sometimes we may say we “aren’t ready” to surrender or obey God on a particular issue or we don’t have “the ability” to do so. We must realize, however, that not to obey God is wrong (sin). Therefore, not being ready or feeling we don’t have the “ability” does not excuse us from responsibility in God’s eyes. Remember, that in whatever His will is for us, **He will give us His ability**, if we humble ourselves.

- d. James 4:1-7
- e. I Peter 5:5-7

4. **Power (The Holy Spirit)**

- a. Being filled with the Holy Spirit
  - 1) Ephesians 5:18
  - 2) Luke 11:11-13
- b. Letting God be God and fully yielding and cooperating with His indwelling Spirit.
  - 1) Philippians 2:13
  - 2) Ezekiel 36:26-27

5. **Instruction In Righteousness (The Word)**

- a. Exchanging lies for The Truth
- b. Philippians 4:8
- c. John 8:31-32

6. **Revelation Of Hidden Things (Roots)**

The only reasons to “dig” into the past are: If something from the past is still affecting you in the present - **OR** - if you are having difficulty consistently obeying God, though you really want to obey.

- a. Psalm 19:12-14
- b. Psalm 139:23-24

See: **“Processing The Issues Of Your Heart”**

7. **Release From The Wounds Of Life (Healing)**

- a. Continue “Processing The Issues Of The Heart”, forgiving those you need to forgive.
- b. Repent of any unrighteous judgments and vows rooted in those judgments.
- c. Invite the Holy Spirit to heal your heart.
- d. Isaiah 61:1

8. **Release From The Power And Works Of Satan (Deliverance)**

a. **The primary weapons of our warfare** (II Corinthians 10:3-5)

- 1) The Word of God
  - a) Ephesians 6:17
  - b) Hebrews 4:12
- 2) The Name of Jesus
  - a) Philippians 2:9-11
  - b) Acts 16:16-18
- 3) The Blood of the Lamb (Jesus)  
Revelation 12:10-11

b. **The Armor of God**

Ephesians 6:10-18

c. **The Authority of the Believer**

- 1) Ephesians 1:17-23
- 2) Luke 10:17-20

## **II. APPLICATION**

- A.** Can you identify any spiritual strongholds in your life? Please explain?
- B.** What “step” would you place yourself on in the “process” of that stronghold being totally torn down? (Refer to the ‘How To Tear Down Spiritual Strongholds’ diagram on the next page)
- C.** In light of your answers to the above, what do you believe is your next step?
- D.** Would you be willing to approach a trusted person to receive prayer and encouragement as you take your next step? If so, proceed.

# How To Tear Down Spiritual Strongholds



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**for a  
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## How To Process The Issues Of Your Heart:

*"Above all else, guard your heart, for it is the wellspring of life." Proverbs 4:23 (NIV B4)*

### 1 Who has offended or hurt you? Or, Who or what have you lost?

Psalms 26:2 "Test me, O Lord, and try me, examine my heart and my mind..." (NIV)  
• Choose one person or loss to process.

### 2 How have you been affected?

Psalms 139:23 "Search me, O God, and know my heart; test me and know my anxious thoughts." (NIV)  
• Describe your thoughts • Describe your feelings

### 3 How have you responded?

Psalms 139:24 "See if there is any offensive way in me, and lead me in the way everlasting." (NIV)  
What have you said? • What have you done? • What have you decided?

### 4 Pour out your heart to the Lord

Psalms 62:8 "Trust in him at all times, O people; pour out your hearts to him, for God is our refuge." (NIV)

Psalms 142:1-2 "...I pour out my complaint before him..."

• Tell God all about it

1 Thessalonians 5:18 • Ephesians 5:20 • Psalms 50:14-15, 23 • Romans 8:28-29

• Give Thanks and submit to His sovereignty

### 5 Forgive

Matthew 18:21-35

• Forgive the person who hurt or offended you • Repent and receive God's forgiveness for your response.  
CANCEL THE DEBT! FORGIVE as you have been FORGIVEN.

### 6 Release

Psalms 19:14 "May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD..." (NIV)

Matthew 5:44 "...love your enemies...bless those who curse you... pray for those who spitefully use you and persecute you," (NKJV)  
Release the person (the one you have forgiven) to the Lord, and be willing to pray for him/her.

***YOU can be FREE to be the person you were created to be!***