

✓ Overcoming Strongholds

Sunday, 9 August 2026 6:39 AM

Overcoming Strongholds

I. Story

- Acts.8 Simon the Sorcerer....Stronghold Pride and Bitterness
 - Used Occult power to impress people how important he was (Act.8.9-11)
 - Received Christ and was water baptised (Act.8:13)
 - Sought HSp so he might impress people (Act.8:18-23)

II. What is a Stronghold?

1. Our Warfare is Real:

- 2Co 10:3 *For though we walk in the flesh, we do **not** war according to the flesh.*
- 2Co 10:4 *For the **weapons** of our warfare are not carnal but **mighty in God** for pulling down strongholds,*
- 2Co 10:5 ***casting down** arguments and every high thing that **exalts itself against the knowledge of God**, bringing every thought into captivity to the obedience of Christ,*
- **The battle is for your**
 - Heart.....What you believe and desire
 - Mind.....What you think
 - Will.....Who you yield to obey
 - Mouth.....What you Speak
- Demons seek to control all these areas of your life to control your life and destiny

2. What is a Natural Stronghold?

Definition:

- A fortified place or a fortress.
- A Castle surrounded by thick walls
- A defensive wall
- A place of survival or refuge
- A place that serves as the base any group sharing certain opinions or attitudes.

3. What is a Spiritual Stronghold?

- **It is a strong system of false beliefs that results in a way of thinking and acting**
 - It is established by **repeated agreement** with lies, assumptions, painful experiences and sinful responses over time
 - It strongly resists change
 - It is empowered by unseen evil spirit beings
 - It actively obstructs experiencing and knowing God
 - It resists the Holy Spirit changing us

4. Strongholds shape how people interpret God, themselves and others

- Proverbs 23:7....."As he thinks in his heart, so is he."
 - Strongholds become the "lens" through which people interpret life.
 - You see with your eyes, hear with your ears but interpret through your heart
 - Strongholds resist God's truth and protect lies and deception
- **A Stronghold is hard to dislodge, because it feels true, feels right, and feels safe, even when it's false or destructive.**

II. How are Strongholds formed?

1. **Strongholds can exist in individuals, families, churches, tribes and whole cultures**
 - The person assumes it is true because the family, church, tribe or culture believes it to be true
2. **Personal Strongholds form gradually by repetition**
 - **Steps of Formation**
 1. **A Painful Experience**
 - Pain, Rejection, fear, trauma, neglect,
 2. **Wrong Conclusions (Interpretation)**
 - The event itself is not the stronghold the interpretation becomes the stronghold
 - Eg. My father left

- Truth...My father failed
- Lie...I am not worth loving

3. The Lie is repeated, meditated on and reinforced

4. Agreement.....The Lie is Believed as being true

- Every repetition reinforces it
- Every agreement strengthens it

III. Examples of Strongholds

1. Different Strongholds and their Core Belief

Rejection	Nobody truly wants me.
Orphan	I must survive alone.
Fear	I'm never safe.
Shame	I am defective.
Condemnation	God is against me.
Pride	I don't need anyone.
Control	Everything depends on me.
Religion	God accepts me because of performance.
Poverty	There is never enough.
Lust	Pleasure will satisfy my deepest needs.
Victim mentality	My past defines my future.
Unforgiveness	Justice depends on me holding on to the offence.

2. Example:

- Acts.8 Simon the Sorcerer....Stronghold Pride and Bitterness
 - Used Occult power to impress people how important he was (Act.8.9-11)
 - Received Christ and was water baptised (Act.8:13)
 - Sought HSp so he might impress people (Act.8:18-23)

IV. Keys to Overcoming Strongholds

1. Break Your Agreement

- [Amo 3:3](#) *Can two walk together, unless they are agreed?*
- To walk with God we must agree with the Truth of His Word
 - Strongholds are thought patterns that resist and oppose us the Truth
 - When you believe a lie, your heart and mind oppose the truth
 - Lies we agree with resist us knowing and experiencing God
- **Identify the Stronghold**
 - Ask Holy Spirit to reveal recurring lies and thought patterns
- **Identify the Root or Core Belief**
 - What do I really believe in my heart?
 - Is that belief true or is it a lie?
 - Does it agree with God's Word or oppose it?
- **Repent of Believing The Lie and Renounce agreement with it**
 - Confess the lie to Jesus and turn away from it
 - Renounce your agreement with the lie
 - *"I renounce and break all agreements with the lie that...."*
- **Release Forgiveness where Necessary**
 - Some strongholds are rooted and built upon in wounds we have experiences
 - Acknowledge the pain, grieve over it and release it to Jesus

2. Renew Your Mind

- [2Co 10:5](#) *casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,*
- *"casting down".....kathieiro ...to intentionally destroy or demolish*
 - Reasonings and thought patterns that make up the stronghold must be demolished
 - This is a process called "casting down"
 - It takes time and perseverance to change core beliefs in the heart and the neural pathways that have formed in the mind over time.

- Rom 12:2 *And do not be conformed to this world, but be **transformed by the renewing of your mind**, that you may prove what is that good and acceptable and perfect will of God.*
 - This process is also called “the Renewing of the Mind” (Eph.4:23)
 - “Renewing”....*anakainosis*....*to renovate, make a complete change for the better, restore to a previous or better condition*
 - *Transformed*....*metamorphoo*....*a complete and radical change from inside out*
- **How do you Renew Your Mind?**
- **Focussed Repetition**
- The brain does not build new behavior from one-off actions. It builds behavior from focused repetition.
 - This is how habits are formed, how skills are developed, how transformation actually happens.
 - Repetitive lies that formed strongholds are overcome by **Repetitive Truth** based on God’s Word.
 - Truth that is repeated daily will become established in the heart and renew the neural pathways in the mind
- **Practical Keys to Renew the Mind**
 1. Memorise Scriptures that directly confront the lie you believe
 2. Meditate on that Scripture daily
 3. Imagine and picture that Scripture being true for you
 4. Embrace that Truth like a Friend
 5. Speak forth that Truth as a profession of what you believe
- **NB. Initially you may experience strong resistance..it seems unreal**
 - **Persevere** until the lie sown in your heart and built in your mind yields
 - The result will be a personal transformation of your life
- 3. Capture Invasive Thoughts**
- 2Co 10:5 *casting down arguments and every high thing that exalts itself against the knowledge of God, **bringing every thought into captivity** to the obedience of Christ,*
- “Bring into captivity”....*aichmalotos*.....*to conquer, take captive at spear point*
- We must capture “Rogue Thoughts” and stop them before they establish and stir up the old emotions and reactions again
- **How to Capture Invasive Thoughts?**
 - 1. Notice negative emotions or reactions**
 - Resist the old urge to react
 - Ask HSp to help
 - What am I feeling?
 - Why am I feeling that?
 - What triggered that?
 - 2. Slow down thinking**
 - Question the thoughts
 - Instead of passively accepting every thought evaluate them in light of scripture
 - Assumptions?
 - Reject those oppose to Word of God
 - 3. Declare Gods Word...speak out and resist**
 - Voicing your resistance breaks the thought process
 - Praise and thank The Lord for victory

V. Action

- Salvation Altar Call
- Freedom Altar Call

