

Modern Warfare: Pulling Down Strongholds of the Mind

NOTES

SCRIPTURE READING

2 Corinthians 10:3–6 NKJV

3 For though we walk in the flesh, we do not war according to the flesh. 4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds. 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. 6 And being ready to punish all disobedience when your obedience is fulfilled.

INTRODUCTION

- “Weep, but work.” Not always ready—but there is Kingdom work to do. Seek first the Kingdom and trust God for strength.
- Two Truths and a Lie: deception works because the lie sounds convincing and carries enough truth to be entertained.

Genesis 3:1 ESV

“Did God actually say, ‘You shall not eat of any tree in the garden’?”

- The enemy argues through experience—what happened, how we feel, what we lost, and what has not happened yet.
- He may plant the doubt and introduce the question, but sometimes we supply the because.
- Unchallenged thought → belief → pattern → stronghold. We stop dealing only with what happened and begin living from what it caused us to believe.

John 8:31–32

“If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.”

James 1:22

“But be doers of the word, and not hearers only, deceiving yourselves.”

Romans 12:2

“And do not be conformed to this world, but be transformed by the renewing of your mind.”

KEY QUESTION: *What lie have I allowed to take root in my mind and become a stronghold that now needs to be torn down?*

- Modern warfare reaches the mind through fear, opinions, images, information, trauma, temptation, pressure, and anything challenging what God has spoken.

VERSE 3 — NOT ACCORDING TO THE FLESH

Paul says in verse 3: “For though we walk in the flesh, we do not war according to the flesh.”

- Context: Paul’s gentleness was not weakness, and his boldness was not aggression; both remained under Christ.
- We live in weak earthly vessels, but salvation, calling, and anointing do not make us immune to pain or weariness.

2 Corinthians 4:7 says

“But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us.”

- Do not let emotions, fear, or personal reasoning become your weapons. The danger is when flesh becomes the default setting.

Ephesians 6:12 says:

“For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.”

- The person or situation may only be the visible part of a deeper battle. Fight through prayer, truth, faith in Jesus, and the Holy Spirit.

Romans 8:13 says:

“For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.”

Acts 8:3 says:

“As for Saul, he made havoc of the church, entering every house, and dragging off men and women, committing them to prison.”

- Saul’s fire was redirected for the Kingdom. Salvation did not make Paul weak; it made his strength submit to God.
- The enemy should not receive more passion from our past than God receives devotion from our present.

2 Corinthians 12 says:

“My grace is sufficient for you, for My strength is made perfect in weakness...”

- Pain does not always mean stop. Lean on God, rest, pray, regroup, receive help, heal, and keep showing up.

“I acknowledge what I feel, but I will not allow what I feel to become greater than what God has said about me.”

VERSE 4 — MIGHTY IN GOD

Verse 4 says: “For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds.”

- Warfare is real, but we are not defenseless. Carnal weapons depend on our own strength, instincts, and methods.
- We cannot defeat darkness by becoming dark; deception through manipulation; pride through arrogance; or hatred through hatred.
- The weapons are mighty because God is holy, righteous, all-knowing, and all-powerful.

Zechariah 4:6

“‘Not by might nor by power, but by My Spirit,’ says the Lord of hosts...”

Victory comes when the Spirit of God governs our strategy, guides every move, and determines how we engage the enemy.

Ephesians 6:10–11

“Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil.”

- Spiritual strength comes through surrender—Word, prayer, obedience, and dependence on the Holy Spirit.

“...for pulling down strongholds.”

STRONG HOLD (video, loop)

- Stronghold: a fortified way of thinking established to protect what occupies the mind and resist God’s truth.

A Stronghold does not merely Occupy space in the Mind; it Attempts to Control the Territory.

Proverbs 21:22

“A wise man scales the city of the mighty, and brings down the trusted stronghold.”

Anything that has Raised itself against the Truth of God, can be brought down by the Power of God.

2 Timothy 1:7

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

We cannot ask God to Tear Down what we Continue to Defend.

- Confront it with truth, prayer, and the removal of agreement. Pray instead of panic; speak truth; obey; surrender.

This is not warfare for appearance. This is warfare for freedom. He gave us weapons to pull it down.

VERSE 5 — TAKE EVERY THOUGHT CAPTIVE

Paul continues in verse 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.”

- Arguments are conclusions and thought patterns that build a case against what God has revealed.

The language means to Tear it Down, Demolish it, and Overthrow it...

CAST DOWN IMAGE

- Any thought saying life is not worth living, you will not make it, God forgot you, you are unworthy, too damaged, too old, or trapped by your past—cast it down.

Every conclusion you formed in a past or painful season, should not be given permanent authority over the next season of your life...

- Fear cannot sit above God’s faithfulness; guilt above Christ’s forgiveness; clickbait, clips, and clout above God’s Word.
- Modern warfare: opinions presented as truth; popularity as authority; repetition as accuracy; virality as validity.

CAPTIVE IMAGE

- Take the thought captive: arrest its authority. It may enter, but it does not have permission to control.
- Test it: Does it agree with Scripture? Reflect Jesus? Lead toward obedience? What will it produce?
- The goal is not positive thinking or a quieter mind; it is a mind that obeys Jesus Christ.

Music

VERSE 6 — WHEN OBEDIENCE IS FULFILLED

And then Paul says in verse 6, and I’m closing...

“And being ready to punish all disobedience when your obedience is fulfilled.”

- The Church is called under Christ’s authority. Deal decisively with whatever continues resisting Him.
- This is war. Another battle may come—but now you have the tools. Once the stronghold comes down, do not rebuild it.
- Grace gives room to respond, repent, and realign; it is not permission to continue resisting God.

John 14:15

“If you love Me, keep My commandments.”

Obedience is where spiritual warfare becomes visible—where what we say we believe begins showing up in how we live.