

BINDING THE STRONGMAN

MAIN/KEY THOUGHT: Jesus Christ has authorized and empowered us to confront the works of the enemy working against our lives. We have been given power to bind and to loose.

1) Focused Scriptures:

- **Matthew 12:29 / Mark 3:27** — “How can one enter a strong man’s house and plunder his goods, unless he first binds the strong man...”
- **Matthew 18:18** — “Whatever you bind on earth will be bound in heaven... whatever you loose...”
- **Luke 10:19** — Authority over the power of the enemy
- **2 Corinthians 10:3–5** — Pulling down strongholds and wrong thoughts
- **Colossians 2:14–15** — Jesus disarmed principalities and powers
- **Revelation 12:11** — Overcome by the Blood and testimony
- **Ephesians 6:10–18** — Spiritual armor and warfare posture
- **Jude 20** — Praying in the Holy Spirit (building yourself up)

2) What Does It Mean to Bind and Loose?

Bind: to declare illegal/unlawful—to forbid something from operating (to restrain, arrest, shut down).

Loose: to declare legal/lawful—to release God’s will, freedom, and heaven’s order to operate.

“When we bind, we forbid the enemy’s activity. When we loose, we release Christ’s rule and results.”

3) What Does “Binding the Strongman” Mean?

A strongman is a ruling, firmly established demonic entity that seeks to control, occupy, and enforce bondage in an area of life (mind, marriage, money, body, ministry, etc.).

Binding the strongman means:

1. Identifying the controlling pattern/doorway
2. Taking authority in Jesus’ name
3. Shutting down its rights and influence
4. Plundering its “goods” (restoring what was stolen)
5. Establishing Christ’s lordship by loosing truth, peace, and blessing

NOTE: You bind the strongman first, then you recover plunder his goods and take over his territory.

4) Where The Strongman Operate

Our prayer focus against the strongman must be geared towards their areas of operation.

- Marriage & Family (unity, purity, love, honor)
- Money & Provision (stewardship, debt, generosity, opportunity)
- Mind & Emotions (peace, clarity, stability)
- Health & Body (healing, discipline, longevity)
- Ministry & Calling (boldness, fruit, protection, obedience)

5) Common Demonic Strongmen & Their Works (Their Bondage & Their Patterns)

1. **Fear/Anxiety/Terror** – panic, torment, sleeplessness, avoidance, intimidation
2. **Pride** – stubbornness, self-righteousness, rebellion, arrogance, inability to repent
3. **Lust/Perversion** – pornography, adultery, impurity, twisted desires, shame cycles
4. **Addiction** – alcohol/drugs, overeating, gambling, scrolling, dependency and cravings
5. **Mammon/Poverty** – greed or lack mindset, chronic shortage, waste, fraud, debt bondage
6. **Infirmity/Affliction** – recurring sickness, unexplained cycles, heaviness, fatigue, oppression
7. **Witchcraft/Control/Manipulation** – domination, intimidation, confusion, emotional control
8. **Offense/Unforgiveness** – bitterness, division, broken relationships, grudges, hatred
9. **Confusion/Double-mindedness** – scattered focus, instability, poor decisions, spiritual fog
10. **Depression/Heaviness/Hopelessness** – despair, isolation, suicidal thoughts, numbness
11. **Strife** – constant arguing, hostility, competitiveness, contention in homes/teams
12. **Rejection/Shame** – identity wounds, people-pleasing, self-hatred, withdrawing

REMEMBER: “We don’t fear darkness—we enforce the victory of Jesus.”

6) Our Weapons When Binding The Strongman

Use these weapons boldly and consistently in intercession and spiritual warfare.

A) The Name of Jesus

- Philippians 2:9–11 — Every knee must bow
- Mark 16:17 — Cast out demons in His name

Prayer phrase: “In the name of Jesus Christ, I take authority...”

B) The Word of God

- Hebrews 4:12 — Living, powerful, discerning
- Ephesians 6:17 — Sword of the Spirit

Prayer phrase: “It is written...”

C) The Blood of Jesus

- Revelation 12:11 — Overcome by the Blood
- 1 Peter 1:18–19 — Redeemed by precious Blood
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Prayer phrase: “By the Blood of Jesus, I declare redemption and victory...”

D) Praying in the Holy Spirit

- Jude 20 — Building yourself up
- Romans 8:26–27 — The Spirit helps our weakness

Prayer phrase: “Holy Spirit, strengthen me and pray through me...”

7) A Practical Prayer Flow For Doing Spiritual Warfare Against The Strongman:

1. Praise & Worship (2–3 min) – Psalm 100:4
2. Repentance & Cleansing (1–2 min) – 1 John 1:9
3. Declare the Authority of Christ (1 min) – Luke 10:19; Col 2:15
4. Bind the Strongman (3–5 min) – Matt 12:29; Matt 18:18
5. Loose the Work of Christ (3–5 min) – freedom, healing, unity, provision
6. Seal & Thank God (1 min) – “We call it done by faith.”

8) Prayer Focus: What To Bind & What To Loose

1) Mind & Thoughts

- **Bind:** confusion, torment, intrusive thoughts
- **Loose:** peace and sound mind (**2 Tim 1:7; Phil 4:7**)
Declaration: “I bind confusion and torment, and I loose the peace of God and a sound mind in Jesus’ name.”

2) Fear

- **Bind:** fear, anxiety, intimidation
- **Loose:** bold faith and courage (**Josh 1:9; 1 John 4:18**)
Declaration: “I bind fear and intimidation, and I loose courage and perfect love in Jesus’ name.”

3) Marriage & Family Unity

- **Bind:** strife, offense, division
- **Loose:** unity, honor, and love (Eph 4:31–32; Col 3:14)
Declaration: “I bind strife and division, and I loose unity, honor, and love in my home in Jesus’ name.”

4) Purity

- **Bind**: lust, pornography, perversion
- **Loose**: holiness and clean desire (**1 Thess 4:3–4; Ps 51:10**)
Declaration: “I bind lust and impurity, and I loose holiness and a clean heart in Jesus’ name.”

5) Finances

- **Bind**: poverty, devourer, reckless spending, debt bondage
- **Loose**: wisdom, provision, and stewardship (Mal 3:11; Deut 8:18; Prov 3:9–10)
Declaration: “I bind the devourer and debt bondage, and I loose wisdom, provision, and increase in Jesus’ name.”

6) Health

- **Bind**: infirmity, affliction, cycles of sickness
- **Loose**: healing and strength (**Isa 53:5; 3 John 2**)
Declaration: “I bind infirmity and recurring sickness, and I loose healing and strength in Jesus’ name.”

7) Calling & Ministry

- **Bind**: distraction, delay, sabotage
- **Loose**: focus, favor, and fruitfulness (**John 15:5; Eph 2:10**)
Declaration: “I bind distraction and sabotage, and I loose clarity, discipline, and fruitfulness in Jesus’ name.”

8) Oppression & Heaviness

- **Bind**: depression, heaviness, hopelessness
- **Loose**: joy and praise (**Isa 61:3; Neh 8:10**)
Declaration: “I bind heaviness and hopelessness, and I loose the joy of the Lord and praise in Jesus’ name.”

9) Relationships

- **Bind**: rejection, betrayal cycles, toxic attachments
- **Loose**: healthy boundaries and divine connections (**Ps 68:6; Prov 13:20**)
Declaration: “I bind rejection and toxic cycles, and I loose healthy relationships and God-ordered connections in Jesus’ name.”

10) Spiritual Growth

- **Bind**: prayerlessness, compromise, spiritual dullness
- **Loose**: hunger, fire, and intimacy with God (**Matt 5:6; Jude 20**)
Declaration: “I bind spiritual dullness and compromise, and I loose fresh hunger, holy fire, and intimacy with God in Jesus’ name.”

9) Daily Prayer To Bind The Strongman & Loose The Will, Power & Victory Of Christ:

Father, in the name of Jesus, we thank You for authority and victory through Christ. We plead the Blood of Jesus over our lives, homes, and assignments. We bind every strongman assigned to hinder our marriage, money, mind, health, and ministry. We forbid its operation and cancel its strategies. We loose the work of Christ—freedom, healing, unity, provision, clarity, and power. Holy Spirit, strengthen us to walk in obedience and maintain our victory. We seal these prayers by faith, and we declare it done in Jesus' name. Amen.



Revelation 12:11 KJV

And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.