

## Soul Injuries Session 5 – When Soul Injuries Become Strongholds – Pastor Dale Campbell

## Soul Injuries

## Session 5 “When Soul Injuries Become Strongholds”

**Psalm 23:1-3 (KJV)** – <sup>1</sup>*The LORD is my shepherd; I shall not want.* <sup>2</sup>*He maketh me to lie down in green pastures: he leadeth me beside the still waters.* <sup>3</sup>*He restoreth my soul:*

## I. Review

- A. Soul Injuries – An overlooked, unassessed wound that separates one from their “Real Self” that causes a person to feel personally defective, inadequate, or unworthy.
  1. Wounds caused by circumstances; death, betrayal, divorce, rejection, abuse, trauma, etc.
  2. Soul injuries require healing just as injuries of the body need to be healed.
  3. Soul Injury Enhanced Definition – Dale Campbell  
*A soul injury occurs when specific circumstances cause inward pain and injury that leave a long-lasting scar.... Which dictates the future of the injured in a negative way*
  4. Last Session – Overcoming the spirit of Offense”
    - a. Everyone has opportunity to be offended
    - b. Jesus said, it is impossible to not have opportunity to be offended
    - c. Jesus taught that the increases of offense will be a sign of the last days.
    - d. There are physical and mental repercussions to holding and offense and unforgiveness in your heart
    - e. The primary method of overcoming offense soul injuries is forgiveness

## Soul Injuries Session 5 – When Soul Injuries Become Strongholds – Pastor Dale Campbell

### II. What are Strongholds?

**2 Corinthians 10:4-6 (KJV)** – <sup>4</sup>*(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)*

<sup>5</sup>*Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; <sup>6</sup>And having in a readiness to revenge all disobedience, when your obedience is fulfilled.*

- A. Soul Injuries work in the soul realm – *mind, will, emotions, area of decision making.*
- B. This passage speaks of the need for believers to pull down strongholds
- C. What are strongholds? *What are these things that I am to pull down?*
- D. Stronghold definition –
  1. Greek – Fortress or to fortify, a castle
  2. Castle – a large building fortified against attack – built for protection against attack. *Castles were built so that those on the inside were protected from every attack of the enemy.*
  3. Good Strongholds = David dwelt in strongholds that protected him from the attack of Saul – 1 Sam 23:14 (KJV) – *And David abode in the wilderness in strong holds,*
  4. Bad Strongholds – Places that the enemy could take refuge and hide. Places where the enemy would hold up and be able to fight to get an advantage.
  5. Paul is speaking of strongholds in the lives of believers in the negative sense.
  6. These strongholds are places where Satan finds safety and protection in our lives
  7. Strongholds can be; habits, phobias, addictions, obsessions, compulsive disorders, mindsets,

## Soul Injuries Session 5 – When Soul Injuries Become Strongholds – Pastor Dale Campbell

8. In this passage, strongholds are connected to the mind and thoughts.
9. Strongholds are thought patterns used by Satan that are contrary to God's word.
  - Thought patterns work in the soul-realm
  - Satan has involved himself in our thoughts and mindsets
  - Sometimes they are connected to temptations and sin
  - Sometimes they are simply connected to thoughts that go against what God says about us and who God says we are.
  - Offense thoughts
  - Rejection thoughts
  - Fear thoughts
  - Worry thoughts
  - Failure thoughts
  - Obsessive thoughts
  - Depression thoughts

### III. When a Soul Injury Becomes a Stronghold

- A. Strongholds are developed over time
  - i. A Stronghold is a mindset that is built over time
  - ii. Mindset= a person's way of thinking and their opinions
  - iii. Castles are built one brick at a time – one block at a time
  - iv. Satan's strongholds are built one block at a time – one thought at a time.
5. Satan hides in strongholds – Satan hides in our thoughts
6. Satan is a CASTLE-BUILDER
7. Thought Castles – built one thought at a time

## Soul Injuries Session 5 – When Soul Injuries Become Strongholds – Pastor Dale Campbell

### B. The Process of stronghold development

1. Because they are built one thought at a time we know they didn't just show up.
2. Back to the text

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### STRONGHOLDS ARE CONNECTED TO OUR THOUGHTS

- i. Thoughts
  - ii. Imaginations
  - iii. There is a progression of Satan's strategies revealed in this passage
  - iv. Satan gets in our thoughts
  - v. Satan assist in creating imaginations
  - vi. We have been given the weapons needed to demolish these strongholds
  - vii. Strongholds are pulled down
3. When a thought shows up in our mind, we have a choice
    - i. To Accept the thought – *this way of thinking*
    - ii. To Reject the thought – *Cast is down*
    - iii. To Exalt the thought – *To exalt is to magnify*
    - iv. We choose to exalt a thought when we ponder it over and over again
    - v. When we exalt thoughts contrary to God's thoughts we are allowing the enemy to build his fortress/stronghold – one day at a time – one thought at a time.

## Soul Injuries Session 5 – When Soul Injuries Become Strongholds – Pastor Dale Campbell

4. Where do Strongholds come from?
  - i. Past experiences or hurts.
  - ii. Past exposures – circumstances, words, philosophies, ways of thinking
  - iii. Soul injuries of the past – left to themselves – become strongholds
  - iv. Anorexia – loss of appetite for food
  - v. Bulimia – emotional disorder involving the distortion of body image and obsession of weight loss
  - vi. Karen Carpenter lay and died thinking she was overweight – held captive by a thought – a stronghold
  - vii. Sown thought – you are overweight
5. Even a lie believed long enough will become real to you.
  - i. What has been said about you
  - ii. What have you been called?
  - iii. You're not good enough
  - iv. You will never succeed
  - v. You can't become anything great
  - vi. You are not as good as they are
  - vii. You are \_\_\_\_\_
  - viii. People's perspective
  - ix. Satan's perspective is always a lie

### IV. Pulling Down Soul Injury Strongholds

- A. Soul Injuries are real
  1. Real hurt
  2. Real pain
  3. Difficult to deal with
- B. Satan's goal is to use your pain for his advantage by making it his stronghold – *the place where he can hide and take advantage of you*
- C. Check your mind, mindsets, and thought patterns

**Soul Injuries Session 5 – When Soul Injuries Become Strongholds – Pastor Dale Campbell**

- D. Know that it is God’s will to heal you completely, spirit, soul and body.
- E. Refuse to exalt any thought or thought pattern that doesn’t promote the peace of God in your life.
- F. Refuse to accept any thought that says, you must be this way for the rest of your life, this is just who you are.
- G. Believe God’s thoughts regarding you and what you can do!  
**Jeremiah 29:11 (KJV)** – *<sup>11</sup>For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.*

- You are accepted
- You are loved
- You are able
- You are an overcomer
- You are blessed
- You are favored
- You are the healed
- You can love
- You can forgive
- You can move forward
- You can go on
- You have a good future
- You have a blessed life
- You have something good to offer
- You have God living on the inside
- YOU Are – YOU ARE ABLE – YOU HAVE
- This is the process for pulling down strongholds – freedom
- I CAN – I WILL
- I can be healed

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- I am an overcomer
- I will overcome my pain
- I will overcome being rejected
- I will overcome offense
- I will choose to forgive
- I will move forward in life
- I will because HE will – I know HE will because He already DID!