

# The Potter's Christian Life Center

SERMON NOTES  
with Pastor Greg Formey



## The Battle For The Mind

“Breaking Mental Strongholds”

**2 Corinthians 10:3-6**

April 19, 2026

**“For though we walk in the flesh, we are not waging war according to the flesh. 4 For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. 5 We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, 6 being ready to punish every disobedience, when your obedience is complete.”** ESV

We often talk about spiritual warfare as if it is a scene from a Hollywood movie, full of shadows and dramatic battles. But the Apostle Paul tells us in **2 Corinthians 10** that the real battlefield is not "out there." It is between our ears.

### THE ANATOMY OF A STRONGHOLD

**2 Corinthians 10:3**

**For though we walk in the flesh, we are not waging war according to the flesh.**

When we hear the word **stronghold**, many of us immediately think of something external or overtly demonic. But a stronghold is actually much more subtle. It is a repeated thought pattern that has become so automatic it feels like part of your identity. It is a mental fortress built brick-by-brick until it feels "true," even when it is a lie.

Paul calls these strongholds "arguments" and "lofty opinions." In modern science, we have a different name for them: **neural pathways**.

Your nervous system is designed by God to be efficient. Your brain's primary job is not actually to make you holy; it is to keep you functioning the way you have trained it. It builds habits so you don't have to think. But when we repeat a negative thought, that path becomes a highway.

First, you choose the thought, then, the thought fires without your permission. This is why you find yourself spiraling down before you even realize you have even started. When the thought begins to think inside you on its own, you are facing a stronghold that requires the intervention of God.

## THEY TELL "REASONABLE" LIES

The most dangerous thing about a stronghold is that it doesn't feel "evil." It feels **logical**. It sounds like common sense. We tell ourselves things like:

- "I always mess things up."
- "God helps everyone else, but not me."
- "I'll never change; this is just how I am."

These are not just passing clouds; they are enemies to the knowledge of God. They feel like facts, but their origin is fear, worry, and doubt. Your brain has learned these patterns. It has stored them and is now protecting them because this what a brain is designed to do.

## THEY SAY "TRY HARDER!"

Most of us try to fight these battles with **worldly weapons**. We try:

- **Force:** Trying to "stop thinking" about it (which only makes you think about it more).
- **Shame:** Rebuking ourselves for having the thought in the first place.
- **Denial:** Pretending the struggle is not there.

But Paul says our weapons are not of the flesh. You cannot use a "fleshly" solution like willpower or self-shame to fix a spiritual, mental, or emotional stronghold.

## Conclusion

Now that we know what strongholds are, we will in the next few messages, layout a clear pathway to breaking them.

### 2 Corinthians 10:5

**We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.**

Until then, understand that exposing your mind to the truth in God's Word is the key.

Jesus said, **"If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free."** (John 8:31-32 ESV)