
REMOVING NEGATIVE THOUGHTS FROM YOUR MIND

What is a stronghold?

A stronghold is a false belief that you have accepted as a truth...

Another way of saying it...

A stronghold is not just a bad thought - It's a lie you have believed long enough that it feels true!

Ephesians 6:11 (NLT)

“Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil.”

How to Keep Strongholds from Happening:

By Refusing to Believe a Lie...

2 Corinthians 10:4–5 (NKJV)

“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..”

By the Constant Renewing of Your Mind...

Romans 12:2 (NKJV)

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

Romans 12:2 (NLT)

“... let God transform you into a new person by changing the way you think...”

Four Steps to Renewing Your Mind...

Be Still...

Psalms 46:10 (NLT)

“Be still, and know that I am God!”

Meditate On What’s True...

Declare God's Word Over Your Life...

Proverbs 18:21 (NKJV)

"Death and life *are* in the power of the tongue, And those who love it will eat its fruit."

Romans 10:17 (NKJV)

"So then faith *comes* by hearing, and hearing by the word of God."

Meet With God Daily...

Psalms 63:1 (NKJV)

"O God, You *are* my God; Early will I seek You..."

Psalms 16:7 (NKJV)

"I will bless the Lord who has given me counsel; My heart also instructs me in the night seasons."

Deuteronomy 6:6-7 (NLT)

6 And you must commit yourselves wholeheartedly to these commands that I am giving you today. 7 Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up.
Strongholds are broken when...

Lies are replaced with truth...

Noise is replaced with stillness...

Fear is replaced with faith...

And God's Word becomes your daily voice...