

# 1 | STRONGHOLDS



## What are strongholds in your thinking?

- A stronghold (ochuroma - Greek) is like a fortified castle. It protects something precious. It protects what one personally believes, ideas, opinions. It does not matter whether this belief is an opinion according to the word of God or not.
- For example, if you believe that no one loves you or that you will never be successful, a stronghold will be established to sustain these thoughts.
- Attempts to expose these false thoughts will be seen by the stronghold as an attack on these thoughts and the stronghold will cause this attack to be repelled. You no longer want to experience the pain that has formed these thoughts, so a stronghold is established to protect you from this pain.
- The stronghold ensures that your wrong thoughts are hidden and sometimes even forgotten.

## What Does the Bible Say About Strongholds?

### Jer 29: 11-14

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you," declares the LORD, "and will bring you back from captivity. I will gather you from all the nations and places where I have banished you," declares the LORD, "and will bring you back to the place from which I carried you into exile."

### Matt 16:19

I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."

Jesus and the apostles clearly indicate that we can have strongholds and that we can influence strongholds. We can be totally free of them!

## How can we respond when God shows that we have made strongholds in our minds?

### 2 Cor 10: 4.5

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

### Eph 4: 22-25

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.

### **Why are strongholds so powerful?**

Every believer has been empowered to make their own decisions. God wants to give that which is good, while the devil wants to stop that. You are the only one who can stop the good, not the devil. By renewing your mind according to the promises God gives, you become free to receive the good that God has for you.

### **How is a stronghold made?**

#### **Damage**

When your soul is damaged by not being treated well, a spiritual wall is erected in your mind to protect you from repetition.

#### **Distrust**

Because you trusted someone who betrayed you or failed to keep their promises, you are going to protect yourself by mistrust.

#### **Independence**

If you are rejected you can build a stronghold to stop being dependent on others. You no longer want to be vulnerable to avoid the pain of rejection.

#### **False security**

If a need is not met, you can build a stronghold to create false security. You keep others away from you and you start to give yourself what others have not given. From this come addictions, self-gratification by all means, food, drink, sex, etc.

#### **Confusion**

You try to avoid reality and you start to use confusion to hide reality.

#### **Denial**

This is used to survive traumatic experiences, for example in cases of severe abuse.

#### **Fear**

Is built around not resolving dangerous or unpleasant experiences and memories. This fear keeps you from experiences that can be positive.

#### **Control and manipulation**

Where chaos and instability were normal in childhood, a stronghold can be built to prevent this from happening again.

### **What are the consequences of a stronghold?**

- You shut yourself off from an intimate relationship with God the Father.
- The blessings God has for you are there, but you cannot see or receive them.

- There is a major effect on all kinds of relationships in your family, work or church
- The most important thing is that you hide, do not believe, do not recognize all your bad thoughts about yourself, but they are there and control your whole being.
- Missing out on the destination that God has for you.

### **Important Principles**

- Your faith about yourself is often more powerful than and overrides Biblical truth, even after you have become a Christian.
- Your strongholds helped you survive in difficult times, but now you are a new creation in Christ and He will be your helper.
- Your future is determined by your strongest thinking. You have the choice to change the strongest thoughts and embrace the freedom that Christ offers.

### **Steps to Freedom**

#### **1. To bind**

There are three ways of binding:

1. **Qashar** | Prov 3: 3 bind grace and truth around your neck and write them on the tablet of your heart.
2. **Chabash** | Isa 61: 1 bind up the brokenhearted and release those who are bound.
3. **Acar** | Has been tied up, taken prisoner.

Example:

When a drug baby is born, the drugs the mother has taken will have a major impact on the baby. In some situations, the baby has to withdraw from the drugs. The nurse can wrap the baby in a blanket and hold it to her body. This gives the baby extra love and eases the pain of withdrawal.

In this way you can also bind your thoughts and will to those of God. Matt 6: 9,10, Matt 16:19, 18:18.

Pray for the truth of God's word and His promises. Phil 2: 5

We partake in Jesus Christ Heb 3:14. You are dealing with three kinds of spirits: the Holy Spirit, evil spirits and your human spirit. To be released from your strongholds, bind yourself to the Spirit of Christ. As His thoughts grow stronger in you, other thoughts disappear.

#### **2. Reject**

To reject is to close a door to bad memories. It is, as it were, to recognize and destroy the bridge to the bad thoughts. You release the wrong ideas, wrong beliefs and deceptions from your soul. 2 Cor 10: 4.5

Strongholds exalt themselves against the knowledge of Christ and so you must tear them down. Nobody can do that for you, you have to understand and apply this yourself.

### **Three Levels of Strongholds**

1. Personal strongholds in individual lives

2. Ideologies that do not agree with the word of God. Philosophies like Humanism, Communism, and Islam are some examples.
3. Political and cultural mindsets

We will have to crucify all three levels of strongholds that are not in line with Gods Kingdom.

Gal 5: 16,24,25



### **PRAYER:**

Thank You Jesus for dying for me and to destroy the strongholds I have built. Today I choose to expose these strongholds in my mind. I am speaking in the name of Jesus to the wrong choices I have made to set up these strongholds for the protection of myself. I also break the power of every thought that this stronghold has made in me. It will no longer control me.

I choose to have the Holy Spirit come through these strongholds to heal me (pronounce which ones are now revealed to you through the Holy Spirit).

I open my heart to the love and value God the Father wants to give me.

I choose to embrace the freedom the Holy Spirit gives and bind to my heart every thought God shows me.

Thank You Jesus for the redeeming work of Your blood, it truly sets me free.

