



#2 Strongholds Must Fall

‘If You Want To Change Your Life Then Change The Way You Think.’

For though we live in the world, we do not wage war as the world does. For the weapons of our warfare are not of the flesh but have **divine power to destroy strongholds**. We destroy arguments and every lofty opinion raised against the knowledge of God, and **take every thought captive to obey Christ...** |

2 Corinthians 10:4-5

Definition Of A Stronghold:

Ingrained Patterns Of Thinking That Are OPPOSED To God’s Wisdom & Truth.

Characteristics of Strongholds:

#1: Strongholds Feel UNASSAILABLE

#2: Strongholds Are Built On LIES

“A Stronghold Will Take a Kernel of Truth And Then Build a Fortress of Lies Around It.”

#3: Strongholds Resist TRUTH

4: Strongholds Govern Our BEHAVIOR

Strongholds Are Established By:

1. Early And Frequent Thinking.
2. Cognitive Reinforcement.
3. Emotional Association.
4. Generational Patterns.
5. The Enemy Of Your Soul

The Weapons God Has Given Us To Demolish Strongholds Are:

God’s SPIRIT, God’s WORD and God’s PEOPLE

Cognitive Reappraisal:

Step #1. RECOGNIZE The Lie. (God's Spirit)

Step #2 REPLACE The Lie With God's Truth. (God's Word)

Step #3. REINFORCE The Truth With Community & Content. (God's People)

*“Strongholds Are Built By Repeated Exposure To Lies.
They Are Demolished Through Repeated Exposure To Truth.”*

Life Group Discussion Questions

In ancient times a stronghold was more than a fortress it was a place of refuge, often built on the highest point in a city, with walls so thick they seemed impenetrable. We build similar fortresses in our minds. The hurts, fears, disappointments that we experience over the years construct mental strongholds – through patterns so deeply entrenched they seem like permanent structures. These are not just bad habits or negative thinking; these are belief systems that stand in opposition to God's truth.

- **Read 2 Corinthians 10:3-5.**

What does Paul specifically say about the following:

- a) The nature of the battle.
- b) The weapons we have been given
- c) The goal of the fight.

- **Read Psalm 18:1-6.**

How does this psalm redefine what should be our true stronghold? How does it contrast with the harmful strongholds of our minds?

- Consider your personal stronghold. What lies have you believed regarding:

- a) Your Purpose
- b) Your Security
- c) Your Identity

- Once you identify a stronghold examine it using these questions:

- a) What is the foundation of the lie?
- b) What are the walls that protect it?
- c) What truth can demolish it?

Renew Your Mind:

Read Proverbs 21:22 The idea is that in order to take the city you have to demolish the stronghold otherwise it will reestablish itself. This week write down an action plan applying the three practical steps shared in the message: Recognize-Replace-Reinforce.

Source: Kyle Idleman “Every Thought Captive” Zondervan Publishing

Send feedback or questions to shaun@waipunachapel.com