

Strongholds

Church 3.0
Healing Prayer Level 2
November 2025



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Strongholds

Definitions

1- A place that has been fortified so as to protect against attack; a place of command. (In the physical world)

2- An area in our lives where we have given agreements and permissions to ideas and values that are not of God. (In the spiritual world)



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Strongholds

When you are part of a Kingdom that is at war with another Kingdom you are automatically at odds with the Enemy. Even if you aren't actively involved with the conflict the enemy's goal is to conquer you...

So where does the battle take place?

In your Mind and Strongholds are the Believer's Battle. With the Conflict waging between truth and untruth. (John 14:6/ John 8:44)



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Strongholds

The Key Verses we are going to be looking at are 2 Corinthians 10:3-5. This is the one place in the New Testament that the word Stronghold is used...

"3 For though we walk in the flesh, we do not war according to the flesh. 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,"



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Strongholds

How does the Enemy build a Stronghold in our minds?

Strongholds are built thought by thought as we allow Satan to operate in an area of our thought life. The stronghold is built like a wall with the original thought being the foundation and the continuation of the thoughts being like bricks that build the wall as we come into **agreement** with and dwell on the untruths and lies! After a while of believing these **untruths** we can have a very large building without ever realizing it!



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Strongholds

Strongholds in our lives are built on Agreements with the enemy that are contrary to God's will and written Word of God.



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Strongholds

The attack of the enemy is not dramatic... it usually starts as a whisper and is an assault on your identity in Christ or on God's Word.

- 1) **Your Identity**- Luke 4:3 "Then the devil said to him, "If you are the Son of God, tell this stone to become a loaf of bread."
- 2) **God's Word**- Genesis 3:1 "The serpent was the shrewdest of all the wild animals the LORD God had made. One day he asked the woman, "**Did God really say** you must not eat the fruit from any of the trees in the garden?"



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Strongholds

When does the initial attack occur?

In weakness (Luke 4:1), trauma, disappointment, abuse, anger, frustration, and success. (Luke 4:13- "an opportune time")



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Strongholds

What does the initial attack sound like?

It is subtle, not dramatic, a whisper that sounds like this...

"If God really loved you _____ would not be happening."

"Did God really forgive you?"

"Is God truly protecting you?"

"Is God providing for you?"



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Strongholds

The Foundation is laid when we come into Agreement and Acceptance with the lie and deception. There is a Partnership!



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Strongholds

The Enemy's Building Cycle for a Stronghold...

Untruth, to Acceptance (Deception), to Mind Set (Agreement), to Feelings, to Actions, to Habits to Lifestyle



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Strongholds

The Strongman-

Any house that is built has a Builder... they lay the plan and make a place of habitation. Here's the problem you can kick the builder out but then you have to demolish the building or it will be occupied again!

Matthew 12:29- "Or again, how can anyone enter a strong man's house (Stronghold) and steal his possessions, unless he first ties up the strong man? Then he can plunder his house." (This is deliverance!)



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Strongholds

What happens when Deliverance has occurred but you don't destroy the habitation or Stronghold that the enemy built?

Matthew 12:43-45 "When an unclean spirit comes out of a man, it passes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left.' On its return, it finds the house vacant, swept clean, and put in order. Then it goes and brings with it seven other spirits more wicked than itself, and they go in and dwell there. And the final plight of that man is worse than the first. So will it be with this wicked generation."



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Strongholds

The empty house must be destroyed! Not resisted or renovated, it must be completely demolished down to the original soil so there is nothing for the enemy to come back to. This takes discipline and commitment!

How...

We renew our minds... That is why Romans 12:2 "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."



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Strongholds

Our Weapons are Spiritual (2 Cor 10:3) –

#1- The Word of God (Heb 4:12)

#2- The Blood of Jesus (Rev 12:11)

#3- Confession (1 John 1:9)

#4- Fasting (Mark 9:29 NKJV)

#5- Worship (Psa 149:6)



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Strongholds

#1-To wield the spiritual weapons skillfully takes **commitment and discipline**. Just like taking down a house, weeding a garden, or learning a new skill.

#2- The empty space must be occupied by the Holy Spirit and Truth. (Luke 4:14/ Matt 12:43-45)

#3- The response to an attack must be immediate. (Luke 4:4, 4:8, Gen 3)



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Strongholds

Here are the Steps in breaking Strongholds once they are identified...

#1- Confess the sin of Agreement (1 John 1:9)

#2- You Renounce the Agreement in the Name of Jesus (Phi 2:10-11)

#3- You welcome Jesus' healing and truth into the area where you made the agreement with deception and plead Jesus' blood over that area for healing. (Heb 9:14)



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Strongholds

Here are the Steps in breaking Strongholds once they are identified...

#4- You commit the area to the Lord and ask Him to sanctify that place in your life. (Pro 16:3)

#5- You rebuild on God's Word as the foundation and do not deviate from it. (Eph 2:20)



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Strongholds

How to identify Strongholds-

#1-Invite the Holy Spirit to reveal to you what you have normalized and agreed with that are not of Him...

#2- Ask for the Holy Spirit's discernment in your attitudes...



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Strongholds

How to identify Strongholds-

#1-When an issue such as, anxiety, shame, fear, rebellion or mistrust spills over into several areas of your life.

#2- When your world view is shaped by a "lens" or attitude that is ungodly. (Lust and Greed are good examples here)

#3- When you have experienced Deliverance and the active presence is gone but the old mindset still remains. "The house is still standing"



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Strongholds

Hidden Strongholds-

#1- An Orphan Spirit – You are always on the “outside” and never in the midst. Grace and Love are always just out of reach.

In your mind it will sound like this- “God tolerates you but you never really belong.”

The Cure- Rom 8:15



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Strongholds

Hidden Strongholds-

#2- “Performance Driven Faith”- Your value is tethered to performance and output. This is works based religion and the work of the cross isn’t enough. The cross needs to be added to.

The Cure- Eph 2:8-9



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Strongholds

Hidden Strongholds-

#3- “Fear based Obedience”- fear compels you not faith or love. This is when we confuse personal traits of an authority figure for God’s character.

The Cure- 1 John 4:18



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Strongholds

Hidden Strongholds-

#4- "The Shame Cycle"- You are what you did... God forgives but He doesn't forget or You are still the same old person. This is easy to spot when you keep asking for forgiveness for the same confessed sin.

The Cure... Heb 10:17



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Strongholds

Hidden Strongholds-

#5- "Mistrust of God's Goodness"- This sounds like this... Healing, grace, mercy and abundance are for everyone else; Not me. I have experienced too much abuse, heartbreak, waiting or unanswered prayer. You expect God to withhold from you.

The Cure... Rom 8:35-37



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Strongholds

No opened Doors...

- #1- Forgive and do it quickly. (This includes forgiving yourself) (Matt 6:15)
- #2- If you sin confess it, repent and invite healing to that place. (Eph 1:7)
- #3- Fill yourself with the Word! Do not be biblically illiterate. (Luke 4:9-11)
- #4- Be mindful and aware of what you think about! (2 Cor 10:5)
- #5- Do not give the devil a foothold... any territory in your life! (Eph 4:27)



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Strongholds

Jesus's Work of the Cross is not just for your eternal salvation... it is for your FREEDOM now!

Gal 5:1- "For freedom Christ has set us free; stand firm (Eph 6) therefore, and do not submit again to a yoke of slavery."


