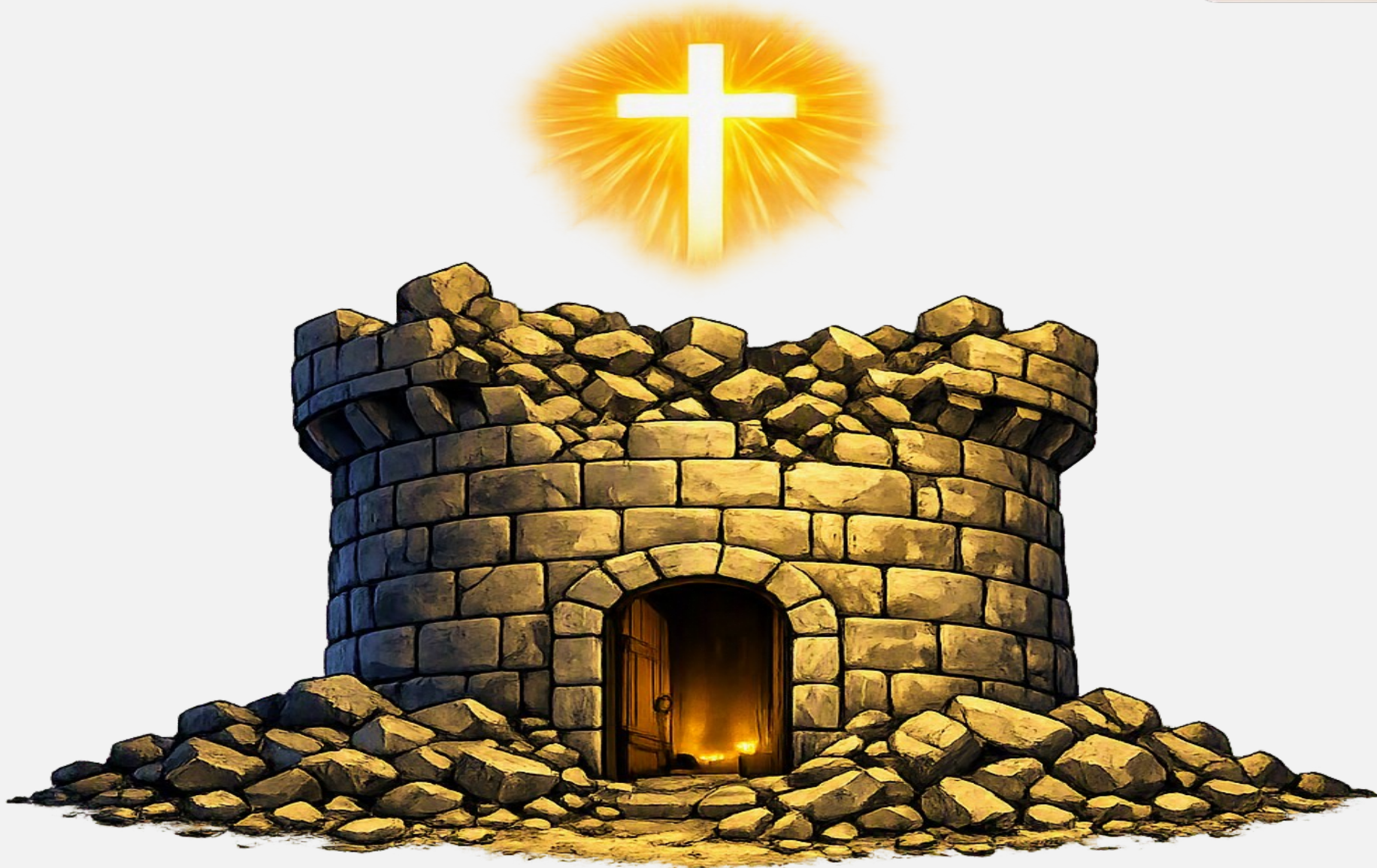


OVERCOMING STRONGHOLDS



OVERCOMING STRONGHOLDS

1. What is a Stronghold ?

A stronghold is a mindset, belief, habit or fear that we have taken on as a Truth. Which is the opposite of what God says in his word.

"A stronghold is a mind set impregnated with hopelessness that causes the believer to accept as unchangeable something that he or she knows is contrary to the will of God."

Ed Silvano

"A stronghold is a fortified place that Satan builds to exalt himself against the knowledge and plans of God."

Cindy Jacobs



OVERCOMING STRONGHOLDS

2. How Stronghold's Form.

Strongholds usually begin with the 4 W's

Wounds (hurts that shape our thinking)

Words (negative things spoken to us or about us that cause pain)

Worry (fear that becomes a mindset)

Wrong agreements ("I'll never change", "God won't help me")



OVERCOMING STRONGHOLDS

3.How to Tear Down Strongholds

Step 1. Name the Stronghold or Lie. Strongholds contain Lies

God won't do It for me.	Everything Depends on me.	I have the right to stay angry.
I am better of alone.	No one Likes me.	I am a Failure.
I can't stop this.	I am not safe.	I am never good enough.
I am powerless, this controls me.	I am unforgivable.	This will never change



OVERCOMING STRONGHOLDS

3.How to Tear Down Strongholds

Step 1. Name the Stronghold or Lie.

Negative strongholds are built on lies.

Identify the Stronghold to be broken.

Example:

“The lie I have believed is that I can not change.”



OVERCOMING STRONGHOLDS

How to Tear Down Strongholds

Step 2. Take the Thought Captive

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.

We can demolish every deceptive fantasy that opposes God and break through every arrogant attitude that is raised up in defiance of the true knowledge of God. We capture, like prisoners of war, every thought and insist that it bow in obedience to the Anointed One.



OVERCOMING STRONGHOLDS

Scriptures for Breaking Strongholds

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵We 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.

2 Corinthians 10: 4-5

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:

2

Then you will know the truth, and the truth will set you free.

John 8: 32



OVERCOMING STRONGHOLDS

Scriptures for Breaking Strongholds

The righteous cry out, and the LORD hears them; he delivers them from all their troubles. The LORD is close to the broken hearted and saves those who are crushed in spirit.

Psalm 34: 17-18

He fulfills the desires of those who fear him; he hears their cry and saves them.

Psalm 145: 19

People of Zion, who live in Jerusalem, you will weep no more. How gracious he will be when you cry for help! As soon as he hears, he will answer you.

Isaiah 30: 19



OVERCOMING STRONGHOLDS

How to Tear Down Strongholds

Step 3. Renounce Wrong agreements

Speak out what you are breaking

“I break agreement with Fear”

“I reject the lie that I am powerless”



OVERCOMING STRONGHOLDS

How to Tear Down Strongholds

Step 4. Invite the Holy Spirit

Let the Holy Spirit fill the space the lie once occupied.
The Holy Spirit brings Peace, Clarity, and Strength.

Ask Him to fill the space the lie once occupied.
Prayer: "Holy Spirit, fill my mind with Your peace, clarity and strength."



OVERCOMING STRONGHOLDS

How to Tear Down Strongholds

Step 5. Replace it with God's Truth

Then you will know the truth, and the truth will set you free.

John 8: 32

Lie:
I am alone.

Truth: "Never will I leave you;
never will I forsake you." Hebrews 13: 5

Lie:
I Can't Change.

Truth: For sin shall no longer be your
master, because you are not under the law, but
under grace.

Romans 6: 14



OVERCOMING STRONGHOLDS

How to Tear Down Strongholds

Step 6. Build New Patterns

Prayer

Scripture

Worship

Accountability

Community



OVERCOMING STRONGHOLDS

Prayer to Break Strongholds

Suggested Prayer:

Lord, forgive me for believing the lie (Name It).
I break all agreement with this lie and forgive (Name
anyone that has contributed to this).

I receive the truth that (Speak out scriptural truth).
Holy Spirit, fill my mind with Your peace and help me
stand in the truth.

Thank you, Jesus that I am free by your blood.

Amen.



OVERCOMING STRONGHOLDS

Strongholds do not fall
by trying harder – they
fall by thinking
differently.
Replace the lie.
Speak out the
truth.
Walk in Freedom .



Name it,
Break it,
Replace it,
and Declare it.

Strongholds and Scriptural Truth

Fear - Stronghold: Fear says, “I’m not safe. God won’t protect me.” **Truth:**

- Isaiah 41:10 — “Fear not, for I am with you... I will strengthen you and help you.”
- Psalm 27:1 — The Lord is your light and salvation; fear loses its power.

Condemnation & Shame - Stronghold: Shame says, “I’m unforgivable. God is disappointed in me.” **Truth:**

- Romans 8:1 — “There is therefore now no condemnation for those in Christ Jesus.”
- Psalm 103:12 — Your sins are removed “as far as the east is from the west.”

Rejection - Stronghold: “I’m unwanted. I don’t belong.” **Truth:**

- Ephesians 1:5 — You are adopted into God’s family.
- John 6:37 — Jesus will never cast out those who come to Him.

Hopelessness - Stronghold: “Nothing will change. My future is ruined.” **Truth:**

- Jeremiah 29:11 — God has plans for hope and a future.
- Romans 15:13 — The God of hope fills you with joy and peace.

Lies About Identity - Stronghold: “I’m worthless. I’m a failure.” **Truth:**

- 1 Peter 2:9 — You are chosen, royal, holy, God’s possession.
- Psalm 139:14 — You are fearfully and wonderfully made.

Anxiety & Overthinking - Stronghold: “Everything depends on me.” **Truth:**

- Philippians 4:6–7 — Prayer replaces anxiety with peace.
- 1 Peter 5:7 — Cast your cares on Him because He cares for you.

Lust & Impurity - Stronghold: “I can’t control my desires.” **Truth:**

- Galatians 5:16 — Walk by the Spirit and you won’t fulfil the flesh.
- Psalm 119:9 — Purity comes through the Word.

Anger & Bitterness - Stronghold: “I have the right to stay angry.” **Truth:**

- Ephesians 4:31–32 — Put away bitterness; forgive as Christ forgave you.
- Hebrews 12:15 — A bitter root defiles many.

Pride & Self-Reliance - Stronghold: “I don’t need God. I can do this myself.” **Truth:**

- James 4:6 — God resists the proud but gives grace to the humble.
- Proverbs 3:5–6 — Trust in the Lord, not your own understanding.

Strongholds and Scriptural Truth

Spiritual Deception - Stronghold: “This feels right, so it must be right.” **Truth:**

- 2 Corinthians 10:4–5 — Strongholds fall when thoughts are taken captive.
- Matthew 24:4 — “Let no one deceive you.”

Addiction & Compulsion - Stronghold: “I’m powerless. This controls me.” **Truth:**

- Romans 6:14 — “Sin shall no longer be your master.”
- John 8:36 — “If the Son sets you free, you are free indeed.”

Comparison & Insecurity - Stronghold: “I’m not enough.” **Truth:**

- Galatians 1:10 — You live for God’s approval, not man’s.
- Psalm 16:5–6 — Your portion and boundary lines are secure.

Unbelief - Stronghold: “God won’t do it for me.” **Truth:**

- Mark 9:23 — All things are possible for the one who believes.
- Hebrews 11:6 — Faith pleases God and draws you near.

Control - Stronghold: “If I don’t manage everything, it will fall apart.” **Truth:**

- Proverbs 16:9 — God directs your steps.
- Psalm 46:10 — “Be still and know that I am God.”

Isolation - Stronghold: “I’m better off alone.” **Truth:**

- Ecclesiastes 4:9–10 — Two are better than one; companionship protects.
- Hebrews 10:25 — Do not neglect gathering with believers.

Suggested Prayer:

Lord, forgive me for believing the lie (Name It).

I break all agreement with this lie and forgive
(Name anyone that has contributed to this).

I receive the truth that (Speak out scriptural truth).

Holy Spirit, fill my mind with Your peace and help me stand in the truth.

Thank you, Jesus that I am free by your blood.

Amen.