

THE A.C.T.S. OF P.U.S.H.ING THROUGH IN PRAYER PART III

“STRONGHOLDS”



II Corinthians 10:4-5

4) For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)

5) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;



WHAT IS A STRONGHOLD?

- ▣ A stronghold is an area of darkness within our mind or personality that causes ongoing spiritual, emotional and\or behavioral problems.
- ▣ We can be genuinely born-again, and sincere in our faith, but have an ongoing struggle with thoughts, emotions, and habits that wage war against our relationship with Christ.
- ▣ We pray, we study, and we attempt to discipline ourselves, but often find our “problem” is resistant to real change.

A Stronghold is the Fruit of an Inward Lie

A stronghold is a lie which we have allowed to distort or confuse our thinking. A lie, with our permission, can gain control over our emotions and our behavior. If we allow a lie to reside within, then that lie, like a seed, will produce its fruit which will distort the way we see and think.



- **The fruit of an inward lie will ultimately affect our faith and interfere with our ability to possess the truths of the Gospel. The Scripture tells us the devil is the Father of Lies, so we know that every lie is rooted in Darkness and will eventually reflect the nature of Darkness.**
- **The spiritual armor we first put on is the Belt of Truth. We are told to put on the full (complete) Armor of God that we might stand against the devices and strategies of the Devil, and we begin with truth.**
- **Our battle with the Devil is a battle with lies and our victory is Truth. Our fleshly nature willingly opens the door to lies for Darkness brings a message that is pleasant to Self; the Word brings a message of death to Self and life to God.**

- ▣ **These lies then seek a place of control within our personality; our emotions, our ambitions, our motivations, our priorities, and our desires become the focus and target of lies.**

- ▣ **Once the lies of darkness have found a secure place within our personality then like seed they produce fruit. Its fruit will affect our values, our thinking and our relationship with the Lord. Our battle with evil is not theoretical but real.**

The battle is inward, it is spiritual, it is intense, it is relentless, and only as we take up the weapons and defenses provided by Christ and His Word, can we be victorious over all the lies and deceptions of our enemy.



WHAT CAUSES STRONGHOLDS?

Emotional Trauma

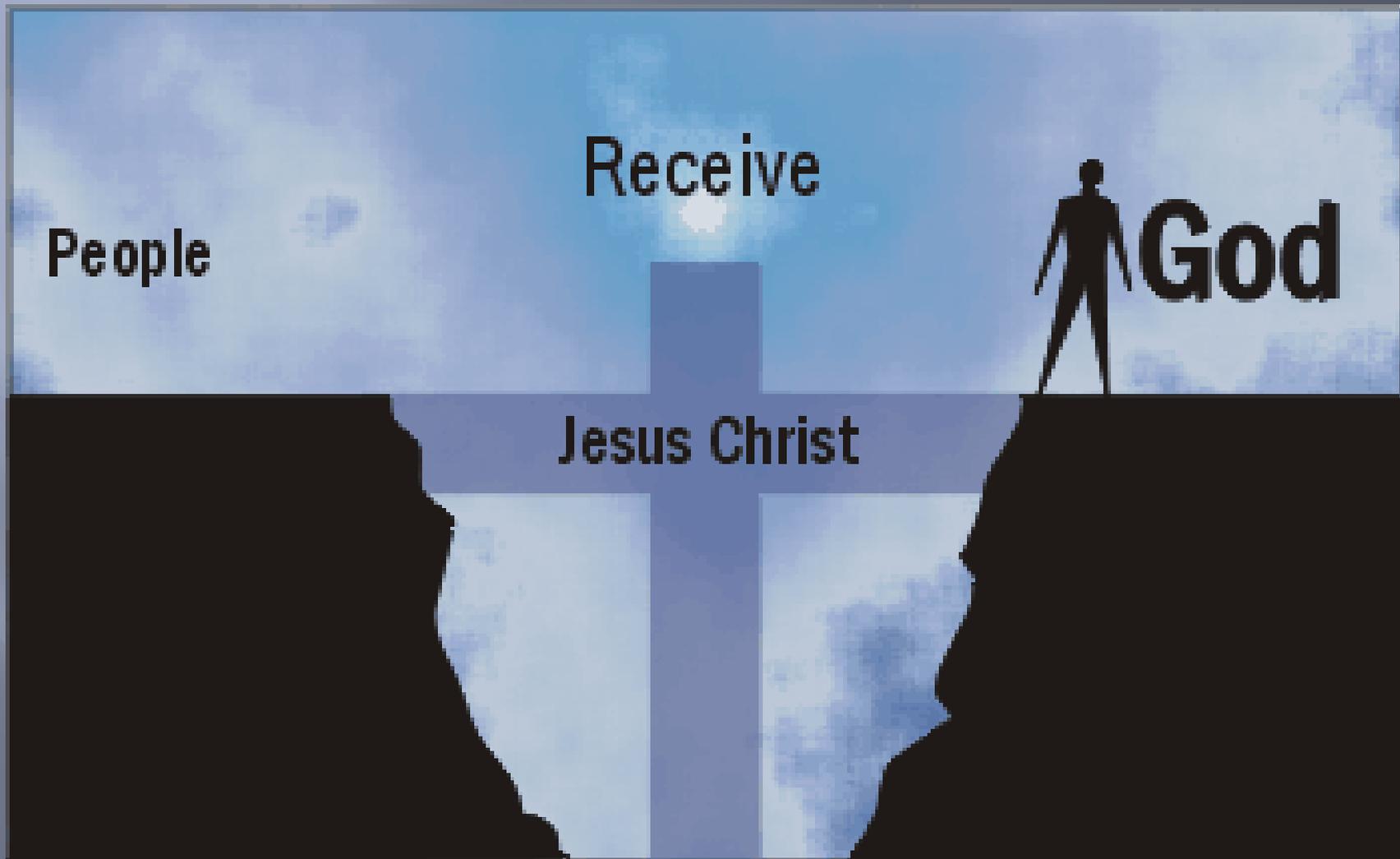
One of the most common causes of spiritual and emotional strongholds are the sins of others who have sinned against us. People can say or do something that have the potential to forever and permanently change us.

A single word of rejection, if not managed appropriately, can fester and grow and have a major impact on us emotionally and spiritually.

Memories

- ▣ People who suffer serious emotional trauma are prime candidates for spiritual strongholds. Painful memories can and will drive us to bitterness, hatred, anxiety, or depression, but the Word of God will bring us healing. Even when we forgive the person or people that have hurt us, if the painful memories continue to recycle, then we can remain under the influence of those painful memories.

HOW DO YOU PULL DOWN STRONGHOLDS?



P.U.S.H.

FAST

BE CONSISTENT

STAY ON GUARD

