

Pulling Down Strongholds

By Paul E. Tsika

What is a stronghold? Anything that has a strong hold in your mind that manifests itself in habitually sinful behavior. That's the negative but you can have positive strongholds as well.

Every individual in every walk of life has dealt with or will deal with strongholds. No one is exempt from having a stronghold. That is why I believe Paul the Apostle gave us

***Ephesians 6:11-18:** "Put on the whole armor of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; and your feet shod with the preparation of the gospel of peace; above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit and watching thereunto with all perseverance and supplication for all saints."*

The problem comes when someone is unwilling to see or admit there is a stronghold established in their life. We are lumped in with the Church of Corinth when Paul the Apostle writes these words in **2 Corinthians 10:4:** *"For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds."*

We believe that God can reveal to you any stronghold that tries to protect an area in your life against God's rulership. Here are 4 steps to follow:

1. Identify Your Stronghold

Strongholds can include but not be limited to:

- Fear-Unreasonable Fears
- Pride
- Unforgiveness
- Slander

- Gossip
- Lying
- Envy
- Greed
- Covetousness
- Ingratitude
- Unbelief & Unfaithfulness
- Worry & Anxiety
- Worldliness
- Judgmental Spirit
- Tradition
- Jealousy
- Rejection
- Peer group approval
- Resentment
- Bitterness
- All kinds of phobias -- over one hundred phobias have been discovered
- All sexual sins
- Addictions
- Idols

2. Clarify Your Objective

In Matthew 12:29, Jesus referring to Satan and his demons: “How can anyone enter the strong man’s house and carry of his property, unless he first binds the strong man?”

Our desire is for you to be set free from any stronghold that has been established in your life. We must confess our sin as the scripture says in, *1 John 1:9* ***“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”***

This means that God forgives us for allowing and catering to that stronghold in our life, but we must still tear down that stronghold. The pray of confession invokes the power of God in our situation and thus partners us with the King of Kings and Lord of Lords and enlists us in the Firm of Almighty and Sons. No stronghold will be able to stand against the Most High God.

You can use this prayer of confession: Lord Jesus, I confess that I have sinned against You, in (name the sin/stronghold). I ask You to forgive me for holding on to this area of rebellion in my life. At this moment I turn away from any hidden or manifest sins and I turn solely to You, Lord. Thank you, for granting me the forgiveness and purging I so desperately needed. Fill me with Your Holy Spirit so I will be equipped to withstand the fiery darts of the enemy and not fulfill the lust of my flesh. In Jesus’ name I pray. AMEN!

3. Memorize Corresponding Scripture

Below is a list of scriptures that correspond with some strongholds you might face.

Psalms 119:11 ***“Thy word have I hid in mine heart, that I might not sin against thee.”*** We recommend using a 3x5 or 5x7 note card that you can write these scriptures to be able to carry wherever you go.

- **PRIDE** Proverbs 6:16-17; 11:2; 13:10; 16:5; 27:2; James 4:6
- **SLANDER & GOSSIP** Titus 3:2; Proverbs 11:13; 16:28; 17:9; 6:16-19; 15:1
- **UNFORGIVENESS** Proverbs 24:17; 6:14-15; Mark 11:25; Luke 17:3-4; Eph. 4:31-32
- **IMMORALITY** Rom. 14:17; II Cor. 7:1; I Peter 1:15-16; Hebrews 12:14
- **LYING** Proverbs 6: 17 & 19; 10:18; 12:22; 21:6; Eph. 4:25, 29; Col. 3:9
- **ENVY** Psalm 37:1; Proverbs 3:31; 14:30; I Cor. 13:4
- **JEALOUSY** Proverbs 6:34; 27:4; Ecc. 4:4; Song of Solomon 8:6
- **GREED & COVETOUSNESS** Proverbs 15:27; Ecc. 5:10; Matt. 6:19-21; Eph. 5:3; I Tim. 6:17
- **INGRATITUDE** Psalms 68:19; 89:1; 118:1; Isaiah 63:7; Phil. 4:6
- **BITTERNESS & HATRED** Proverbs 10:12, 18; 15:17; Psalm 32:2; Matt. 5:43-44;

Eph. 4:31; I John 4:20

- **UNBELIEF & FAITHLESSNESS** I Samuel 12:22; Psalm 18:30; 36:5; I Thes. 5:24;

II Timothy 2:13, 19

- **WORRY & ANXIETY** Psalm 127:2; 55:22; Jer. 17:7-8; Matt. 6:25-28; Phil. 4:6-7;

I Peter 5:6-7

- **FEAR** Proverbs 29:25; Psalm 27:3-4; 118:6; Isaiah 12:2; II Timothy 1:7; I John 4:18-19
- **WORLDLINESS** John 15:19; Rom. 12:2; Col. 3:2; II Timothy 2:4; Titus 2:12; I Peter 2:11;

I John 2:15-17

- **JUDGMENTAL SPIRIT** Rom. 2:1; 14:4, 13; I Cor. 4:5; James 4:12; Matt. 7:1-3

This is by no means an inclusive list of scripture in dealing with your stronghold, but a great way to start.

4. Employ Your Weapon

Nahum 1:7 “The LORD is good, a strong hold in the day of trouble; and He knoweth them that trust in Him.” Why would we use this verse? Because, we believe that GODLY strongholds are necessary to withstand and assault from the enemy.

As you memorize, quote and employ the Word of God it builds a stronghold brick by brick.

In Christ: I Am Accepted

John 1:12 — I am God’s child

John 15:15 — I am Christ’s friend

Romans 5:1 — I have been justified

1 Corinthians 12:27 — I am a member of Christ’s body

Ephesians 1:1 — I am a saint

Colossians 2:10 — I am complete in Christ

In Christ: I Am Secure

Romans 8:1, 2 — I am free from condemnation

2 Corinthians 1:21, 22 — I have been established, anointed and sealed by God

Philippians 3:20 — I am a citizen of heaven

Hebrews 4:16 — I can find grace and mercy in time of need

1 John 5:18 — I am born of God and the evil one cannot touch me

In Christ: I Am Significant

Matthew 5:13 — I am the salt and light of the earth

John 15:16 — I have been chosen and appointed to bear fruit

Acts 1:8 — I am a personal witness of Christ's

1 Corinthians 3:16 — I am God's temple

Ephesians 2:6 — I am seated with Christ in the heavenly realm

Philippians 4:13 — I can do all things through Christ who strengthens me

A good practice: Read **Ephesians Chapters 1 & 2**. Underline or write out everything it says
Who You Are in Christ.

When, not IF, the enemy attacks you, use the Word of God as your weapon. Luke 4 is the great temptation of Christ. Every time the enemy tempted Him, Jesus would use three words to start the defense of the enemy's attack, "**IT IS WRITTEN.**" Therefore, we should use the weapon that Christ used to defeat the enemy.