

Overcoming Strongholds

A stronghold is a defensive mindset that sets itself up against God's voice and provokes unhealed places in our hearts that make us vulnerable to demonic oppression.

Step 1 Identify the defensive mindset.

When you experience a "freak out" moment or when unwanted sin emerges and affects us greatly, ask, "What do I hear when this feeling comes in? What is my mindset at this moment?"

Examples: *"I am not good enough."*

"I have to be perfect."

"I can't trust."

"I don't belong."

Step 2 Repent of any sin you have had as a result of this mindset.

"Heavenly Father, I humbly come to you and say, I am tired of this sin affecting my life. I confess (NAME SIN AND BEHAVIOR) and I repent. I ask that you would set me free from this bondage and give me a clean heart. I want to obey you and live a holy life. Thank you for forgiving me and helping me to live victoriously. In Jesus' Name I pray, Amen."

Step 3 Declare that God is the only Protector and that He is our stronghold.

"Thank you, God. I now declare that you are my protector. You are my stronghold. It is in you that I trust."

Step 4 Pray boldly in Jesus' Name to demolish the stronghold.

"Father, I come to you now by the power of your son, Jesus Christ. I see where this stronghold that says (NAME STRONGHOLD) has been ingrained in my mind. I see that it has affected my emotions and it has left an opening for the enemy to oppress me.

(PAUSE IN GOD'S PRESENCE - Take a moment with the Holy Spirit and "see it" See it's effect, how long it has been there, how many times you've sinned or reacted because of it).

I see it and I'm tired of it. So, I take authority over this stronghold and demolish it now in the name of Jesus. Satan, you no longer have the ability to rule my mind and access my heart. I bring into captivity every thought and make it obedient to the truth through Christ Jesus. (SPEAK TRUTH) This stronghold has no more authority over me. Now, I boldly proclaim that I trust you, God. You are my strong tower and I run into you. I know you will keep me safe. Thank you, Father, for filling me now with your peace, your love, and with your joy. In Jesus Name, Amen."