

# WE GROW WHAT WE FEED.

*part 2*



Strongholds are bases of operation for demonic access into our lives. They provide invitations (legal access) through open doors for the enemy.

Good News!

There is no shame in having  
strongholds (any more than  
having a cold),  
and The LORD who Heals is  
knocking at the door of every  
stronghold.

Be patient with the process,  
be responsive to the process

9 There was the true Light  
which, coming into the  
world, *enlightens every*  
*man.*

*John 1:9*

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

2 Corinthians 10:3–5

4 for the weapons of our warfare  
are not of the flesh, but divinely  
powerful for the destruction of  
*fortresses (strongholds).*

5 We are destroying speculations  
and every lofty thing raised up  
against the knowledge of God, and  
we are taking every thought  
captive to the obedience of Christ,



...destruction of strongholds.  
Points or arguments in which  
one trusts.

A belief, outlook, worldview:  
A lens for perceiving events  
and people. ("Your truth")

Strongholds are  
deeply held beliefs  
that cause us to  
think and behave in  
ways we do not want.

Strongholds have  
fruits (our thoughts  
and behaviors),  
which means they  
have roots (beliefs)

*Outbursts of anger,  
pride  
trust issues  
difficult to give or  
receive love,  
failed relationships  
anxiety*



*addictions,  
overworking,  
overspending,  
escapism,  
feelings of  
worthlessness,  
depression*

*Thoughts → meditations*

*Proverbs 23:7 For as he thinks within himself, so he is.*

Toppling strongholds  
happens as we bear ever  
increasing measures of  
the fruits of the Spirit.

Strongholds are manifest  
in every disconnect  
between mind and heart:

"I know I shouldn't feel  
this way, but..."

Identifying and destroying  
strongholds begins with  
one simple question:

"Why do I believe that?"

destroying speculations

[logismos]

A calculation, conclusion,

judgment

The conclusions (judgments) we

make about events, people,

issues ... even about God Himself



Speculations are based in whatever strongholds we believe, and they serve the dual purpose of reinforcing that stronghold).

We feed our  
strongholds whenever  
we try to interpret  
life without involving  
God in our conclusions.

The chief goal of every demonic lie is to separate us from the love of God by making us believe He is not good, He is not for us, and He does not love us.

When we do not involve God  
in our conclusions about life's  
events, we risk becoming  
offended with God.

Offense with God is the  
mother of all strongholds.

The most common offense  
against God comes through  
the door of unforgiveness.

...against the knowledge of  
God

"God's knowledge"

What God knows vs.

what the enemy would  
like us to "know."

Once we have identified  
the lie behind the  
stronghold, we get the  
sword of the Spirit in  
our hand and fight.

Find scripture that gives  
God's truth about the lie:

Memorize it.

Sing it.

Meditate on it day and  
night.



...taking every thought

["noema"] captive:

active thoughts (that

lead to some action)

11 ...so that no advantage  
would be taken of us by  
Satan, for *we are not  
ignorant of his schemes.*

*2 Corinthians 2:11*

Once a thought is  
recognized as a lie, we  
have identified our  
problem.

Any thought we hold  
that did not originate  
in Heaven is

trespassing in the  
mind of Christ.

Taking those  
thoughts captive  
means **they** are now  
bound, instead of us.

...taking every thought

captive

to the obedience of

Christ

Victory in Spiritual Warfare  
results in us resting in the  
completed work of the cross.  
Trusting in Christ in Us to do  
the work we could never do.

Christ in Us is simultaneously  
tearing down demonic  
strongholds while building  
righteous ones. We co-labor in  
this by feeding the kind of  
strongholds we want to live  
with.



Becoming free of strongholds

is a process of remaining

spiritually healthy:

Eat well (feed your spirit)

Rest (cease from striving)

Exercise (be a do-er)

Which of God's truths and  
ways do you find yourself  
resisting the most?

Becoming free of strongholds is a process of remaining spiritually healthy:

Eat well (feed your spirit)

Rest (cease from striving)

Exercise (be a do-er)

Which of God's truths and  
ways do you find yourself  
resisting the most?