



A. Spiritual Strongholds

1. Sins that begin in your mind
2. Sins that you choose to repeat for whatever reason
3. Sins that become your “go to” response or default response

B. Characteristics of Spiritual Strongholds

1. Strongholds kick-in involuntarily
2. Strongholds become a part of your personality
3. Strongholds are always counter-productive in your life

C. How to Deal with Strongholds

1. Recognize -Small sins that become habits...involuntary responses
2. Remove-Humility; Honesty
3. Replace the power of sin with the power of the Holy Spirit in your life
-Meditating on Memorized Scripture

D. Satan’s power in our life

1. Based on our weakness to sin
2. Based on our internal conversations
3. Best defeated by Memorized Scripture (The Jesus Method)

E. The Power of God’s Word – In Your Mind

Repeated, prolonged exposure to God’s Word shapes your mind in four ways

1. Scripture parades your sinfulness in front of you
2. Scripture provides God’s viewpoint
3. Scripture proves the Principle of Displacement
4. Scripture promotes your faith

Psalm 119:11 “I have hidden your word in my heart that I might not sin against you.”

F. When we allow Strongholds to continue

1. We lose fellowship/closeness to the Lord.

*“Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common?
Or what fellowship can light have with darkness?” 2 Corinthians 6:14*

2. We lose the sense of God’s power/presence in your life.

*“For the LORD your God moves about in your camp to protect you and to deliver your enemies to you. Your
camp must be holy, so that he will not see among you anything indecent and turn away from you.”
Deuteronomy 23:14*

3. We lose the desire and the ability to worship.

“The Lord says, these people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is based on merely human rules they have been taught.”
Isaiah 29:13

4. We think and do harmful things to ourselves and those close to us.

“For the LORD watches over the way of the righteous, but the way of the wicked leads to destruction.”
Psalms 1:6

Your Response

1. Recognize your sinfulness and repent of your sin.
2. Ask the Holy Spirit to fill you again.
3. Commit to overcome strongholds with memorized scripture.