

# Winning the Battle of the Mind – Part 2

## Overcoming the Giants in Your Life

### Week 4

Biblical principles for overcoming obstacles in our lives



**Go forth and Conquer!**

*"For though we walk in the flesh **we do not war after the flesh**, for the weapons of our warfare are not carnal, but mighty through God **to the pulling down of strongholds** 2 Cor. 10:4*

## Overcoming the Giants in Your Life – Week 4

Biblical principles for overcoming obstacles in our lives.

### Strongholds

- The Greek word for stronghold, taken literally, means a fortress.
- Spiritual strongholds are located in the mind – which is part of the soul (mind, will, emotions)
- A spiritual stronghold is a mindset or a pattern of thinking, impregnated with hopelessness that causes us to accept as unchangeable, situations that we know are contrary to the Word of God and the Will of God.
- A spiritual strongholds is built out of lies.
- We find ourselves totally incapable of doing something that God requires of us
- Strongholds hold us in bondage.
- Strongholds are one of satan's weapons.
- Strongholds create a double mind (James 1:8) that leads to emotional and spiritual instability.
- An important part of healing and transforming the deep wounds, requires pulling down the strongholds.

**Note:** Sometimes what we are dealing with is not a stronghold, but rather a character issue or a personality weakness that we must intentionally choose to correct. When we genuinely and sincerely ask of the Lord, He will be faithful to answer us and to lead us in a path of victory and freedom.

## **What are the signs?**

- Compulsions
- obsessions
- fears
- lusts
- jealousies
- violent tempers
- uncontrolled appetites of all kinds

"I've tried to control that, but I can't seem to stop or get on top of it."

## **Consequences**

- drifting away from fellowship with God
- loss of Christian influence (witness)
- deep self-doubts or self-loathing

## **Questions for self-reflection**

- How do I view yourself?
- Is there someone in my life – past or present – that I need to forgive?
- What are the “weights” in my life?

**Truth** dispels deception and lies, and therefore the more truth you bring into a situation, the more the darkness must flee.