

OVERCOMER: OVERCOMING STRONGHOLDS

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2 Corinthians 10:4-5 NIV

*The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to **demolish strongholds**. We **demolish arguments** and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

A **stronghold** is something that becomes a fortress in our minds that seals sinful activity in, while attempting to seal God out.

Strongholds are **not** just addictions. A stronghold can also be: lies, pride, warped philosophies, thoughts, and plans that challenge God.

Strongholds: finding yourself stuck in cycles, substances, people and practices that don't work, or fail to meet your real needs

Two Main Classes of Strongholds:

1. Monster Strongholds
2. Sleeper Strongholds

Monster Strongholds:

- Drugs, sex, alcohol, pornography, nicotine

Romans 7:18-21 NIV

For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. So I find this law at work: Although I want to do good, evil is right there with me.

Sleeper Strongholds:

1. Pride

Proverbs 16:18 HCSB

***Pride** comes before destruction, and an arrogant spirit before a fall.*

2. Perfectionism

3. Control

4. Worry

5. Busyness

6. Technology

7. People

Common Strongholds:

- Narcissism, food, shopping, social media

Overcoming Strongholds:

1. Admit

“**Admitting** you have a stronghold is not a declaration of your weakness; it’s asking God for a demonstration of His strength.”

2. Repent

“Change your thought processes, and go beyond your mind’s present state of limitations and sinful habits.”

Romans 12:2 ESV

Do not be conformed to this world, but be transformed by the renewal of your mind.

3. Attend

Attend means to take care of, minister to, take charge of, watch over and guard your heart and mind.

4. Replace

We can't just stop bad habits; we have to **replace** them with healthy habits.

Romans 6:16-18 NIV

Don't you know that when you offer yourselves to someone as obedient slaves, you are slaves of the one you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness? But thanks be to God that, though you used to be slaves to sin, you have come to obey from your heart the pattern of teaching that has now claimed your allegiance. You have been set free from sin and have become slaves to righteousness.

Overcoming Strongholds:

ADMIT — REPENT — ATTEND — REPLACE

Benefits of Overcoming Strongholds:

1. Relentless grit

Hebrews 10:38-39 NIV

“But my righteous one will live by faith. And I take no pleasure in the one who shrinks back.” But we do not belong to those who shrink back and are destroyed, but to those who have faith and are saved.

James 1:2-3 NIV

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.

2. Godly desperation

Psalms 18:2 NIV

The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.

3. Agents of redemption

Revelation 12:11 NIV

They triumphed over him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death.