

*“For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,” 2 Corinthians 10:4–5*

“Overlooking ancient Corinth was a hill 1,857 feet high. On top of it was a fortress. Paul used that imagery as an illustration of the spiritual warfare he waged. He destroyed strongholds, cast down towers, and took captives.” — Nelson’s New Illustrated Bible Commentary

A stronghold isn’t a demon sitting on your shoulder; it’s a lie sitting in your logic.

A stronghold is a place of confinement built in the mind.

It is a thought pattern:

- built by lies
- reinforced by repetition
- strengthened by emotion and experience

Every stronghold has three parts:

1. Walls — Lies
2. Towers — Arguments
3. Captives — Thoughts and Emotions

Jericho wasn’t just a city; it was a picture of a mind fortified against God. Mental strongholds block God’s promises.

### How do strongholds come down?

#### 1. Truth

*“You shall know the truth, and the truth shall make you free.” John 8:32*

Strongholds are built on lies. So they must be destroyed by the truth!

You cannot tear down a lie if you don’t replace it with the truth.

#### 2. Persistent Obedience

Strongholds are built over time. So they are broken over time.

Consistency is how you cooperate with the truth!

#### 3. Power of the Holy Spirit

Truth reveals the lie.

Obedience weakens the lie.

The Holy Spirit destroys the lie!

#### 4. Taking Thoughts Captive

*“Bringing every thought into captivity to the obedience of Christ.” 2 Corinthians 10:5*

Before thoughts were held captive by lies, but now we take those thoughts captive to Christ!

Your mind is like a child.

If you don’t train it, it will run wild.

If you don’t lead it, it will lead you.





## How do we practically capture our thoughts?

- Notice the thought
- Challenge the thought
- Lead the thought to truth

Before, your thoughts were prisoners of lies. Now, they become servants of Christ.

### **Prayer and declaration for your mind:**

Lord, expose every lie I've believed and replace it with Your truth.

Father, help me recognize wrong thoughts quickly and reject them immediately.

In Jesus' name, I take every thought captive and bring it under Your authority.

Holy Spirit, renew my mind daily and teach me how to think like You.

Break every mental stronghold that has kept me stuck in fear, doubt, and negativity.

Give me discipline to focus on what is pure, true, and life-giving.

Lord, transform my thinking so my life reflects Your will and not my old patterns.