

PULLING DOWN MENTAL STRONGHOLDS

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The scripture reveals that there are strongholds in the mind of man that needs to be pulled down. When strongholds exist, thought control becomes extremely difficult. One can become discouraged and give up trying because success in keeping evil out of one's mind is not attained. Strongholds need to be attacked and pulled down through spiritual warfare.

- Strongholds are mental attitudes that have been formed over the years.
- Strongholds are concepts, beliefs, doctrines, ideologies, principles, traditions, habits and character that one has lived with all his life.
- Strongholds are strong and deep-rooted convictions in the mind and heart of a person, and may not necessarily be correct.
- Strongholds are personal opinions that one has lived with and are not willing to give up.
- Strongholds are one's thinking pattern and perspective to life that are not easy to depart from even when the person wants to.
- A stronghold is an evil lifestyle built on an evil thought life that is not easy to drop.

The nature of strongholds is that they are not easy to tear down. They don't easily go away. So you have to apply force to tear it down. The strongholds in your mind require more than will power. You need the help of God. This is the reason the name of Jesus Christ and the Holy Spirit are given to us.

2 Cor 10:3-6

3 For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 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. 6 And we will be ready to punish every act of disobedience, once your obedience is complete.

NIV

1. First, you must give your life to Christ, and make Him the Saviour and Lord of your life in practical terms. You must be willing to follow Him and apply His teachings in every area of life.
2. Secondly, you need to daily ask the Holy Spirit to help you pull down the strongholds in your mind.
 - Daily in prayer tear them down. Pull them down in the name of Jesus Christ.
 - No stronghold will stand the power in the name of Jesus.
 - Strongholds will not come down just because you want it to come down. It will take the spiritual weapon of God to pull it down.
 - Jesus is the power that destroys strongholds.

- Submit to the Holy Spirit to help you overcome the negative thoughts.
3. Prayer is very important to pulling down the strongholds in your mind and hearts to enable you think pure and positive thoughts.
- To keep evil out of your mind, you need to pull down the strongholds in your mind.
 - The Holy Spirit is always ready to help you bring them down if you are willing, determined, and asks him to help.
 - Use the authority you have in Christ to command them to come down.
 - Sometimes, it will be better if you can take time to fast and pray about it because the strongholds must come down for you to control your thoughts.
 - Stand against all the strongholds in your mind in the name of Jesus Christ, and command them to come down and they will come down.
 - Cast down in the name of Jesus Christ every imagination and every high thing that is contrary to the truth of God, and take your thoughts or mind captive to the obedience of the Words of God.
 - You can move the strongholds in Jesus name because we have been given the power to move all that we don't want in our lives.
 - Pray also that the Holy Spirit will keep you in remembrance of the fact that your thoughts give birth to the life that you live. For when you remember, you become careful how you think and what you think.
 - Pray that God will separate you from those who by their words and lifestyle through their association with you feed these strongholds that you want to pull down. Those who feed and strengthen that which God wants to destroy in your life are not really good company or friends.

Mark 11:23

23 "I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for him.

NIV

- 4. You must believe that the prayer and word of authority you speak will work, and is working; otherwise, your faithlessness will make it impossible for you to be free.
- 5. Finally, you need the word of God to clean up your mind from all the wrong things you have believed and lived by. You need the word of God to renew you mind. You need to know what God knows, see what God sees, stand where God stands, to enable you live as God lives, say what God says and how He says it, and do what He does. You need re-orientation about life and how to live it. You need the Word of God, the Minister of God to teach you and the brethren to fellowship with and encourage you in this journey. You need a church family and a Pastor to guide you.
 - You need to invest money to buy resource materials that will impart knowledge to you in order to renew your mind. Invest in good Christian books, teaching tapes and CDs. Attend Bible seminars that will help impart the true knowledge of God. Find time to renew your mind so that

all the strongholds in your mind will be totally destroyed. Your mind can never be blank. It is either you have the wrong knowledge inside or the right knowledge.

Matt 13:5-6

5 Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. 6 But when the sun came up, the plants were scorched, and they withered because they had no root.

NIV

Matt 13:20-21

20 The one who received the seed that fell on rocky places is the man who hears the word and at once receives it with joy. 21 But since he has no root, he lasts only a short time. When trouble or persecution comes because of the word, he quickly falls away.

NIV

Jer 23:29

29 "Is not my word like fire," declares the LORD, "and like a hammer that breaks a rock in pieces?"

NIV

Rock in this passage means strongholds as described earlier. When you begin to hammer a piece of rock the first time, there will be no sign that it will break apart or is breaking apart. The crack starts in the centre which cannot be seen or noticed. As you continue to hammer away, the crack will continue to grow and the rock getting weaker. When the rock can no longer stand the power of the hammer, the crack becomes visible for the human eyes and the rock falls apart. That is how it is with the strongholds within a man as the word of God continues to hit it when received continually. As you give your eyes to reading the word and your ears to listening to the word, it will continue to give you light and this light will affect every area of ignorance, and as this is happening all negative strongholds are giving way to truth and light, and freedom is being gained, but may not be yet visible to the human eyes. But as you continue in the word, total liberation is achieved. You need to give your mind to the word with diligence to be free from strongholds. Prayer alone will not do the miracle. You need to give the Holy Spirit something to work with. The word you allow into you will equip Him to deliver you. Give attention to the word of God for it is God's hammer for destroying mental strongholds.

Pulling down the strongholds in your mind does not take the place of guarding your mind. The purpose is to make it easy for you to watch over and keep evil out of your mind always. So, you must give attention to guarding your mind in order to keep your mind from things that have the capability to strengthen that which you want to destroy.

CONCLUSION

Prov 4:23

23 Above all else, guard your heart, for it is the wellspring of life.

NIV

Prov 4:23

23 Watch over your heart with all diligence, For from it flow the springs of life.

NAS

Prov 4 :23

23 Be careful how you think; your life is shaped by your thoughts.

GNB

Guard your mind and don't let the devil in. Though he seeks to control you through your thoughts, don't let him do that. Regularly hand your thoughts over to the Holy Spirit. Allow the word of God to influence and control your thoughts, feelings, decisions, words, actions and reactions. Always remember that he, who controls your mind, controls your life. He who controls your thoughts controls your experience. The thoughts you think per time can increase and can reduce the love you have for God, your partner, friend, neighbour, colleague and boss. The thoughts of the mind can scatter or keep together your relationship. Your life is a reflection of your thoughts. Your habits and character are manifestations of your thoughts. Your words are reflections of your thoughts. Success and failure of your marriage, business, career and church depends on your thoughts. Guard your mind.