



WIN THE WAR WITHIN

Spiritual Warfare Training

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What Is a Spiritual Stronghold?

- You are what you think.
- A spiritual stronghold is a harmful thought pattern, attitude, or belief that has taken root in a person's life.
- They can also be messages from other human beings that have left a lasting impression.
- They are patterns of thought that give safe haven to demons to operate in our minds to contradict God's purpose for us and others.
- They become thought systems, social beliefs, or and cultural practice that opposes God.



How to Demolish Strongholds?

For though we live in the world, we do not wage war as the world does. 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.

2 Corinthians 10:3-5

1. Discover the Open Door

An open door is a gateway through which demons discern legal right to contact, attach or even possess a person. The following are just a few examples of open doors:

- a. **Emotional Shock.** High emotional single occurrences or sustained occurrences as molestation, rape, incest
- b. **Excessive sudden surges of anger**
- c. **Overprotective parents.** This can cause spirits of anxiety and perfectionism and even OCD which can be open doors to spirits of fear.
- d. **Prenatal and early childhood conditions** such as rejection of a child.



1. Discover the Open Door

- a. **False religions, philosophies, and occult involvement.** According to Exodus 20:3-5 this may follow a family for four generations. Everyone has 2 parents, 4 grandparents, 8 great grandparents and 16 great grandparents – a total of 30 authoritative domestic influences and anyone of them can be the source of an open door.
- b. **Major sins and sinful habits.** The only way to cancel those is to get forgiveness - Luke 22:3.
- c. **Idle Words** – Words express the wills of spirits. Every thought may not be yours, but every word is yours and has spiritual consequences.



2. Detect the Lies



- a. Strongholds are fortified lies that have been erected in our minds. Every stronghold is built upon a lie and each lie is laid on top of the next until the fortress is built.
- b. The way you think is the way you live. Your thoughts literally shape your habits and control your life.
- c. God’s intent is that all your thoughts and actions would be influenced by His words. Jesus said, “It is written, ‘Man shall not live by bread alone, but by every word of God’” (Luke 4:4).
- d. Most people assume the way they think is “normal,” but that is not necessarily so.
- e. Our culture, traditions, how we were raised, and life experience fill us with thoughts, ideas and beliefs that oppose the knowledge of God.

3. Decipher Belief Systems

- a. Strongholds don't just sit in your mind doing nothing. They produce actions, behaviors and habits that eventually seem impossible to get rid of.
- b. A stronghold is like a hole in the bottom of a boat. The hole in the bottom of a boat is like a stronghold. It is something you believe that causes certain behavior or habits.
- c. Until you plug the hole, you are going to keep getting water in the boat.
- d. You cannot get rid of the habit until you change what you think or believe. That is how you plug the hole.
- e. When you change what you think or believe, you will change what you do. As you think in your heart, so will you be.



4. Discern Demonic Attachments

a. Uncontrollable Behaviors - If you have uncontrollable behaviors like cutting yourself or self-harm and feel like you can't get a grip on it, the demonic may be at play. Sometimes uncontrollable, obsessive thoughts and compulsive behaviors may be demonic. In the case of demon possession (in non-believers), some basic manifestations that may include involuntary behaviors such as:

- Sneezing
- Coughing
- Burping
- Gagging
- Choking, or vomiting
- Yawning
- Shaking
- Convulsing
- Contorting
- Eyes going back and forth
- Mocking laughter
- Not being able to make eye contact

5. Discern Demonic Attachments

- b. Unwanted Thoughts and Desires** - Recurring intrusive thoughts pleasant or unpleasant, may be an indicator of the presence of a demon. This is especially true if your thoughts are directing you to harm yourself or others (John 10:10).
- c. Unexplainable illness** - In Luke 13:11, we see evidence of a spirit of infirmity.
 - *Luke 13:11 Behold there was a woman who had a disabling spirit for 18 years, and she was bent over and she couldn't straighten herself up."*
 - However, Jesus did not cast out spirits from most people he healed.
- d. Unexplained paranormal activity** - Signs of paranormal activity such as shadows, smells, movement of objects, sounds, etc. may be an indication of demonic attachment.

What to Do

1. Recognize the lie. Ask God to show you the lie you have believed.
2. Repent of believing the lie and receive God's forgiveness.
3. Release the right spirits through prayer. Ask God to show you the truth and the right spirit.
4. Renounce all behaviors or condition built upon the lie, such as unconfessed sin, unforgiveness, relationships, gluttony, etc.
5. Resist all temptations to return to the former ways of thinking and behaving.
6. Rally with God's people. Have a strong believer walk with you and keep company with people who are walking in victory over your former stronghold.

