

# Strongholds of the Mind

(II Cor. 10:3-6)

For though we walk in the flesh we are not serving as **soldiers** according to the flesh, for the **weapons** of our **warfare** are not fleshly but **powerful in God** for the **tearing down of strongholds**, tearing **down reasonings**, even **every high thing being lifted up against the knowledge of God**, and taking captive every thought in obedience to Messiah, and being ready to punish every disobedience, when your obedience would be achieved (II Cor. 10:3-6).

A stronghold is defined as false statements Satan establishes in our mind. They control and direct our mind to believe his lies. After a while they become reality. The Word of God confirms this in Proverbs 23:7. It says, For as man thinks in his heart so is he (Prov. 23:7). As someone said, **“To think on what we believe, in time we will become.”**

According to the National Institute of Neurological Disorders and Stroke, “The brain, the most important part of the body as the command center for the nervous system, **receives input** from the sensory organs and **sends output** to the muscles. It is the main organ of the human central nervous system. It is the most complex part of the human body. This three-pound organ is the seat of **intelligence**, **interpreter** of the senses, and **initiator** of body movement and **controller** of behavior.” It is no wonder Satan goes after this important part of the body. He knows that if he can control man’s mind, he has control of his body. Of course that started at the Garden of Eden. He planted doubt in the mind of Eve and she believed. From that time on, men became slaves to Satan’s lies and fear took control of his emotions, and our trend of thoughts became open to Satan. He has taken every opportunity to control and torment the mind of man. The evidence of Satan’s control of the mind is seen in the way we behave, in the decisions we make. Many times our decisions are based on fear. In no way those decisions are directed by God, for the Word says, For God has not given us the spirit of fear, but love and sound mind (I Tim 1:7) and in another passage it says There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love (I John 4:18).

The first step to free yourself from the control of Satan is to accept the sacrifice YAHSHUA made for you. His sacrifice was the purchase of your salvation and

deliverance from the enemy I Peter 1:19, 23: *But [you were purchased] with the precious blood of Messiah, like that of a [sacrificial ] lamb without blemish or spot; you have been regenerated not from a mortal origin, but from one that is immortal by the ever living and lasting Word of God;* ( **2** ) Acknowledge your sins, repent and renounce them I John 1:9: *If we admit that we have sinned and confess our sins, He is faithful and just and will forgive our sins and cleanse us from all unrighteousness;* ( **3** ) study the Word of God II Tim. 2:15-16: *Study and be eager and do your utmost to present yourself to God approved a workman who has no cause to be ashamed, correctly analyzing and accurately dividing the Word of Truth; but avoid all empty talk, for it will lead people into more and more ungodliness.* ( **4** ) Accept God's forgiveness Psalm 103:1,3-4: *Bless the Lord, O my soul and all that is within me, bless His holy name! Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from the pit and corruption, Who beautifies, dignifies and crowns you with loving-kindness and tender mercy, as far as the east is from the west, so far has He removed our transgressions from us;* ( **5** ) give the Holy Spirit complete control of your mind Romans 12: 2: *Stop being conformed to this age, but you must from the inside continually be changed into another form, by the renovation of your mind, to prove what is the good and pleasing and perfect will of God for you* ( **6** ) hold onto the truth of God's Word; (John 8:32: *and you will know the truth and the truth will make you free;* ( **7** ) be ready to go to the battlefield dressed with the full armor of God Ephesians 6: 10: *From now on, you must right away become strong in the Lord and in the power of His strength; you must continually be clothed with the full armor of God to enable you to stand against the strategies of the devil;* ( **8** ) offer Him sacrifice of praises; worship Him in spirit and in truth John 4:23-24: *In fact an appointed time is coming and is now, when the true worshippers will worship the Father in spirit and truth; for the Father is seeking such as these who worship Him; god is Spirit, and it is necessary for those who worship Him to worship in spirit and in truth;* ( **9** ) walk in God's love and forgiveness I John 4:7: *Beloved, let us love one another, for love is from God; and he who loves is begotten of God and is coming to know and understand God; Psalm 139: 23-24: Search me O God, and know my heart! Try me and know my thoughts! And see if there is any wicked or hurtful way in me, and lead me in the way everlasting;* ( **10** ) submit to God, then resist the devil and he will flee from you ( James 4:7).

YAHSHUA had this to say about Satan: There is not truth in him, when he lies, he speaks his native language, for he is a liar and the father of lies (John 8:44). Ways

Satan builds strongholds is by filling the mind with thoughts of guilt, worries, and anxieties, and many more other thoughts. His goal is to cripple our spiritual and physical abilities. That can happen when we fall prey to his lies, believing them. In return we become that which he dictated into our thoughts. More often than not we are faced with these problems, but the Lord has given guidelines how to overcome him. In Ephesians 6 Paul instructs us to use the full armor of God available to us for protection and for offense against the devil's schemes. He said, *You must continually be clothed with the full armor of God to enable you to stand against the strategies of the devil* (vs.11). The sword of the Spirit is that part of the armor that is used to attack. The sword of the Spirit is the Word of God, the powerful Word of God! The letter to the Hebrews awesomely describes it: *For the Word of God is living and powerful and sharper than any two-edged sword and pierces until separation of breath of life and spirit, of joints and marrow and passing judgments on the thoughts and understandings of your heart; and no creature is hidden before Him, but everything is uncovered, since it has been laid bare to His eyes, to Whom an accounting by us is required* (Heb. 4:12-13). To overcome Satan's invasion of our thoughts and our mind, to be able to discern the thoughts that come from him, we must be guided by the Word of God and led by the Holy Spirit. There is no excuse for our thoughts to fall prey to Satan's spirit of fear no matter the circumstances. When receiving bad news, the first thing we must do is to embrace the truth of the Word of God for protection, before the attacks come to torment the mind, robbing us of our faith and hope. We are to bring down every thought that is against God, and His principles. Believe the report of the Lord and hold onto it (Isaiah 53; Psalm 103:3). It is a shame to say that many of us believers are suffering torments from the evil one without perceiving them to be from him. We think they are part of life, part of our past; but the Lord YAHSHUA died to free us from Satan's control of our minds and He gave us His Word, the Bible to teach us how to defeat the devil. The psalmist prayed: Who can understand his errors? Cleanse me from secret faults. Keep back your servant also from presumptuous sins, so not let them have dominion over me!... May the words of my mouth and the **meditation** of my heart be acceptable in Your sight, Lord, my Rock and my Redeemer (Psalm 19:13-15). Be transformed by the renewing of your mind that you may prove what the will of God is, that which is good and acceptable and perfect (Rom. 12: 2b). May this also be mine and your prayer today!