

Introduction: The battleground

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.

2 Corinthians 10:3-5

Characteristics of a stronghold:

1. They feel _____: We use identity language – “It’s just the way I am”
2. They are built on _____: A stronghold is a lie that we live our lives by.
3. They resist _____: Truth feels threatening instead of liberating.
4. They govern our _____: Strongholds don’t just affect how you think, they determine what you do. Romans 7:15-20

Where do strongholds come from?

1. _____ and _____ thinking
2. Cognitive _____
3. _____ association
4. _____ patterns Ezekiel 18
5. _____ at its heart John 8:44

How to fight strongholds – Cognitive reappraisal:

1. _____ the lie
2. _____ with truth
3. _____ the truth with community and content

Common strongholds:

- Stronghold of _____
Proverbs 3:5
1 Peter 5:7
Romans 8:28
- Stronghold of _____
Romans 8:1
1 John 1:9
Isaiah 53
2 Corinthians 5:17
- Stronghold of _____
Philippians 4:13
2 Peter 1:3
1 John 4:4
Romans 8:28

Discussion Questions:

1. What is a lie about yourself, God, or your circumstances that you've been tempted to accept as an inescapable personality trait?
2. Strongholds can sometimes form through generational patterns. Have you noticed any negative thought patterns or behaviors passed down in your family that you want to declare, "It stops with me!"?
3. Kyle outlined a process for cognitive reappraisal: recognize the lie, replace it with God's truth, and reinforce that truth. Which of these three steps do you personally find the most difficult to practice when facing anxiety, shame, or a desire for control?
4. Why do you think it is so difficult for us to be vulnerable about our deep-rooted struggles? How does finding a safe, judgment-free Christian community help us effectively replace lies with God's truth?
5. Identify one trusted friend or spiritual mentor in your life. Commit to reaching out to them this week to share the specific stronghold you are battling, so you no longer have to fight it alone.