We all have struggles in our lives.

* Do you find it difficult to stop toxic thoughts, and reoccurring thought patterns?
	+ No matter how hard you try,
	+ No matter how hard you pray.
		- Maybe even having moments of freedom for a short period of time,
		- But only to reset back to the same old thought patterns and toxic thoughts.
* Do you have areas in your life where you are not free, or you don’t experience freedom?

 This may be what Paul talked about in:

* **2Corinthians 10:3-5**  For although we do live in the world, we do not wage war in a worldly way; **4** because the weapons we use to wage war are not worldly. On the contrary, they have God's power for demolishing strongholds. We demolish arguments**5** and every arrogance that raises itself up against the knowledge of God; we take every thought captive and make it obey the Messiah.

A fortified lie is a stronghold.

* **Psalms 119:133**  Guide my footsteps by your word; don't let any kind of sin rule me.

Unresolved strongholds in our lives create a doorway, pathway for the enemy to come into our lives.

* You have believed a lie.. and now…
* **John 8:44**  You belong to your father, Satan, and you want to carry out your father's desires. From the start he was a murderer, and he has never stood by the truth, because there is no truth in him. When he tells a lie, he is speaking in character; because he is a liar—indeed, the inventor of the lie!

Now you are under bondage, trapped by your own thoughts.

* Imagine a young lady being made fun of.
* She hears this over and over again as a child. Eventually believes the lie.
* Now she gets married, born again, but still caries the lie into her adulthood.
* That lie will drive her actions, her thoughts, her feelings, her reaction…(a stronghold)
	+ No matter how many time her husband reassures her that what she believes is not true, she still believes the lie.
	+ She may expect and even demand that people make her feel loved, secure, worthy,
		- Putting the burden on people around her to make her feel something.
		- No matter how hard they try it will not work
		- or even matter how many people try to convince her that she is worthy, loved, important.
		- It will not change in her until she realizes that this is a lie she is no longer going to believe.

**Break the agreement with the Lie**

* We must break the agreement, stop believing that what was spoken over us was true.
	+ But it feels real, we don’t walk by feelings, we walk by faith.

**Luke 8:26-39** **Yeshua Heals a Man with a Demons**

* **Luke 8:35**  and the people came out to see for themselves. They came to Yeshua and found the man out of whom the demons had gone, sitting—dressed and in his right mind—at the feet of Yeshua; and they were frightened.

**Spend time in the Word**: Where do we find truth?

* God’s word is life and light.
* John 17:17 Set them apart for holiness by means of the truth—your word is truth.
* Proverbs 4:20-22 His word is life and health…
	+ Litle one verse devotions, little Facebook post,
	+ Reading books about others experiences and their relationship with God.
	+ Listening to the radio or YouTube videos will not be enough for the spiritual growth you need to sustain your freedom.
	+ None of these will not allow you to see the demolishing of strongholds in your life.
	+ Or the breakthroughs you are looking for.
		- If this is your spiritual nourishment …
* The word of God is how the cleansing will take place that is need to break down strongholds.
	+ We must believe His word and disagree with the lie.
	+ Embrace His truth …
	+ But you have to be in His truth to believe His truth.

**Ephesians 5:26**  that he might sanctify her, having cleansed her by the washing of water with the word, (ESV)

How do we uncover the lies?

* There are no short cuts.
* There are no quick fixes.
	+ Diet fad, short-term, quick weight loss or health improvements, unreasonable clams.
	+ It’s a life style
* We must have a foundation in God’s word.
	+ Read, study, meditate
	+ Learn how to study.
* Build Your House on The Rock
	+ Matthew 7:24-27
		- everyone who hears these words of mine and acts on them will be like a sensible man…
		- But everyone who hears these words of mine and does not act on them will be like a stupid man
* Matthew 7:7-8 "Keep asking, and it will be given to you; keep seeking, and you will find; keep knocking, and the door will be opened to you.
* James 1:5 Now if any of you lacks wisdom …

**Prayer and deliverance.**

* Our first prayer, we ask the Father to break the stronghold in our lives. (Deliverance)
	+ “Father break the strongholds in and over my mind. Break the authority that has been give to this stronghold, break the power and the agreement that I have entered into with this stronghold, set me free in the Name of Yeshua.”
		- 2 Corinthians 10:4-5 … we take every thought captive and make it obey the Messiah.
* After deliverance, we must keep the stronghold demolished.
	+ How?
	+ Continuing in prayer, being in God’s word, and obedient living, will keep you free.
		- Again there are no short cuts here.

To stay free we must crucify the flesh.

* Galatians 5:24  And those who belong to Christ Jesus have crucified the flesh with its passions and desires.
* Ephesians 6:11-18  Put on the whole armor of God, that you may be able to stand against the schemes of the devil.
	+ All of this weaponry is connect to the Father’s word, our foundation.

Crucifying your flesh is your responsibility no one can do that for you.

* Like salvation.
* **1Corinthians 15:31**  Brothers, by the right to be proud which the Messiah Yeshua our Lord gives me, I solemnly tell you that **I die every day**.
	+ The flesh doesn’t want to die.
	+ This daily dying to self is done through prayer.
* Prayer – communication with the Father.
	+ Imagine coming before a King, with honor, fear, …
	+ God is Holy, just, righteous, pure and light.
	+ What would you say? “My LORD.”
		- Open with praise and honor
		- Next, confession.
			* Psalms 51:5  For I know my crimes, my sin confronts me all the time.
				+ I’m a sinful person, with sinful thoughts, I live in a sinful world,
		- So, I must confess my sins constantly.
			* “Father, I should not have said that.”
			* “Father, I should not have thought that.”
			* Matthew 6:12  **Forgive us** what we have done wrong, **as we** too have **forgiven those** who have wronged us.
				+ Debts and trespasses
	+ **Leviticus 5:5**  A person guilty of any of these things is to confess in what manner he sinned
		- **Romans 3:23**  since all have sinned and come short of earning God's praise.
	+ **Romans 10:9-13** if you acknowledge publicly with your mouth that Yeshua is Lord and trust in your heart that God raised him from the dead, you will be delivered. … 10 with the mouth one keeps on making public acknowledgement and thus continues toward deliverance. … 13 since everyone who calls on the name of Adonai will be delivered.
		- Confession – **Jame 5:16** Therefore, openly acknowledge your sins to one another, and pray for each other, so that you may be healed. The prayer of a righteous person is powerful and effective.
	+ What do we confess?
		- Sin, big or small. Sin is sin.
			* Lying, evil speech, gossip
		- Thoughts that elevate themselves above the Father.
			* **2Corinthians 12:20**  For I am afraid of coming and finding you not the way I want you to be, and also of not being found the way you want me to be. I am afraid of finding quarreling and jealousy, anger and rivalry, slander and gossip, arrogance and **dis**order.
			* James 4:1-11
* Thanksgiving – having gratitude for those things The Father provides.
	+ We are an entitled, me first, selfish, culture.
		- We look at the situations we are in and say:
			* “If only I had this or that”
			* “I’m so unhappy and dissatisfied.”
			* “ If I just had a little more of ----“
			* “If I could just ----“
			* “If I just lived …”
		- Being ungrateful is a sin. We must repent.
			* **Philippians 4:11**  Not that I am saying this to call attention to any need of mine; since, as far as I am concerned, I have learned to be **content** regardless of circumstances.
	+ We must have an attitude of gratitude.
* Be grateful for what you have and what you have been blessed with.
	+ “Father, I’m thankful for all that you have blessed me with, I do not deserve you love, your mercy, the cloths I wear, the car I drive, the house I live in, the food I eat, the family you have given me. But you have been so kind, loving, and gracious to me. You have been merciful and patience to me.”
* God loves us and He has given us what we need for this moment.
	+ Give thanks!
	+ Don’t take for granted the things of God.

**Now supplication/petition**

* **Philippians 4:6-7**  Don't worry about anything; on the contrary, make your requests known to God by prayer and **petition**, with thanksgiving. 7  Then God's shalom, passing all understanding, will keep your hearts and minds safe in union with the Messiah Yeshua.
	+ Now make your request known to the Father.

**Obedience**

* If we allow our thoughts to run wild after deliverance and prayer,
* Ungodly thoughts, you are opening the front door for the enemy, handing him the keys, to come right back in.
	+ Once we give the enemy access to our front door, he has **legal** right to come and go as he pleases.
* To live an obedient live, it will require walk a discipled life.
	+ If we want to walk, talk and think like Yeshua, it will require a disciplined life.
	+ Everything we do must lineup with the Father’s word.
		- Philippians 4:8-9  In conclusion, brothers, focus your thoughts on what is true, noble, righteous, pure, lovable or admirable, on some virtue or on something praiseworthy. 9  Keep doing what you have learned and received from me, what you have heard and seen me doing; then the God who gives shalom will be with you.
	+ This takes work, a disciplined life.
		- Changing your thought life takes discipline.
			* Working out, no results without discipline.
* Bring your thoughts under submission to the Father.
	+ We’re back to 2 Corinthians 10:5 and every arrogance that raises itself up against the knowledge of God; we take every thought captive and make it obey the Messiah.
	+ So the enemy can’t gain a foothold in your mind.
		- Don’t answer the door when the enemy knocks…

Let the Father expose the lies,

* As long as you are in the word, in prayer, and in obedience to the Father’s word.
* The enemy cannot gain access and fortify a lie, creating a stronghold.