God took the children of Israel out of Egypt but that was only the beginning of their journey. When the children of Israel left Egypt they had a slave mentality and were not ready for a straight line journey to the promise land.

* When we are saved we think that we are ready for the promise land,
* But our Father say “no, we have some work to do before you will be ready for the promise land.”
* Don’t get discouraged in the wilderness, God is still with you.
* We haven’t learned how to be freed from our past yet.
* This journey is the process,
  + We don’t know what it means to be free.
  + Do we know what it mean to be courageous?
* **2Corthians 12:9**  but he told me, "My grace is enough for you, for my power is brought to perfection in weakness." Therefore, I am very happy to boast about my weaknesses, in order that the Messiah's power will rest upon me.
  + The journey is not for the strong, but for those who want to be strong.
  + Not for the warriors, but for those who want to be warriors…
  + To be able to go into the promise land where the enemy is …
  + And where the battles will take place.

**Strongholds:**

**2Corinthins 10:3-4**  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 …

* What are strongholds?
  + [Intellectual argument: A structured logical discourse that seeks to establish truth through](https://www.bing.com/ck/a?!&&p=ec56b4cff573cb8896e3abbc5807b0c829c2da92c8d492c22b13406d8ba41bd9JmltdHM9MTczNjk4NTYwMA&ptn=3&ver=2&hsh=4&fclid=0131cfe3-ad79-6862-0798-dbf3ac7b69c9&u=a1aHR0cHM6Ly93d3cud2lzZG9tbGliLm9yZy9jb25jZXB0L2ludGVsbGVjdHVhbC1hcmd1bWVudA&ntb=1) human reasoning and understanding, that stand against the word of God.
    - Worry for example, trying to figure out and reason something out.
    - Using human intellect, reasoning, trying to understand…
    - Anything that elevates itself above the knowledge of God needs to be pulled down. Destroyed.
* These type things come against God’s truth, lies.
* But stronghold are deeper than just a lie.
* When the lie becomes ingrained, embedded, a part of you, the lie becomes a mindset,
  + A stronghold of the mind.
* Strongholds left unchecked, open a doorway for demonic activity to work in our lives.
* We become entrapped by our own min, our way of thinking.

Have you ever met someone who had a challenging childhood. Parents weren’t there, daughter **felt** unloved, unlovable, unworthy…

* Now she is an adult believer, she knows that God loves her, and
* She doesn’t want to believe the lie that still controls her thought process,
* Her feelings, emotions, and her reactions in her life…
* She is dealing with a stronghold.
  + She goes around asking or demanding that others make her feel loved,
* Make her feel worthy, putting them on other people,
  + It doesn’t matter how many people try to convince her that she is lovable,
* And that she is worthy…
  + There will not be any change in her until she understands that this is a lie,
* And she must no longer believe the lie.
* She must decide…”I will no longer believe the lie that I am not lovable, worthy…”

**What are strongholds:**

* Stronghold are a spiritual fortress, in our mind, made up of untruths, lies, wrong ways of thinking and wrong thoughts.
* These fortified places become a dwelling place then, not for the Holy Spirit, but for demonic forces hide and operate.
  + Lies are the pathway the enemy uses to influence, to get in.
  + Strongholds are how the enemy stays in.
  + The these demonic forces are in there job is to destroy you from the inside out.

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!

* What are the lies we believe?
  + Fears, exaggerations, emotional struggles, despair, confusions, half-truths ..
  + These lies come when you are the most vulnerable…
    - All the lie wants you to do is to take a bit.
* Just start listening to the accusation, (you not worthy)
  + Give in to the temptation, (oh, you’ll be okay)
    - Come under the intimidation, (Ok, I’ll just do it, even though it feels wrong)
      * Entertain depression,
        + Just one bit…and the fortification process begins.

Strongholds can develop from shame, guilt, past pains, toxic relationships, unhealed wounds, temptations, religious spirits, soul ties, accusations, mental struggles, addictions,

**2Corthians 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.

* Taking thoughts captive…how?
  + If I don’t know it’s a lie?
* We try to take our thoughts captive in our own strength,
* We try to change our behavior in our own strength,

If you want to be free from these thoughts, we will have to address the strongholds in our lives.

* Behavior changes will happen and we must work on our behavior,
* But true freedom will only come when we tear down those strongholds.

**Mat 12:34**  You snakes! How can you who are evil say anything good? For the mouth speaks what overflows from the heart.

* Everything we do and say comes from within, whether healthy or not.
* Everything emanates from what is going on inside of you.

People pleasers, I’m not good enough…(a lie)

* Until the lie is delt with, you will continue to believe you’re not good enough.

Battles with temptation,

* No matter how hard you try, how many prayers,
* Until we deal with the lie that believes that the temptation is going to bring you joy or satisfy you.

Find the lie that is behind the stronghold so that the behavior changes work and keeps working.

**Stronghold break throughs**;

* Some where you agreed with the lie.
  + “You’ll never amount to anything.”
  + “No one would ever want you.”
  + “You’re dumb.”
  + “You’ll never be like your brother/sister.”

You must break your belief and agreement with the lie.

* Without your belief and agreement in the lie there is no longer a stronghold.

**Colossians 2:8**  Watch out, so that no one will take you captive by means of philosophy and empty deceit, following human tradition which accords with the elemental spirits of the world but does not accord with the Messiah.

* This is something you must do for yourself.
* No one can change your belief in a lie.
* People can pray for you that the strongholds be broken,
* But without you breaking the belief and agreement in the lie
* The demonic influence may leave for a moment
* But will soon return because of your belief in the lie.
  + The cycle continues.
* If you entertain a lie, it is your job to reject that lie.
* If you receive it you must reject it.
* No one else can reject a lie for you.

Imagine your spouse thinking that she is not attractive.

* Everyone can see that she is beautiful,
* But she struggles with insecurity,
* And she make say, “I’m not beautiful,” “I feel like on one likes me.”
* No matter how many times you tell her that she is beautiful, or smart,
* It doesn’t make any difference.
* This is because she has believed a lie and convinced herself in her own mind that it is true.
* There needs to be a mindset change.
* They have to find the lie behind that stronghold,
* Break the agreement and belief in that lie
* And begin to grasp the truth as it lines up with God’s word.

If you have received the lie, it is up to you to reject that lie.

* People say, but it feel so real.
* I even have proof that this lie is true…
* We look for things to validate our belief.
* And we find them.

Again if it doesn’t line up with the word of God don’t belief or agree with it.

* If you do come into agreement of belief of a lie,
* We need to repent for believing a lie.

Garden of Eden…