

# BREAKING FREE FROM MENTAL STRONGHOLDS

Series: FINDING YOUR FREEDOM

LOF2

## EVERY STRONGHOLD STARTS IN THE MIND.

Mental strongholds trigger our emotions which then drive us to make willful decisions.

Repetition of this process binds us to UNHEALTHY BEHAVIOUR CYCLES.

It becomes a **DEFAULT THOUGHT PATTERN in our mind** - that controls every decisions that we make.

And instead of making God-lead, Spirit-led decisions..... we are controlled by the destructive ungodly pattern that have been taking hold in our mind.

Romans 12:2 (NKJV)

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove which is that good and acceptable and perfect will of God."

We must renew our minds, first, to know God's will, and then we can execute His perfect plan in our lives.

## 1. HOW DOES A MENTAL STRONGHOLD WORK?

• **OUR MIND IS THE GATEWAY TO OUR HEART AND OUR HEART IS THE GATEWAY TO OUR LIFE AND ACTIONS.**

Proverbs 4:23 (NKJV)

"KEEP YOUR HEART WITH ALL DILIGENCE, FOR OUT OF IT SPRING THE ISSUES OF LIFE."

- Our heart is a seedbed / garden and every thought is like a seed.
- The THOUGHTS we entertain are our Choice of Seeds for planting
- Every seed produces after its own kind.

**YOUR MIND IS THE BATTLEFIELD BETWEEN THE GOD'S TRUTH ABOUT YOU AND THE ENEMY'S LIES TO YOU.**

- Every Word of God is like a Seed of Faith that you plant into your heart.
- Every bad seed, bad thoughts, lies that we allow to take place in our heart will be a WEED, robbing you and taking you hostage from the inside!

- Every bad seed whether small or big needs to be uprooted and removed straightaway, otherwise like Weed.... it will grow crazy and take over our entire life....
- Not only that it will spread, corrupt into every aspects of our life!
- But every Word of God is like a Seed of FAITH that You plant into your heart.
- It will manifest and bear Harvest in fruits of the Spirit in our lives.

My question to you today is.....

**What THOUGHTS have you been planting into your HEART?**

- Thoughts of LIES, instead of TRUTH?
- Word of FAITH, or FEAR into your life?

But how many of you believe that...

**FAITH BRINGS VICTORY OVER FEARRR!!**

Today we're gonna learn how Negative Thoughts can become Mental Stronghold that control us, and how are we gonna BREAK FREE from that.

Are you ready ?!

## 2. NEGATIVE THOUGHTS CREATE NEGATIVE RESULTS

- The enemy most often baits us with **TWO TYPES OF THOUGHTS**, which, when entertained, **PRODUCE DEVASTATING RESULTS**.

Just as a HARVEST is larger than the initial SEED planted....

The CONSEQUENCES of entertaining these thoughts will always be greater than the thought itself.

- **Thoughts of FEAR cause TORMENT in our minds and pull us away from faith.**

2 Timothy 1 :7 (NKJV)

**For God has not given us a spirit of fear, but of power and of love and of a sound mind.**

God has not given us a spirit of fear.

Whenever we have Fear in our life, its **NOT** coming from God!

- God does NOT give you that.
- God does NOT test you through that.
- It's a Spirit that comes straight from HELL!

That comes in all kinds of forms - here are the Fruits of FEAR:

*INTIMIDATION, DEPRESSION, ANXIETY, TORMENT, OPPRESSION, INSECURITY, WORRY, DREAD.*

All of that is under the covering of Fear.

- They are not from God.
- Those are not the spirit that comes from God.
- They come from Hell!

God has given us **POWER** to break all kind of Spirit of FEAR in our life!!

### **POWER = CONFIDENCE, BOLEDNESS**

- Not Arrogance.
- But Confidence in God, confidence in WHO THEY ARE and the POWER OF GOD can do through them.

God gives us **LOVE** - the Bible says **PERFECT LOVE CASTS OUT ALL FEAR!**  
LOVE CONQUERS FEAR!

God gives us **SOUND MIND** - Not depressed, tormented and stressed mind.  
But a Sound Mind that gives Peace beyond all understanding.

Maybe sometimes we don't realise it.

We think it is part of WHO WE ARE

*"Oh I'm shy... I'm always scared...don't want to take risk....I always stress / need to be full organised."*

Maybe in the family we've been raised like this....in that environment our whole life.

- Family of worrier. All they do is worry about everything.
- That's how the curse remain, it stays it runs in the family until we decide to deal with it.

There are 2 LAWS in this world:

1. Law of Sin and Death - always brings death.
2. Law of Life in Christ

FAITH connects you to the Life in Christ, it brings the Garden of Eden into your life.

FEAR connects you to Death, bringing Curse into our life.

Even when you're born again and redeemed by God on the cross....

Some of the Curse still remain until you decide to break free from those Fear, to step out into the Life of Faith.

*(Epidemic Proportion of Anxiety / Depression on Young people nowadays)*

**• Thoughts of PERVERSION TWIST the truth and TEMPT us to push the limits on various behaviors / limits that God set.**

- We cannot plant seeds of faith together with seeds of fear and get positive results, just as we cannot expect a good harvest from seeds of righteousness mixed with perversion.

Deuteronomy 22:9 (NIV) Do not plant two kinds of seed in your vineyard; if you do, not only the crops you plant but also the fruit of the vineyard will be defiled.

- We cannot expect to isolate the bad seed from the good seed within the same vineyard. It will spread throughout and corrupt the good seeds as well.
  - Sometimes we think *“oh its Not a big deal....its just something small....its so cute, like a puppy....leave it there, its not gonna do any harm”*
  - Baby shark looks cute when its small....but when it grows big it will bite you back!!

### 3. HOW DO WE BREAK MENTAL STRONGHOLDS?

- **RECOGNIZE** the thoughts of fear and perversion you have planted in your heart.
  - What are the biggest fears that have been haunting my life?
  - What thoughts that always intimidate me?
  - Thoughts that always make me second-doubt God’s promise / perfect plan in my life?
  - Thoughts that always tempt me against God’s will?

ASK GOD TO REVEAL TO YOU WHAT FEAR YOU’RE DEALING WITH.

- We need to identify the fear.
  - Because not knowing what the fear is, is what’s given its power.
  - Otherwise we think its normal to live in this stress, uneasiness, and we get used to it.
  - But God calls you to have a sound mind, not stressed mind.
- **REPENT** for mixing the seeds of faith and righteousness with fear and perversion.
  - **RELEASE** yourself and others for past hurts and mistakes.
  - **REPLACE**: take back control over your thinking.
    - It is time we take back what was stolen from us
    - The freedom, the blessing, the peace that was stolen from us.
    - We need to take control backkkk in our mind!
    - When we replace the lies with the TRUTH!
    - When we replace condemnation with God’s promise!

2 Corinthians 10:5 (NKJV) ... casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience to Christ.

### Mark 4:40

“Why are you so fearful / stressed out / worried / tormented / insecure about it?”

What’s the root of it? Where is it coming from?

And then Jesus asked....”Where is your FAITH?” - Locate it.

It takes 2 way to conquer:

Why am I afraid? And Where is my faith in this area?

If you find yourself afraid..... that’s where you’d find yourself not believing in God.

- If you find yourself afraid about your finance....that means you’re NOT believing God to provide
- If you find yourself afraid about your marriage.... That means you’re NOT trusting God that He is in control.
- If you find yourself afraid about your future.....that means you don’t believe He has plans to give you Hope and Future in your life.

TODAY.....Let’s take back control over our mind!

- And cast all the Spirits that are against you.
- Because God has not called you into depression, anxiety, and worry....
- But declare the Word....
- That He has called into FREEDOM, VICTORY, PROSPERITY AND FAVOUR OVER YOUR LIFE!!

## GROUP EXERCISE/DISCUSSION

### BREAKING FREE FROM MENTAL STRONGHOLDS

Check all thoughts that apply to you.

When you finish, discuss this with your coach / small group and take it to prayer.

### THOUGHTS OF FEAR:

- Fear of God not loving or accepting me as I truly am
- Fear of embarrassment
- Fear of financial problems / lack
- Fear of becoming a victim of crime
- Fear of commitment
- Fear of conflict with others
- Fear of becoming or being homosexual
- Fear of being rejected by people
- Fear of losing my salvation
- Fear of getting divorced
- Fear of pain / sickness
- Fear of losing my mind
- Fear of never getting married
- Fear of Satan and demonic activity

- Fear of failure or success
- Fear of death (myself or my loved ones)
- Fear of: \_\_\_\_\_

## THOUGHTS OF PERVERSION AND THEIR CONSEQUENCES (STRONGHOLDS):

Recognize the thoughts of FEAR and PERVERSION you have planted in your heart.

- Liking nice things has become Covetousness
- Eating has become Gluttony
- Generosity has become Wastefulness
- Caution has become Fear
- Talking has become Gossip
- Relaxation has become Laziness
- Frustration has become Losing control
- Same-sex friendship has become Homosexuality
- Sexual freedom has become Immorality
- Good self-image has become Pride / Vanity
- Self-protection has become Lying / Deceit
- Hobbies have become Addictions
- Financial success has become Greed
- Physical attraction has become Lust
- Excellence has become Perfectionism
- Accomplishment has become Pride / Arrogance
- Other: \_\_\_\_\_

Evaluate your life and see which particular stronghold -- thoughts of Fear or Perversion, any of those above that Relate to you, that Applies in your life at this time.

- **RECOGNIZE** the thoughts of fear and perversion you have planted in your heart.
- **REPENT** for mixing the seeds of faith and righteousness with fear and perversion.
- **RELEASE** yourself and others for past hurts and mistakes.
- **REPLACE** it with the Word of Faith over that area in your life!!!

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REPENT and RELEASE YOURSELF TODAY!!

Confession and Openness brings back Freedom over stronghold / bondage in your life!

Share within the group and with your coach:

What you decide to set yourself free from! And what actions are we gonna take starting tonight for our Freedom.

What Word of God that you will hold on to overcome this Fear in your life.