

How to Tear Down a Stronghold

Step 1: Trust

- **Jericho Model: “Be strong and courageous.”**
- **Action: Study verses on the power of God and know that you can trust him.**

Print out these verses, or handwrite them on cards, or keep them open on your computer. There are seven of them: study and memorize one of them every day. There is power in the Word, and the more that we take the word of his power into ourselves, the more the Holy Spirit will open your eyes to the power and faithfulness of God. The more your trust will grow, and the stronger and more courageous you will be.

1. **Sunday: Power belongs to you, God, and with you, Lord, is unfailing love. (Psalm 62:11)**
2. **Monday: By his power God raised the Lord from the dead, and he will raise us also. (1 Cor. 6:14)**
3. **Tuesday: [Jesus said] “But if I drive out demons by the finger of God, then the kingdom of God has come upon you.” (Luke 11:20)**
4. **Wednesday: With a mighty hand and outstretched arm; His love endures forever. (Psalm 136:12)**
5. **Thursday: Trust in the LORD forever, for the LORD, the LORD himself, is the eternal Rock. (Isaiah 26:4)**
6. **Friday: Jesus looked at them and said, “With man this is impossible, but with God all things are possible.” (Matt. 19:26)**
7. **Saturday: Finally, be strong in the Lord and in his mighty power. (Eph. 6:10)**

Step 2: Discern.

- **Jericho Model: The spies enter Jericho.**
- **Action: Pray and journal.**

You have identified your spiritual stronghold but you may not understand it in detail, especially if it's an old and sneaky one. You don't need to completely understand it to tear it down, but you do need to recognize the negative thoughts so you can pray about them and keep them from going underground.

Don't stop praying. Pray specifically against the stronghold and ask God for help. Is going to sound strange to you at first, keep going.

I also advise you to journal your progress and prayers. A lot of Christians go running for the hills when we talk about journaling. I don't know why. All journaling is, is recording how God is working with you in your life. When it comes to strongholds it's very helpful to have a written record of what you think and pray, and of your progress.

Journals can be anything. You can pick up a blank book and use a pen. You can type in your computer. You can use dictation software to speak it into your computer. You can draw it. It doesn't matter, only that it is a written record of your thoughts and prayers and God's revelations about your stronghold.

Step 3: Confess.

- **Jericho Model: Rahab**
- **Action: Confess your sins to God.**

The negative thoughts that created this stronghold are sins. God loves us and understands us, he knows our weaknesses and loves us. But we must confess our sins to him and be forgiven.

Tell him about the negative thought patterns. Tell him how sorry you are that you wasted so much time thinking this way. Tell him that you need his help to overcome them and thank him for forgiving you right now, at this moment, and for giving you all the strength you need and more to take the stronghold down.

Step 4: Commit.

- **Jericho Model: Crossing the Jordan**
- **Action: Commit your way to the Lord.**

You can't go halfway when you're tearing down spiritual strongholds. And that's a good thing. If you've been thinking a certain negative way for so long that it has become a go-to pattern, then it's going to take intense effort to break it.

The great news is that you have the power to break it in Christ. You're acting in the power of God, who is stronger than any stronghold. But you must commit yourself to the effort. Commit yourself, pick up the Ark, walk into the river and watch God prepare your way so nothing can hold you back. You are taking back the land of peace and plenty that was promised you.

Step 4: Listen.

- **Jericho Model: An angel talks to Joshua**
- **Action: Listen to the Holy Spirit**

How can you listen to God? Once you get used to it, you'll ask how can you NOT listen to God! But it does take some practice at the beginning. When you're taking down spiritual strongholds, learn to listen to what God is telling you. He will tell you what's going on, what the stronghold is, what to do about it, and where to go from here.

The first place to go when you were listening to God is the Bible. Read the Bible slowly and prayerfully and the Holy Spirit will speak to you from its pages. Other places where God can speak to you is through other Christians, circumstances, dreams, and direct impressions from the Holy Spirit. Whenever you hear something from God that always check it against the Bible, because God is not going to tell you something that is opposite to what he has already said his word. But he will talk to you in all these ways if you learn to listen.

So listen – and wait for the miracle on the 7th day.

Step 5: Act.

- **Jericho Model: Marching around the city**
- **Action: Keep on and don't stop.**

Now is the time to take those orders and act. Read your Bible intentionally. Talk to God about the stronghold. Read the verses that remind you to trust in him. Confess when you sin, we are under grace. Ask people to pray for you. Visit a Christian counselor, pastor, or spiritual director. Just keep on marching.

Step 6: Praise.

- **Jericho Model: The city falls**
- **Action: Praise God**

Taking down the spiritual stronghold will be a struggle at first, and the more deeply it's entrenched the bigger the struggle. But stick with it. One day soon— in a week, in a month, in three months— you will realize that the stronghold is slipping. The enemy has lost its grasp. Through the might power of God, you are winning.

At that point, it's a mop-up operation. The walls fell and you run into the city. Stay attuned to the temptation to return. Keep praying, keep confessing, keep reading your Bible, keep journaling. But it will be plain that you've turned the corner, that the wall is down. That you have invaded the city and are taking it even now – to your health and happiness, and to the glory of God!