



“For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.”

2 Corinthians 10:4-5(NKJV)

Pulling Down 12 Strongholds of the Mind With the Weapon of the Word



Kathy Shaw has been married to Kevin M. Shaw for 33 years, and has two boys, named Kenan and Kylan Shaw. She also has a multipoo named Richie.

Kathy Shaw is a pastor's wife, a Bible study writer, a certified family care giver, and a nanny. She runs a Facebook group called "Jesus the Wounded Healer". She also has a website where she offers several free Bible studies that she has written. Kathy serves in her local church with van carpooling ministry, service coordinator, mentor and discipleship teacher. She also serves as the Colorado District Prayer Coordinator for her state.

Her passion is for prayer, multicultural ministries, discipleship teaching and helping people heal and grow; especially those from broken homes and backgrounds.

*Facebook page: Jesus the Wounded Healer
Website: Kathshaw.net*

Kathy Shaw
MCCME

A Stronghold is an area in which we are held in bondage to a certain way of thinking. A Stronghold means a fort or fortress; a fortified place and place of security. Strongholds are formed from our thought patterns of imaginations, logic, emotions and perceptions.

- When sin or emotional wounding enters our heart then we are most vulnerable for strongholds to form in our thinking. Sin has devastating affects upon our lives however, after we repent what can become more devastating than the sin itself is what we tell our selves about the sin. What we tell ourselves (perhaps with the negative feelings we have toward the sin) is what forms a stronghold of thinking.
- Strongholds are irrational (don't make sense), uncontrollable, stubborn, habitual, and not true. They form as a protection mechanism to protect the sin that is in our hearts.
- We pull down strongholds (lies) and cast down imaginations that are not true by replacing them with what IS true from God's Word. When we do this then the strongholds are brought into the obedience of God's Word.

John 17:17 Sanctify them by Your truth. Your word is truth.

II Corinthians 10:4-5 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down imaginations and every high thing that exalteth itself against the knowledge of God, and bringing every thought to the obedience of Christ.

- When we act on the truths God reveals to us then he brings freedom to our minds and we are no longer captive to the lies.

John 8:32, 36 And you shall know the truth, and the truth shall make you free. Therefore if the Son makes you free, you shall be free indeed.

- To stay free from strongholds we must renew our minds daily with God's truth.

Romans 12:2 And be not conformed to this world: but be transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect, will of God.

Ephesians 4:23-24 And be renewed in the spirit of your mind; And that you put on the new man, which after God is created in righteousness and true holiness.

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

- Memorizing the Word in the areas of your strongholds is the path to keeping real victory.

STRONGHOLD 1

ANGER & FRUSTRATION

Contributor: unmet expectations with people, circumstances, God and our suffering

- *I will place my expectations in God not in self or in others. When my expectations are not aligned properly there will be frustration, disappointment, blame and anger.*
- *I will build trust in Him because I know that he knows what is best for me and will work all things for my good.*
- *I will let go of all outcomes and accept His will, plans and purposes for my life.*
- *I will be still, wait on Him, and embrace His peace.*
- *I will replace all complaining with thankfulness and have gratitude.*

Proverbs 3:5-6 Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.

Philippians 2:14 Do all things without complaining and disputing.

Philippians 4:6-7 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Psalms 46:10 Be still, and know that I am God; I will be exalted among the heathen, i will be exalted in the earth.

Psalms 62:5 My soul, wait thou only upon God; for my expectation is from him.

Ephesians 5:20 Giving thanks always for all things to God the Father in the name of our Lord Jesus Christ.

1 Thessalonians 5:18 In everything give thanks; for this is the will of God in Christ Jesus for you.

Romans 8:28 And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

James 1:4 But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

STRONGHOLD 2

HOPELESSNESS & DESPAIR

Contributor : doubt

- *I will build up faith by meditating on God's great attributes, His miracles, and His promises within His Word.*
- *I will pray in the spirit and spend time in worship.*
- *I will surround myself with people of faith and guard against those who are doubtful.*
- *I will be careful to guard what goes into my mind and to fill it with things that are of a good report.*
- *What God has promised and spoken, I will trust and believe even if I cannot physically see it.*

Romans 10:17 So then faith comes by hearing and hearing by the word of God.

Jude 1:20 But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit.

Hebrews 11:1 Now faith is the substance of things hoped for, the evidence of things not seen.

Mark 11:24 Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.

1 Corinthians 2:5 That your faith should not stand in the wisdom of men, but in the power of God.

2 Corinthians 5:7 For we walk by faith, not by sight.

Romans 15:13 Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

Philippians 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report if there is any virtue and if there is anything praiseworthy—meditate on these things.

STRONGHOLD 3

WORRY & ANXIETY

Contributor: fear

- *I will build intimate relationship with God where I become deeply rooted in His perfect love.*
- *I will build my trust in Him because He knows what is best for me and will work all things for my good.*
- *I will pray about everything and rely on His power and strength to help me not my own.*
- *I will guard my mind and fix my thoughts on what is true and lovely.*
- *I will be still, wait on Him, and embrace His peace.*

1 John 4:18 There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

2 Timothy 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Psalms 46:10 Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

Matthew 11:28 Come to Me, all you who labor and are heavy laden, and I will give you rest.

Proverbs 3:5-6 Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.

Jeremiah 17:7-8 Blessed is the man who trusts in the LORD, And whose hope is the LORD. For he shall be like a tree planted by the waters, Which spreads out its roots by the river, And will not fear when heat comes; But its leaf will be green, And will not be anxious in the year of drought, Nor will cease from yielding fruit.

Matthew 6:31-33 Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

Romans 8:28 And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

Philippians 4:6-7 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus

STRONGHOLD 4

DEPRESSION FROM GRIEF

Contributor: illness, loss & death

- *I will entrust my grief to God knowing that He grieves with me as He was a man of sorrows and griefs.*
- *In spite of my depression and grief I will place my ultimate hope in God and remain hope filled.*
- *I will push myself to put on garments of praise which replaces heaviness with joy in the Lord.*
- *I will not allow my grief to cause me to feel useless, but I will seek to be a comforter to others.*
- *I will reach out and ask others to pray for me and surround myself with supportive friends*

John 11:33-35 Therefore, when Jesus saw her weeping, and the Jews who came with her weeping, He groaned in the spirit and was troubled. And He said, "Where have you laid him?" They said to Him, "Lord, come and see." Jesus wept.

Hebrews 4:15-16 For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

2 Corinthians 1:3-5 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God. For as the sufferings of Christ abound in us, so our consolation also abounds through Christ.

Psalms 42:11 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

Isaiah 53:3 He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not.

Isaiah 61:3 To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified.

James 5:16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

STRONGHOLD 5

ENVY

Contributor: comparison with others

- *I will seek to accept the authentic person that God has designed me to be.*
- *I will cultivate and develop my God-given skills, abilities, talents, and ministry passions so that I can be confident in myself.*
- *Instead of seeing others' strengths as a threat to my success I will appreciate them and embrace them as a blessing to me and others.*
- *I will make an effort to be Christ-like and to serve and build up the one whom I am envious of.*

Galatians 5:26 Let us not be desirous of vain glory, provoking one another, envying one another.

James 3:16-17 For where envy and self-seeking exist, confusion and every evil thing are there. But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy.

Galatians 6:4 But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another.

1 Peter 4:10 As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.

Hebrews 13:21 Make you complete in every good work to do His will, working in you what is well pleasing in His sight, through Jesus Christ, to whom be glory forever and ever. Amen.

2 Corinthians 10:12-13 For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise. But we will not boast of things without our measure, but according to the measure of the rule which God hath distributed to us, a measure to reach even unto you.

Philippians 2:2-4 Fulfill my joy by being like-minded, having the same love, being of one accord, of one mind. Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others.

STRONGHOLD 6

BITTERNESS & UNFORGIVENESS

Contributor: betrayal, hatred & offense

- *Since I want forgiveness myself, I will forgive debts owed and wrongs done to me because this is what Jesus does for me when I am undeserving.*
- *I will pray for God's perfect love to consume me because true love covers over sin.*
- *I will seek reconciliation and restitution if at all possible with those that have hurt me.*
- *I will seek to love them, bless them and pray for them.*

Mark 11:25-26 And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses.

Proverbs 10:12 Hatred stirs up strife, But love covers all sins.

Matthew 5:23-24 Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.

Ephesians 4:31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

Hebrews 12:15 Looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled.

Luke 6:27-28 But I say to you who hear: Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who spitefully use you.

STRONGHOLD 7

ARROGANCE & HAUGHTINESS

Contributor: pride that causes indifference to others

- *I will humble myself and recognize that my sufficiency, value, and worth comes from God not self.*
- *I will stop seeing myself as superior to others but see myself as equal.*
- *I will acknowledge that others add value and bring something special to the table of my life.*
- *I will make myself friendly and not make friendships about me but delight in the experiences of others.*
- *I will think less of me and more of others by being an encourager.*

Philippians 2:3-8 Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others. Let this mind be in you which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross.

Romans 12:16 Be of the same mind toward one another. Do not set your mind on high things, but associate with the humble. Do not be wise in your own opinion.

Proverbs 18:24 A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother.

Hebrews 10:24-25 And let us consider one another in order to stir up love and good works.

1 Thessalonians 5:11 Wherefore comfort yourselves together, and edify one another, even as also ye do.

STRONGHOLD 8

CRITICISM, JUDGMENT & CONDEMNATION

Contributor: jealousy, anger & discontentment

- *I will focus on the good of others not the negative.*
- *I will seek to observe and be curious about others instead of being judgmental.*
- *Instead of being critical, I will seek to listen and understand others.*
- *I will speak the truth in gentleness and love when invited to do so.*

Romans 12:10 Be kindly affectioned one to another with brotherly love; in honor preferring one another.

Titus 3:2 To speak evil of no one, to be peaceable, gentle, showing all humility to all men.

Luke 6:37 Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven:

Ephesians 4:29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

Matthew 7:1-5 Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again. And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye? Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and, behold, a beam is in thine own eye? Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye.

Hebrews 10:24 And let us consider one another to provoke unto love and to good works.

1 Peter 3:8-9 Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous: Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing.

STRONGHOLD 9

STRIFE, CONFUSION, & CONTENTION WITH OTHERS

Contributor: pride

- *I will seek to be a peacemaker who pursues peace at all costs.*
- *I will choose humility instead of trying to have the last word and always be right.*
- *I will refuse to argue, ridicule, or be overly opinionated which causes others to feel threatened and intimidated in regards to their views.*
- *I will be a good listener.*
- *I will speak the truth in love only when it is necessary and with gentleness and care.*

Matthew 5:9 Blessed are the peacemakers! For they shall be called the sons of God.

1 Peter 3:11 Let him turn aside from evil and do good. Let him seek peace and pursue it.

Philippians 2:3 Let nothing be done through strife or vainglory, but in lowliness of mind let each esteem others better than themselves.

Philippians 2:14 Do all things without murmurings and disputings.

Proverbs 21:9 It is better to dwell in a corner of the housetop than with a quarrelsome woman and to share a house.

2 Timothy 2:23-24 But avoid foolish and unlearned questions, knowing that they give birth to strifes. But the servant of the Lord must not strive, but to be gentle to all, apt to teach, patient,

Proverbs 20:3 It is an honor for a man to cease from strife, but every fool exposes himself.

James 3:13-18 Who is wise and knowing among you? Let him show his works by his good conduct with meekness of wisdom. But if you have bitter jealousy and strife in your hearts, do not glory and lie against the truth. This is not the wisdom coming down from above, but is earthly, sensual, devilish. For where envying and strife are, there is confusion and every foul deed. But the wisdom that is from above is first truly pure, then peaceable, gentle, easy to be entreated, full of mercy and good fruits, without partiality and without hypocrisy. And the fruit of righteousness is sown in peace by those who make peace.

STRONGHOLD 10

CONTROL & MANIPULATION

Contributor: fear

- *I will be rooted in God's perfect love that doesn't consist of any torment.*
- *I will place my expectations in God and trust Him with my life as He knows what's best for me.*
- *I will learn to be still, quiet myself and rest in Him, knowing that He has all control.*
- *I am secure in God's love and He will never abandon me.*

1 John 4:18 There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

2 Timothy 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Psalms 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me.

Proverbs 3:5-6 Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

Psalms 62:5 My soul, wait thou only upon God; for my expectation is from him.

Isaiah 30:15 For thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not.

Psalms 46:10 Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

STRONGHOLD 11

LOW SELF-ESTEEM & INSECURITY

Contributor: rejection

- *I have been wonderfully and fearfully made by God and I have great worth and value in Him.*
- *I will choose friends who build up and draw boundaries with those who reject and criticize.*
- *I will nurture the strengths, talents, gifts and abilities that God has given to me so that I can be confident in His good work within me.*
- *I will not envy or compare myself with others because God has called me to enjoy being the unique and authentic person that He made me to be.*

1 Peter 2:4 Coming to Him as to a living stone, rejected indeed by men, but chosen by God and precious.

II Corinthians 10:12 For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.

Psalms 139:13 For You formed my inward parts; You covered me in my mother's womb.

Hebrews 13:21 Make you complete in every good work to do His will, working in you what is well pleasing in His sight, through Jesus Christ, to whom be glory forever and ever. Amen.

Romans 8:37-39 Yet in all these things we are more than conquerors and gain an overwhelming victory through Him who loved us [so much that He died for us]. For I am convinced [and continue to be convinced--beyond any doubt] that neither death, nor life, nor angels, nor principalities, nor things present and threatening, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the [unlimited] love of God, which is in Christ Jesus our Lord.

1 Corinthians 1:27-29 But God has chosen the foolish things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the things which are mighty; and the base things of the world and the things which are despised God has chosen, and the things which are not, to bring to nothing the things that are, that no flesh should glory in His presence.

Philippians 4:13 I can do all things through Christ who strengthens me.

II Corinthians 12:9 And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

STRONGHOLD 12

ADDICTION (SELF-GRATIFICATION)

Contributor: lack of intimacy & connection with God and others

- *I will work to establish a close and intimate relationship with God above all.*
- *I will become grounded in God's love and purpose so that I can find my significance and worth in Him.*
- *I will seek to walk in the spirit by committing to daily prayer, consecration, and reading of the Word.*
- *I will submit my weakness to God and to a trusted spiritual authority who can help me be accountable.*
- *I will make every effort to not intentionally provide for the flesh with its lust and desires.*
- *I will work at growing in my capacity to connect and be vulnerable with others regarding my real self. I will practice serving and staying involved in the kingdom instead of indulging in the flesh.*

Matthew 22:37-39 Jesus said to him, "You shall love the Lord your God with all your heart, with all your soul, and with all your mind."

Galatians 5:16-17 I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

Matthew 26:41 Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.

Ephesians 5:18 And be not drunk with wine, wherein is excess; but be filled with the Spirit.

James 4:7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.

Romans 13:14 But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.

Titus 2:11-12 For the grace of God that bringeth salvation hath appeared to all men, Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world.

1 Corinthians 3:16-17 Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.

Romans 6:16 Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?

1 Corinthians 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

James 5:16 Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

Written by Kathy Shaw
Kathyshaw.net