

# *Tearing Down Strongholds*

**2 Corinthians 10:3-5:** For although we live in the flesh, we do not wage war according to the flesh, since the weapons of our warfare are not of the flesh, but are powerful through God for the demolition of strongholds. We demolish arguments and every proud thing that is raised up against the knowledge of God, and we take every thought captive to obey Christ.

**Stronghold:** a spiritual battle, obstacle or area of resistance. Any area of life where the enemy has taken hold.

- Take some blocks from the table and erect a tower.
- Pray some of scriptures below as you tear the tower down. Envision each brick falling as you call on God to help you or a loved one demolish the stronghold.

**1 Corinthians 10:13:** No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

**Ephesians 6:13:** Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm.

**Psalm 9:9-10:** The Lord is a stronghold for the oppressed, a stronghold in times of trouble. 10 And those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you.

**Special Note:** Set up all of the stations you choose for your gathering. The goal is to have ladies move around as they feel led between at least 4 or 5 stations. You'll need at least 45 minutes to an hour for ladies to get to all the stations. I usually set these up for groups of 30 to 40 ladies. If you have more, you may want to consider choosing more stations or providing more materials and printed instructions for each stations. All materials and stations are set to be used multiple times by multiple ladies during one prayer gathering. If you have any questions, please feel free to email me

**Materials:**

- **Blocks** (I use wooden blocks from a children's toy set, but you can use any type of blocks you have on hand or cut different lengths of wooden blocks from 2x4's.
- **Printed, laminated prayer guide above** (4-5 printouts per station)