

# Strongholds

## Leader Conversation Guide – Strongholds: Part 1

### Main Idea

We've all had thoughts that felt too loud to silence—lies we've believed, patterns we've repeated, struggles we've hidden. The Bible calls these strongholds. They're not just bad habits or toxic thoughts. They're spiritual fortresses, built brick by brick through deception, shame, and fear—designed by the enemy to keep us stuck and disconnected from truth. But the good news is this: God has given us the power to tear them down. In 2 Corinthians 10, Paul reminds us that we don't fight with worldly weapons, but with divine power—truth, prayer, and the authority of God's Word. This week's message helped us see that strongholds can be identified, attacked, and demolished through the truth of who God is and who we are in Him.

As we begin today's discussion, let's come with open hearts, ready to be honest about the areas where strongholds have taken root—and confident that through Jesus, we can walk in freedom.

**The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 2 CORINTHIANS 10:4**

### Make it Practical:

Strongholds are built on lies, but can be broken by truth.

- The enemy uses deception to construct mental and spiritual strongholds that keep us captive. But through Christ, we have divine power to demolish them.
- 2 Corinthians 10:3-5; John 8:44; John 8:32

Identify and confront the strongholds in your life.

- Strongholds come in many forms—emotional, relational, physical, spiritual—and must be recognized before they can be removed.
- Proverbs 21:22; 1 John 2:15-16; Genesis 3:1-6

Fight with God's weapons, not the world's.

- We overcome strongholds through the Word, prayer, and the armor of God—not by willpower, but by spiritual strategy.
- Ephesians 6:10-18; Matthew 4:1-10; 1 Thessalonians 5:16-18

## Talk About It

What is a stronghold, and how can we recognize one in our own lives?

- Read 2 Corinthians 10:3-5 and John 8:44
- In what ways have you seen the enemy use lies or deception to build up strongholds in your thoughts, emotions, or behaviors?

Why is it important to fight spiritual battles with spiritual weapons instead of relying on worldly strategies?

- Read Ephesians 6:10-18 and Matthew 4:1-10
- What does it look like to use truth, prayer, and Scripture as weapons in your daily life?

What stronghold is God inviting you to confront right now?

- Read John 8:32 and Isaiah 61:1
- How can your Group support and pray with you as you take steps toward freedom?

**We don't fight for victory; we fight from victory, using God's truth to tear down every lie that holds us back.**

## Prayer

Heavenly Father, thank You for being our source of truth, strength, and freedom. We recognize that there are areas in our lives where lies have taken root, but we believe Your truth is stronger. Help us to see clearly, to stand boldly, and to trust completely in the power of Your Word. Give us wisdom to identify strongholds and courage to confront them through prayer and obedience. As we go from this place, remind us that we are not alone in the battle—You are with us, and victory is already ours in Christ. In Jesus' name, Amen.

## Next Steps

Identify one stronghold you've believed and replace it with God's truth.

- Ask God to reveal a lie you've been living with—about yourself, your circumstances, or Him—and find a Scripture that speaks truth into that area.

Commit to reading and declaring Scripture daily.

- Just like Jesus did in the wilderness, use the Word of God as your weapon. Start each day with a verse that reminds you of who God is and who you are in Him.

Ask someone you trust to pray with you and hold you accountable.

- Freedom happens in community. Share what God is revealing to you and invite others to walk with you as you pursue breakthrough and healing.