

Strongholds

Leader Conversation Guide – Strongholds: Part 2

Main Idea

Every day, we're engaged in a battle—one not fought with physical weapons, but in our minds and hearts. Scripture calls these battles "strongholds." These are the lies and deceptions that keep us captive. The good news? Through Christ, these strongholds can be demolished. We don't fight for victory; we fight from victory, because Jesus has already overcome the world. Our thoughts shape the direction of our lives, which is why God calls us to take every thought captive and make it obedient to Christ. This week's message challenged us to identify the lies we've believed, replace them with God's truth, and fix our minds on what is pure, lovely, and praiseworthy. As we begin our discussion, let's open our hearts to the renewing work of the Holy Spirit and choose to think in a way that leads to freedom and life.

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 CORINTHIANS 10:5

Make it Practical:

- We are in a spiritual battle, but we fight from victory, not for victory. Our struggle is not against people but against spiritual forces, and Jesus has already overcome the enemy.
- Ephesians 6:10-12; John 16:33
- Your life moves in the direction of your strongest thoughts. The thoughts we dwell on shape our lives, which is why God calls us to take every thought captive and make it obedient to Christ.
- Proverbs 23:7; 2 Corinthians 10:5
- Replace lies with God's truth. Identify the strongholds in your thinking and demolish them by speaking and believing Scripture.
- Romans 12:2; Philippians 4:8

Talk About It

- Think about a time when you realized you were believing something that wasn't true about yourself, God, or your situation. How did that belief affect your actions or emotions? What helped you begin to see the truth?
- In what ways do you notice the spiritual battle showing up in your everyday life—at work, at home, or in your relationships? How can you stay alert and stand firm without letting fear take over?
- Philippians 4:8 lists qualities we should focus our minds on. Which one stands out to you most right now, and how could intentionally thinking on that quality shift your perspective this week?

**Your life will always move in the
direction of your strongest thoughts.**



Prayer

Father, thank You for the victory we have in Christ. Help us to recognize the lies that try to take root in our minds and replace them with Your truth. Renew our thoughts so they align with Your Word, and guide us to think on what is pure, lovely, and praiseworthy. Strengthen us to stand firm in the battle, trusting that You have already overcome. In Jesus' name, Amen.

Next Steps

- Identify a stronghold in your thinking – Ask God to reveal any lie you've been believing that doesn't align with His Word.
- Replace the lie with Scripture – Find a verse that speaks truth to that area and commit it to memory.
- Refocus your mind daily – Begin and end each day by meditating on what is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy (Philippians 4:8).