

As you meditate on Bible promises that proclaim God's truth over your life, you are already beginning to win the battle for your mind. It is not a coincidence that Jesus was crucified on Golgotha, which actually means "Place of a skull". (Matthew 27:33) Your breakthrough needs to begin in your mind first. This battle for your mind is not waged externally. Our weapons in this battle are not physical or tangible. Our weapons are the weapons of right-believing, and they are mighty in God for pulling down strongholds that have kept us bound. These are strongholds that can only be utterly torn down by rightly believing in the truth of God's Word.

Satan can only sow wrong thoughts in your mind - he cannot control what you believe! When you start to believe right, every lie and wrong thought will melt away like butter on a hot, sunny day. Lies can imprison and defeat you only to the degree that you don't allow God's truth to come into your situation to liberate you. Listen closely to what Jesus said: "If you abide in My Word, you are My disciples indeed. You shall know the truth, and the truth shall make you free." (John 8:31-32) What this means is that whatever stronghold you are trapped in, truth from Jesus will set you free! Strongholds are wrong thoughts and lies that have been perpetuated in your mind over weeks, months, or even years. These entrenched wrong beliefs cause you to live in bondage to addictions and in a state of fear, guilt, anxiety, or chronic depression.

God's Word tells us in no uncertain terms that the warfare takes place in our minds and is won by us "pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God". (2 Corinthians 10:4-5) The place where Satan launches his attacks against you is in your thoughts and imagination. Keep hearing, keep believing, and keep renewing your mind with the truth of God's grace, mercy and love for you. No matter what stronghold you may be trapped in, the truth from His Word will set you free!

2 Corinthians 10:3-4 "For though we walk in the flesh, we do not war after the flesh: For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds."