

## **Exposing the power and the control of a stronghold.**

**Stronghold – Greek word – ochuroma means a castle, fortress, stronghold, a place from which to rule or hold onto something. The root word (echo) means, “to have hold of.”**

**These are inappropriate areas constructed in our minds which we can be ruled or controlled.**

**Our memory is a powerful storage place, where the things we’ve experienced in the past are stored.**

**The things we have seen, felt, smelt, heard, & experienced is all stored there.**

**Even though we might not be thinking about that experience right now; it is there, stored in the subconscious area of our mind. Good or bad. Our conscious mind is in control of the things that we are doing right now.**

**The cognitive activity is what we are working/thinking on right now.**

**Our subconscious mind is what acts involuntary of the conscious mind.**

***Sub* means below the surface.**

**Our subconscious mind never stops working. This is where dreams come from.**

**The things that are stored in our subconscious mind**

shapes every facet of who we are.  
What is stored there determines most of our personality,  
forms our habits, controls our actions and reactions to  
people around us and how we handle daily situations.  
This area becomes our belief center.

What is stored there is what you really believe.  
Information is being built up in this area of our mind.  
This has established a belief system.  
That belief is based on what happened to us and forms a  
perception of how  
“we think things really are.”

It doesn't mean that they are true; but are our own  
version of reality.  
Our beliefs (paradigm/mind set) become the filter in  
which all of ours and others actions are processed  
through.  
The strength, power or control of a belief is determined  
by how often it happened or how strong the intensity of  
the occurrence was at the time we experienced it.

Whether good or bad.  
The devil doesn't even have to be directly involved in  
forming a stronghold.  
But he will fill our hearts and minds with his  
interpretation of how the incident occurred & then try  
and form them into a belief system.

What we believe  
(not necessarily the facts) about what happens to us is  
what creates a stronghold.  
Whether we struggle with a negative self image or have  
an anger problem, walk in fear or anxiety; it will not go  
away by just making a conscious choice.

**It will go away when there is a change in our  
(subconscious) our belief system.**

**So what we believe to be true in our subconscious  
controls us and shapes who we are whether it is true or  
not.**

**We are not controlled by truth – we are controlled by  
what we believe to be truth.**

**“As a man thinks in his soul (heart) so he is.”**

**Proverbs 23:7**

**In the garden every aspect of Adam’s life was controlled  
by the Holy Spirit.**

**It God’s desire to have each of us restored and walking  
in the freedom He created for us.**

**This is our season to have victory & to tear down the  
strongholds that have setup a wrong belief system in  
our hearts and minds.**

**Lets taste and see that the Lord is good!**

**Lord, today is the dawning of a new day,**

**My season of frustration, my season of being self  
conscious, & my season self hating, is over!**

**Lord, I let go of my old belief systems, the way I view  
myself, and the way I view others. My belief systems, are  
being transformed, I repent, I turn, and I walk away from,  
this old pathway, that has caused me, to live in pain,  
shame, & fear.**

**Lord, realign the control centers, that are in my mind, so  
that I, will think like You.**

**Lord, I decree, that my mind is being healed, by the  
power of Your grace.**

**Lord, I say today, I have a fresh mind, I say today, my mind is free, my mind is whole, and I am free, from the pains of the past. Thank you Lord, that your anointing, is breaking off, every heavy yoke, every stronghold, every wrong thought pattern, from my life. I will walk in peace, because my mind, is stayed upon you. I have an A+, I thank you God, that I am, you're happy thought. In Jesus name, Amen.**