



Pulling Down Strongholds in Your Life!

Dr. Allan P. Brown

Christians are engaged daily in spiritual warfare. We fight against the belief systems of this world that are appealing but unbiblical, the negative and destructive thoughts that assail us, the habits and learned behaviors that enslave us, and the lies of the devil that discourage and depress us.

Scripture reminds us that the weapons of our warfare are not fleshly ([2 Corinthians 10:3-5](#)). To win in this spiritual battle we must learn how to use the sword of the Spirit which is the Word of God ([Ephesians 6:17](#)), prayer and supplication ([Ephesians 6:18](#)), faith, praise, and thankfulness in all things and for all things ([Ephesians 5:20](#); [1 Thessalonians 5:18](#)).

These weapons are powerful and will pull down the strongholds that the world, the flesh, or the devil has built in our lives. The goals of this warfare are to demolish un-Christlike thinking patterns or behaviors in our life, and to enable us to please Jesus in everything ([Colossians 1:10](#)), bringing every conscious thought into obedience to Christ ([2 Cor. 10:5](#)).

“How can I have strongholds in my life, such as lust and impure thinking, pulled down?”

The answer to this question begins with a promise from God: “The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure” ([1 Corinthians 10:13](#)).

Because we know that an all-powerful God can instantaneously remove every stronghold from our life, many people experience frustration when God does not instantaneously do it.

What does God promise His Children? Let’s look again at [1 Corinthians 10:13](#).

I. The Commonality of temptation. “There hath no temptation taken you but such as **is common to man**” Many other people have struggled with the same problems and weaknesses as you. What a relief to learn that your particular struggle with unbiblical attitudes or behaviors is not unique to you! Know that some people have faced much stronger and more severe temptations in the same areas of life that you struggle with, and have learned how to be victorious over the temptation.

II. The Commitment of God. “But God is faithful. He will **not allow** the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.” God’s usual method of destroying a stronghold in your life is by means of His Spirit and His Word! God allows you to be tempted only up to your load limit. He will not allow you to be tempted more than you can bear. Through the power of the Holy Spirit, and the life-transforming power of God’s Word, your stronghold(s) can be pulled down!

The Obedience God expects from us. To have unbiblical strongholds in your life pulled down, you must obey all that God tells you to do. Here is a checklist. Have you done the following? God’s Word teaches by precept and principle that you must:

1. Flee temptation ([2 Tim. 2:22](#)).
2. Put on the Lord Jesus Christ and avoid anything that triggers your area(s) of weakness ([Romans 13:14](#)).
3. Cleanse your life, your home, your environment of things that lead to temptation,
4. Remove all sources of temptation,
5. Create barriers along paths you know lead to temptation and failure.
6. Not do things you know will expose you to your area of weakness and vulnerability,
7. Do not go places you know will trigger your area of weakness.

8. Be careful about the people you continue to have as your friends (if they are spiritually bad for you, don't hang around them).
9. Commit to full obedience to God's Word.
10. Memorize God's word so that you will not sin against God (**Psa. 119:9-11**).
11. Learn how to resist temptation by praying the promises of God.
12. Become accountable to a godly older saint who will pray for you and daily / weekly ask you how you are doing in the area of your weakness, and
13. Learn to use scripture as spiritual medicine.

The strongholds in your life can be pulled down and destroyed! How badly do you want to be set free? Are you willing to discipline yourself to take spiritual medicine for 90 days? Before you say, "Yes," please read the following prescription requirements!

Prescription for Change by the Power of God's Word and Spirit (4 times per day for 90 days)

1. In the **morning**, read each scripture and pray each prayer before you begin your day. Believe God to strengthen your inner man with His Spirit to give you victory over [whatever your problem area] until noon or lunch time.
2. At **noon** or **lunch time**, read each scripture and pray each prayer again. Believe God to strengthen your inner man with His Spirit to give you victory over [whatever your problem area] until supper time.
3. Repeat this process at **supper time** and at **bed time**.
4. If, during one of these four periods of time in your day, you should do or say something that you know the Holy Spirit was not pleased with, immediately ask God for forgiveness.
5. Purpose to never stop seeking God for deliverance and victory over [whatever your problem area].
6. Take this Scriptural medicine for **90 days**—report weekly your progress to someone you trust for accountability.

A sample set of verses to use for victory over pornography.

Philippians 4:13. I can do all things through Christ which strengthens me.

Dear God, You have the power to change my life. No one **makes** me look at pornography. To choose to look at pornography is a choice I make. It is a conditioned reflex to something that attracts me, and I have practiced giving vent to my lust and wrong thinking through pornography. This is sinful. God, please help me to stop this wrong behavior. You promise that through Christ who strengthens me, I can get victory over pornography.

Proverbs 28:13. He that covers [or conceals] his sins shall not prosper: but whoso confesses and forsakes *them* shall have mercy.

Dear God, I confess my problem with pornography. I ask you to forgive me and to help me never again to allow the desire to look at pornography gain control of my heart and mind. Oh God, please give me the power of Your Holy Spirit in this area of my weakness. I renounce pornography as wrong and sinful. With Your help, I confess my sin and purpose to forsake it. Please have mercy upon me.

Psalms 101:2-4. I will be careful to lead a blameless life-- when will you come to me? I will walk in my house with blameless heart. **I will set before my eyes no vile thing.** The deeds of faithless men I hate; they will not cling to me. Men of perverse heart shall be far from me; **I will have nothing to do with evil.**

Dear God, I sincerely desire to keep my conscience clear. Please strengthen my will so I will choose not to set before my eyes any pornography. Help me to hate pornography and stay away from it on the computer and everywhere else. Help me to have nothing to do with the evil of pornography.

Colossians 3:1-3. Since, then, you have been raised with Christ, **set your hearts on things above**, where Christ is seated at the right hand of God. **Set your minds on things above, not on earthly things.** For you died, and your life is now hidden with Christ in God.

Dear God, I have repented of my sins and put my faith in Jesus to save me. Create in my heart and mind desires for things that are pure and holy. Help me not to set my mind on pornography and lustful thoughts and pictures. Help me to remember that as a Christian I must not feed my mind on sinful, lustful pictures.

Philippians 4:8. Finally, brothers, whatever is true, **whatever is noble, whatever is right, whatever is pure,** whatever is lovely, whatever is admirable – if anything is excellent **or praiseworthy** – think about such things.

Dear God, I ask you to help me to obey these verses. You tell me that I am responsible for what I allow my mind to think about and what I choose to look at. I am to think about only things that are pure and holy – things in which you delight. Please strengthen my will not only to stay away from pornography, but also to flee from it when I feel tempted.

Romans 6:1-2. What shall we say, then? **Shall we go on sinning** [looking at pornography] so that grace may increase? **By no means!** We died to sin [pornography]; how can we live in it [looking at pornography] any longer?

Dear God, according to your Word, there is no reason why I have to be in bondage to pornography. When I was united in Christ's death to sin, I was set free from the bondage of pornography. Please help me to believe this and to stop looking at pornography.

Conclusion: Remember that your life is composed daily of a series of choices. At each decision point, you have the ability, through God's grace, to choose to do what is right. Consistent victory over sin is nothing more than making the choice to do right at each decision point.

Dr. Allan P. Brown chairs the Ministerial Education Division at God's Bible School and College.