

Journey Church Hawaii
Pre-Launch Training (PLT) Stage Four: Bearing Fruit for the Lord
Strongholds, Part Two
2 Corinthians 10:3-5 esv
Pastor John Honold
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I. Strongholds [2 Corinthians 10:3-5]

- A. What is a Stronghold? Any mindset, belief, or habit that exerts power over a person and keeps them from fully living in obedience and freedom In Christ
- B. A deeply rooted pattern of thinking or behavior that resists God's will
- C. A lie or deception that a person believes, which gives the enemy (demons) influence in their life. That lie creates a mindset of personal bondage where God's Word has been subjugated to any unscriptural idea or personally confused belief that is held to be true
- D. An area of bondage (fear, pride, lust, unforgiveness, addiction, etc.) that controls actions and attitudes until it is destroyed by God's Truth and power.
- E. Behind every lie is a fear, and behind every fear is an idol (demon). Idols are established wherever there exists a failure to trust in the provisions of God that are ours through Jesus Christ.

II. Four Common Strongholds [The Search for Significance by Robert S. McGee]

- A. The Performance Trap
 - 1. The False Belief: *I must meet certain standards to feel good about myself*
 - 2. Consequences: the fear of failure; perfectionism; manipulation of others to achieve success; withdrawal from healthy risks
 - 3. BUT THE TRUTH IS: Justification [Romans 5:1]
- B. Approval Addict
 - 1. The False Belief: *I must be approved by others to feel good about myself*
 - 2. Consequences: the fear of rejection; attempts to please others at any cost; overly sensitive to criticism; withdrawal from others to avoid disapproval
 - 3. BUT THE TRUTH IS: Reconciliation [Col 1:21-22]

C. The Blame Game

1. The False Belief: *Those who fail (including myself) are unworthy of love and deserve to be punished*
2. Consequences: the fear of punishment; punishing others; blaming others for personal failure; withdrawal from God and others; drive to avoid failure
3. BUT THE TRUTH IS: Propitiation [1 John 4:9-11]

D. Shame

1. The False Belief: *I am what I am. I cannot change. I am hopeless*
2. Consequences: feelings of shame, hopelessness, and inferiority; passivity; loss of creativity; isolation; withdrawal from others
3. BUT THE TRUTH IS: Regeneration [2 Corinthians 5:17]

III. Destroying Strongholds [2 Corinthians 10:3-5]

- A. Some of the Weapons that pull down these strongholds are: (1) God's Word [Heb 4:12-13]; (2) The Blood of the Cross [Rev 12:11]; (3) The Name of Jesus [Mark 16:17]
- B. Strongholds are pulled down and confronted bondage is broken as these spiritual weapons of our warfare are employed [Eph 6:13-18]
 1. Choose to Take 100% Responsibility [2 Tim 1:7]
 2. Ask Other Believers to Journey with Me [Gal 6:1-4; Ps 84:5-7]
 3. Ask the Holy Spirit to Identify what is hurting me [Ps 139:23-24]
 4. Confess Sin and Repent [1 John 1:9; John 8:11]
 5. Replace False Beliefs (lies) with The Truth of God's Word [John 1:1-5]
 6. practice, Practice, PRACTICE! "Head, Heart, Hands" [Matt 7:24-27]
 7. Experience Righteous Transformation [Romans 12:1-2]
- C. A really useful tool: The Bondage Breaker by Neil T. Anderson