

Journey Church Hawaii  
**Pre-Launch Training (PLT) Stage Four: Bearing Fruit for the Lord**  
**Strongholds**

**2 Corinthians 10:3-5**

Pastor John Honold

September 27 and October 3, 2025

- I. **Choose to Live a Holy Life every day**, worshiping Jesus and engaging in God's Word, experiencing the Transformation of our Minds, resulting in a desire to Obey His Will -- which is Good, Pleasing, and Perfect [Romans 12:1-2]
- II. **What is a Stronghold?** [2 Corinthians 10:3-5]
  - A. In the Old Testament
    1. a fortified city, castle, or high place of safety and defense [2 Sam 5:7]
    2. the Protection of God [2 Samuel 22:2-3]
  - B. In the New Testament, Paul uses the term metaphorically, describing mental and spiritual fortresses—patterns of thought, false beliefs, sinful attitudes, or lies of the enemy (evil, demons) that set themselves up against God's Truth.
    1. A deeply rooted pattern of thinking or behavior that resists God's will
    2. A lie or deception that a person believes, which gives the enemy influence in their life.
    3. An area of bondage (fear, pride, lust, unforgiveness, addiction, etc.) that controls actions and attitudes until it is torn down by God's Truth and power.
  - C. A Stronghold is any mindset, belief, or habit that exerts power over a person and keeps them from fully living in obedience and freedom In Christ.
  - D. Take Every Thought Captive<sup>1</sup>
    1. Behind a stronghold is also a lie -- a place of personal bondage where God's Word has been subjugated to any unscriptural idea or personally confused belief that is held to be true

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<sup>1</sup> The New Spirit-Filled Life Bible [Thomas Nelson Nashville 2002] Hayward, Christopher J. KINGDOM DYNAMICS: DELIVERANCE 2 Cor 10:3-5

2. Behind every lie is a fear, and behind every fear is an idol. Idols are established wherever there exists a failure to trust in the provisions of God that are ours through Jesus Christ.
3. Some of the Weapons that pull down these strongholds are:
  - a. God's Word [Heb 4:12-13]
  - b. The Blood of the Cross [Rev 12:11]
  - c. The Name of Jesus [Mark 16:17]
  - d. Choosing to Take 100% Responsibility [2 Tim 1:7]
    - (1) Inviting God's Truth to Identify what is hurting me [Ps 139:23-24]
    - (2) Inviting Others to Journey With Me [Gal 6:1-4]
    - (3) The Power of Confessing Sin [1 John 1:9]
    - (4) Replacing lies with The Truth of God's Word [John 1:1-5]
4. Strongholds are pulled down and confronted bondage is broken as these spiritual weapons of our warfare are employed [Eph 6:13-18]
5. A really useful tool: The Bondage Breaker by Neil T. Anderson

### III. **How Should I Then Live?** [2 Timothy 1:7]

- A. Choose to Embrace the Truth and Live Freely: Jesus Christ and the Word of God [John 14:6; John 8:32]
- B. Choose to Believe Who You Are: I am a Child of God [Ro 8:14-17]; I am Ke'alaiono: the fragrance of Righteousness [2 Cor 2:14-16], made to experience and share with others the Fruit of the Spirit [Gal 5:22-23]
- C. Choose to Live the Abiding Life [John 15:1-17]
- D. Choose to Walk in the Spirit [Galatians 5:16-26; Ro 8]
- E. Choose to Live a Servant Lifestyle (ask God three questions every day)
  1. "How can You be so Good?"
  2. "How am I doing with the people You have given me to love?"
  3. "How can I serve You today?"