

Overview of Types of Strongholds

This is a list of demonic strongholds (**bold type**) with their related symptoms below. Place a checkmark next to any symptom that is **habitually** present in your life. We stress **habitually** present rather than occasionally.

Deceit

- Lying
- Fantasies
- Delusions
- Rationalization
- Wrong Doctrine / Misuse of Scripture
- Flattery
- Syncretism

Confusion

- Suspicious
- Apprehension
- Indecisive / Double Minded
- Skeptical
- Unsettled
- Easily Distracted
- Lack of Commitment
- No Love of Truth
- Distorted Judgement

Independence and Divorce

- Insensitive
- Aloof
- Selfish Ambition
- Devil's Advocate
- Withdrawn
- Makes Excuses
- Lack of Trust
- Willful

Heaviness

- Depression
- Despair
- Self-Pity
- Loneliness
- Unconfessed Sin
- Suicidal Thoughts

Control

- Manipulative
- Striving
- Lack of Trust
- Devil's Advocate
- Insensitive
- Desiring Recognition
- Seduction
- Cursing
- Emotional Outbursts
- Schemes, Intrigues

Witchcraft / Familiar Spirit

- Blasphemy
- Preoccupied with Evil
- Psychic Experiences
- Rebellious
- Manipulation
- Devalues Life
- Identifies with Sinful Nature
- Fixated on Future

Bitterness

- Resentment
- Racism
- Unforgiveness
- Anger / Hatred
- Begrudging
- Violence
- Revenge
- Chronic Grumbling
- Presumption

Rejection

- Addictive Behavior
- Compulsion
- Seeks Acceptance
- Unworthiness
- Withdrawal
- Shallow Relationships
- Loneliness

Stupor / Prayerlessness

- Distance from God
- "Cold" Love
- Hardened Heart
- Distracted
- Spiritual Blindness
- Laziness
- Deceived Self-Appraisal
- Unresponsive

Sexual Purity

- Lust
- Sensual Enticement
- Denial / Rationalization
- Control
- Masturbation
- Fornication
- Adultery
- Frigidity
- Homosexuality
- Pornography
- Fantasy

Infirmity / Destroying

- Physical Manifestations
- Unconfessed Sins
- Abuses Body
- Devalues Life
- Chronic Grumbling
- Thoughts of Suicide
- Drawn to Danger

Jealousy

- Spiteful
- Gossip/Slander
- Betrayal
- Critical Nature
- Judgmental
- Suspicious
- Unchristlike Competition
- Cruelty

Pride

- Ungrateful
- Self-Righteous
- Self-Centered
- Insensitive
- Materialistic
- Seeks Positions
- Stubborn
- Mocking
- Vain
- Spiritual Adultery
- **Impatient**

False Prophecy / Antichrist

- Denies Jesus as God and Man
- Bondage to Man-Made Teaching
- Manipulation
- Prophecy for Pay
- Prey to Cults, Heresies
- Encourages Lawlessness
- Counterfeit Miracles
- Contrives Dreams / Visions

Fear and Insecurity

- Inferiority
- Inadequacy
- Timidity
- Pleasing People, Not God

- Lack of Trust / Worry
- Phobias
- Anxiety Over Injury / Death
- Perfectionism
- Dread of Failure
- Inability to Set Goals
- “Motor Mouth”

Rebellion

- Self-Willed
- Stubborn / Insolent
- Pouting
- Strife
- Factious
- Divisive
- Anger Leads to Argument

Religiosity / Spiritual Lethargy

- Religious Busyness
- Knowledge Without Love
- No Spiritual Power
- Spiritual Blindness
- Hypocritical
- Legalistic Perversion
- Presumes on Grace

Personal Sins	Occult Involvement & Ancestral Sin		Victimization
<u>Examples:</u> Pride Greed Bad Habits Disobedience Rebellion/Stubbornness Over-indulgence (Gluttony/Greed) Selfishness Un-forgiveness Lust Pornography Masturbation Adultery/Fornication Provocative Dancing Homosexuality Divorce Addiction to Drugs/Alcohol Stubbornness Racism Laziness Crime/Stealing Idolatry Anger Lying Fear Exaggeration Bitterness Debt Swearing/cursing Laziness Gossip Bestiality Abortion	Actual	Ancestral	<u>Examples:</u> Molestation Abandonment Incest Injustice Un-forgiveness Racism Rejection Wounded Spirit Verbal or physical abuses done to you Specific people that have hurt you in such ways
	Both of these categories apply to your involvement and your family’s involvement		
	<u>Examples:</u> •Secret societies ○ Masons ○ Fraternities ○ Sororities •Games ○ Ouija Board ○ Light as a Feather ○ Bloody Mary •Spirit guides •Music •Movies •Pacts •Witchcraft •Satanism •Astrology •Tarot Cards •Palm reading •Fortune telling •Wicca •Martial arts •New age •Santeria •Voodoo	<u>Examples:</u> •Rage •Reversions •Idolatry •LDS •Witchcraft •False Religions ○ Hinduism ○ Ancestral Worship ○ Buddhism ○ Islam •Eastern Practices (Yoga) <u>Ancestral Sin</u> •Alcoholism •Adultery •Racism •Rebellion •Divorce •Violence •Gluttony •Curses	
Solution: Repent	Solution: Renounce		Solution: Release
Satanic Thoughts		Ideological Strongholds	
Memories Impure Irrational Suicidal Fears Poor Self Image Weariness Homosexuality Inadequate Over Confident/Lacking Confidence	Materialism/Consumerism Abortion Ignorance Competitiveness Independence Hyper-Grace Fundamentalism Cessationism Fatalism	Humanism Cults False Religions Intellectualism Secularism (Secular vs Sacred) Tolerance Atheist/Agnostic Vain Philosophies Naturalism (Evolution) Legalism	
Solution: Find the lie that you have believed about yourself and replace it with the truth of Scripture		Solution: Find the lie that you have believed about God and replace it with the truth of Scripture	

Stronghold Causes Work Sheet

Personal Sins	Occult Involvement & Ancestral Sin		Victimization
	Actual	Ancestral	
	Both of these categories apply to your involvement and your family's involvement		
Solution: Repent	Solution: Renounce		Solution: Release
Satanic Thoughts		Ideological Strongholds	
Solution: Find the lie that you have believed about yourself and replace it with the truth of scripture		Solution: Find the lie that you have believed about God and replace it with the truth of scripture	

Stronghold Causes Work Sheet



Prayer for Tearing Down Strongholds

1. Proclaim the Authority and Lordship of Christ in your life.
2. Pray a Prayer of Assurance: "Thank You, Lord, for saving me. I declare that I am forgiven and that your Holy Spirit lives in me. I am a child of God through Jesus Christ, my Lord."
3. Put on the Armor of God – Ephesians 6:13-18
 - Belt of Truth
 - Breastplate of Righteousness
 - Feet of Peace (Gospel of the Kingdom)
 - Shield of Faith
 - Helmet of Salvation
 - Sword of the Spirit

"Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm."

4. Identify, Confess, and Renounce All Strongholds and Sins
 - Name each stronghold
 - Confess your role (if any) and the roles of others
 - Renounce them as counterfeits and works of Satan
 - Acknowledge any acts of restitution required
 - Give or receive forgiveness
 - Profess and accept the truths associated with each of them.
5. Declare your freedom from the stronghold and any of its effects.

"Greater is He who is in you than he who is in the world." (1 John 4:4)

"I renounce the lie that I am ...

I proclaim that because of Jesus I am...

Example Prayers

Seeking Freedom & Overcoming Strongholds

Adapted from Neil T. Anderson's Bondage Breaker

Opening Prayer:

Dear Heavenly Father, you are present here in this room and in my life. You alone are all knowing, all-powerful, and everywhere present, and I worship you alone. I declare my dependency upon you for apart from you I can do nothing. I choose to believe your word, which teaches that all authority in heaven and on earth belong to the resurrected Christ, and as a follower of Christ, one who is alive in Christ, I have the authority to resist the devil as I submit to you. I ask that you fill me with your Holy Spirit to the fullest and guide me into all truth. I ask for your complete protection and guidance as I seek to know you and do your will. In the wonderful name of Jesus I pray, Amen.

Declaration:

In the name and authority of the Lord Jesus Christ, I command Satan and all evil spirits to release their hold on me in order that I can be free to know and choose to do the will of God. As a child of God who is seated with Christ in the heavenly places, I declare that every enemy of my Lord Jesus Christ that is in my presence be bound. Satan and all of demons cannot inflict any pain or in any way prevent God's will from being done in my life today because I belong to the Lord Jesus Christ.

Under each area pray the following pray and listen to God show you aspects from your own life that you may need to confess and replace the lie with the truth:

Personal Sins:

Dear Heavenly Father, you have told me to put on the Lord Jesus Christ and to make no provision for the flesh in regard to its desires. I confess that I have given in to fleshly lusts that wage war against my soul. I thank you that in Christ my sins are already forgiven, but I have broken your holy law and I have allowed your sin to wage war in my body. I come to you now to confess and renounce these sins of the flesh I have committed and the ways I have grieved the Holy Spirit in Jesus name I pray, Amen.

Occultic/Ancestral Involvement:

Dear heavenly Father please bring to my mind anything and everything that I have done knowingly or unknowingly that involves occultic, cultic, false religious teachings or practices. I want to experience your freedom by renouncing any and all false guidance. In Jesus name. Amen

Victimization:

Dear Heavenly Father, I thank you for the riches of your kindness, forbearance and patience toward me, knowing that your kindness has led me to repentance. I confess that I have not shown that same kindness and patience towards those who have hurt or offended me. Instead I have held on to my anger, bitterness and resentment toward them. Please bring to my mind all the people I need to forgive in order that I may now do so. In Jesus name I pray. Amen.

Satanic Thoughts:

Dear Heavenly Father, I understand that I have believed lies that Satan has told about how you view me, and I refuse to allow myself to be deceived any longer. According to your word, I am adopted, chosen, called, sealed an heir to the throne, and I am assured that greater is he who is in me than he who is in the world. May you please reveal to me anyways that I have allowed Satan to control my thought life and keep me in bondage so that I may break those bonds by identifying the lie that Satan has told me about myself and reaffirming the truth of what you say about me.

Ideological Strongholds:

Dear Heavenly Father, you are the truth and I desire to live by faith according to your truth. The truth will set me free—the truth of Jesus, but in many ways I have been deceived by the father of Lies and the philosophies of this fallen world, and I have deceived even myself. I choose to walk in the light knowing that you love and accept me just as I am. As I consider areas of possible deception, I invite the Spirit of truth to guide me into all truth. Please protect me from all deception as you “search me O God, and know my heart; try me and know my anxious thoughts, and see if there be any hurtful way in me and lead me in the way everlasting.” In the name of Jesus I pray, Amen.

Prayers of Confession:

Personal Sins:

Lord Jesus I confess that I have sinned against you by [name the sins] than you for your forgiveness and cleansing and I state that I will not allow sin to reign in my mortal body and I will no longer allow my [name the thing that you have used in the sin—ie. Mind, thoughts, body parts, etc.] To be used in this way, but rather I will only use my [name the item again] to be use for godly purposes such as [state the item's usage in a positive way—ie. Praising, serving, loving, etc.] Amen.

Occultic/Ancestral Involvement:

Lord Jesus I confess that I have (my family member has) participated in [specifically name every belief and involvement related to this aspect of the list that God has brought to mind] and I renounce the sin of _____ as counterfeit and a lie. I pray that you will fill me with your Holy Spirit so that I may be guided by you. Thank you that in Christ I am forgiven. Amen.

Victimization:

Lord Jesus, I choose to forgive [name the specific person] for [name what they did or failed to do] because it made me feel [share the painful feeling, ie. Rejected, dirty, worthless, inferior, etc]

After having done this, release yourself from being in bondage to them by praying the following prayer:

Lord Jesus, I choose not to hold on to my resentment, I relinquish my right to seek revenge and ask you to heal my damaged emotions. Thank you for setting me free from the bondage of my bitterness. I now ask you to bless those whom I have been hurt by. In Jesus name I pray. Amen.

Satanic Thoughts:

Lord Jesus, I confess that I have believed the lie of [name the specific lie] that I have been told by Satan and his kingdom of darkness and I renounce that lie that I have believed about myself. I confirm the truth of what you say about me [state the truth of what God says about you and the situation] and I thank you for your forgiveness and commit that I will no longer believe Satan's lies in the area of my life and I will believe what you have revealed to me through your word. Amen

Ideological Strongholds:

Lord Jesus, I confess that I have been deceive by [confess the specific area that you have believed a lie of Satan]. I renounce this lie that I have believed and I confirm the truth of [restate the truth of what God says about this situation or belief]. I thank you for your forgiveness and commit myself that I will no longer believe Satan's lies in this area of my life, and I will believe only the truth of who God is. Amen