

Demolishing Strongholds Overcoming Fear

A stronghold is any sin, habit, or emotion that has a level of control in my life that keeps me from living fully for Christ and drawing closer to God.

2 Corinthians 10:3-5 - For though we live in the world, we do not wage war as the world does. ⁴The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Numbers 13 – The Lord now said to Moses, ²“Send out men to explore the land of Canaan, the land I am giving to the Israelites. Send one leader from each of the twelve ancestral tribes.” ³So Moses did as the Lord commanded him.

²⁶ They (the spies) came back to Moses and Aaron and the whole Israelite community. There they reported to them and to the whole assembly and showed them the fruit of the land. ²⁷ They gave Moses this account: “We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. ²⁸ But the people who live there are powerful, and the cities are fortified and very large.” ³⁰ Then Caleb silenced the people before Moses and said, “We should go up and take possession of the land, for we can certainly do it.”

³¹ But the men who had gone up with him said, “We can’t attack those people; they are stronger than we are.” ³² And they spread among the Israelites a bad report about the land they had explored. They said, “The land we explored devours those living in it. All the people we saw there are of great size. We seemed like grasshoppers in our own eyes, and we looked the same to them.”

1) Fear forgets God’s plan.

2) Fear questions God’s power.

Numbers 14 - Then the whole community began weeping aloud, and they cried all night. ²Their voices rose in a great chorus of protest against Moses and Aaron. “If only we had died in Egypt, or even here in the wilderness!” they complained. ³“Why is the Lord taking us to this country only to have us die in battle? Our wives and our little ones will be carried off as plunder! Wouldn’t it be better for us to return to Egypt?” ⁴Then they plotted among themselves, “Let’s choose a new leader and go back to Egypt!”

⁵ Then Moses and Aaron fell face down on the ground before the whole community of Israel. ⁶Two of the men who had explored the land, Joshua and Caleb, tore their clothing. ⁷They said to all the people of Israel, “The land we traveled through and explored is a wonderful land! ⁸And if the Lord is pleased with us, he will bring us safely into that land and give it to us. It is a rich land flowing with milk and honey. ⁹Do not rebel against the Lord, and don’t be afraid of the people of the land. They are only helpless prey to us! They have no protection, but the Lord is with us! Don’t be afraid of them!” ¹⁰ But the whole community began to talk about stoning Joshua and Caleb.

3) Fear distorts the future.

4) Fear brings discouragement.

Overcoming Fear

Ask God to show me the root of my fear.

Psalms 34:4-5 - I prayed to the Lord, and he answered me. He freed me from all my fears. Those who look to him for help will be radiant with joy.

Face my fear by taking action and trusting God .

Joshua 1:9 - This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.

Deuteronomy 31:6

Proverbs 3:25-26

Psalms 27:1

Proverbs 29:25

Psalms 118:6

Isaiah 41:10

Commit my life to Jesus Christ.

Matthew 11:28-30 – Jesus said, “Come to me all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”