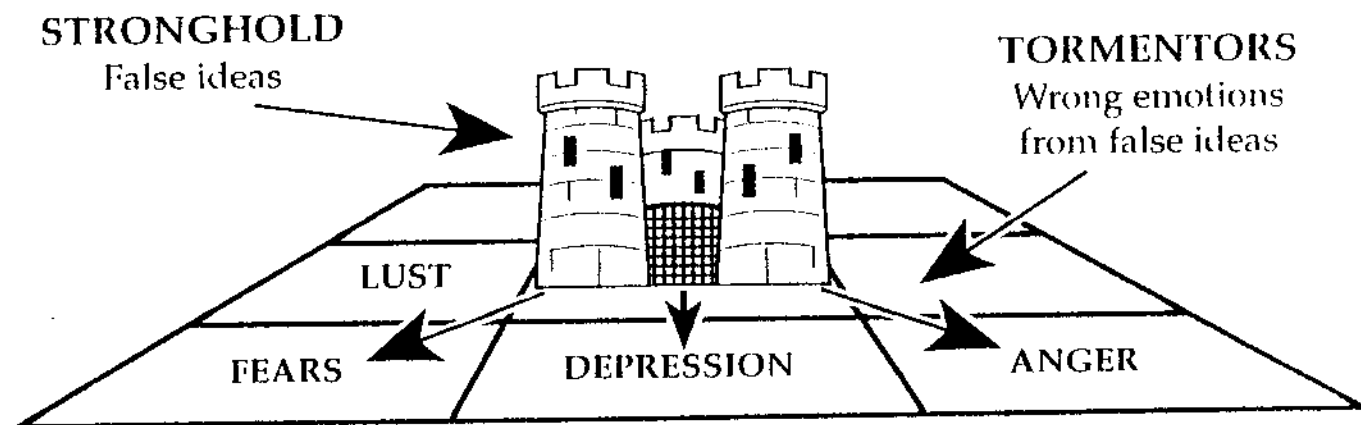


# HOW TO UNDERSTAND STRONGHOLDS



- Bitterness, greed, or immorality gives Satan "ground"—areas of jurisdiction. *"Neither give place to the devil"* (Ephesians 4:27).
- Satan builds strongholds on his "ground"—false ideas from which he influences us to make unwise decisions.
- God allows tormentors such as fear, depression, anger, lust, anxiety, or illness to come from the strongholds and afflict other parts of the soul. (See Matthew 18:34–35.)

## STEPS TO REGAIN GROUND

- 1 Confess each sin that God brings to your mind. (1 John 1:9)
- 2 Claim the blood of Christ for cleansing. (1 Peter 1:18–19)
- ★ 3 Ask God (out loud) to regain the "ground." (Psalm 23:3)
- 4 Tear down strongholds with truth. (11 Corinthians 10:4–5)
- 5 Transform your mind with truth. (Romans 12:2)
- 6 Fully forgive offenders. (Matthew 6:10–15)