



Winning the Mind Wars

Part 10—Anger and Loser Strongholds

Review

- Series on winning the mind wars we all battle. If we lose the mind wars we lose life Jesus came to give us. Our thought life is that important!
 - 2 Corinthians 10:3-5
- **Stronghold:** A satanic lie, a generational mindset or a human wounding that you have listened to long enough, believed strongly enough, and owned deeply enough that it becomes part of your identity. It has fortified itself in you and dictates your thoughts, beliefs, actions and reactions. It is an unholy filter through which all thoughts pass.

Anger

- “A violent passion of the mind excited by a real or supposed injury; usually accompanied with a propensity to take vengeance, or to obtain satisfaction from the offending party.”¹
 - Anger comes from injury that is either real or supposed.
 - Anger also comes from not getting your way, a selfishness, or “brattiness.” People are angry with God because they didn’t get their way.
 - Anger, based on it’s degree, object and desire, can either be righteous or sinful.

What is Righteous Anger?

- Ephesians 4:26-27
 - There is an anger that isn’t sinful. If you are quick to say that’s the kind you have, it probably isn’t.
 - Jesus was angry with Pharisees and money changers, without sinning.
 - Jesus’ anger was at offense and not the offender. There’s a huge difference! We can hate the sin, while loving the sinner. It speaks of redemption not revenge!
 - Righteous anger: an anger that becomes settled and not carried over. It doesn’t let the sun go down on your anger.
 - Sinful anger: it gives opportunity for the devil to work in you and through you.

When is Anger Sin?

- Albert Barnes (American theologian, 1798–1870) wrote:
 1. When it is excited without any sufficient cause—when we are in no danger, and do not need it for a protection. We should be safe without it (quick tempered, short, unnecessary).
 2. When it transcends the cause, if any cause really exists. All that is beyond the necessity of immediate self-protection, is apart from its design, and is wrong (over reacting, excessive compared to offense)
 3. When it is against “the person” rather than the “offense.” The object is not to injure another; it is to protect ourselves.

¹ *The American and English Encyclopedia of Law, Volume 2*, (NorthPort, Long Island, NY, Edward Thompson Co. Publishers, 1896), 340

- 4. When it is attended with the desire of “revenge.” That is always wrong; (Romans 12:17, Romans 12:19; punishment or payback).
 - 5. When it is cherished and heightened by reflection (stewing, brewing and rehearsing the offense).
 - 6. When there is an unforgiving spirit; a determination to exact the utmost satisfaction for the injury which has been done (merciless, unforgiving and un-redemptive).²
- Anger is either righteous or sinfully based depending on its degree, object and desire.
 - Righteous anger needs to be our last resort, not our first reaction.
 - James 1:19–20
 - Psalm 103:8
 - Proverbs 15:18
 - Proverbs 16:32
 - Proverbs 19:11
 - Proverbs 14:17
 - Proverbs 15:18
 - Proverbs 25:28

Righteous Anger Needs to be Ruled; Sinful Anger Needs to Be Put Away

- Ephesians 4:31
 - Bitterness is anger stewed. Wrath is anger executed. Clamor is anger enacted. Evil speaking is anger spewed and malice is anger deprave
- Ephesians 4:32
 - Replace with kindness, tenderheartedness, and forgiveness just as God told you to do.

Anger PreScripture Prayer

Father, thank You for being merciful, gracious, and slow to anger. Thank You for abounding in goodness and truth, and keeping mercy for thousands and for forgiving my iniquity, transgression and sin. Exodus 34:6-7

Thank You for forgetting my sins and lawless deeds and remembering them no more. Thank You for not being angry with me. Hebrews 8:12

Because you have forgiven my past completely, blessed my present abundantly and guaranteed my future extravagantly, I no longer need to live an angry, bitter life.

I repent of and renounce marinating in negativity, bitterness, wrath, anger, clamor, evil speaking and malice. Ephesians 4:26, 31

I repent of making a place for the devil to work in and through me that has caused me to hurt others. Ephesians 4:27

I repent of wanting vengeance against the people who have injured me and forgetting that vengeance is Yours alone. Romans 12:19

I receive Your forgiveness and cleansing right now. 1 John 1:9

Today, I renounce Satan and all of his angry, destructive ways.

I will no longer walk in angry foolishness. Proverbs 14:17

² Albert Barnes, *Barnes Notes on the Bible* (Public Domain 1847-85). E-sword edition

I will no longer stir up strife. Proverbs 15:18

I will rule my spirit and therefore no longer be vulnerable to the enemies attacks. Proverbs 25:28

Right now, in the Name of Jesus and by His authority, I tear down the stronghold of sinful anger over my life. 2
Corinthians 10:3-5

I choose to cooperate with the Holy Spirit and allow love, joy, peace, patience, kindness, goodness, gentleness and
self-control to rule my life. Galatians 5:22-23

Father, I will give to others what You have given me—mercy, grace, kindness, tenderheartedness and forgiveness.
Psalm 103:8, Ephesians 4:32

In Jesus Name, Amen!

Loser Stronghold

- This is known as the Eeyore Stronghold.
- What we've already covered should help us pull down this stronghold as well.
 - How can you be a loser when you've been forgiven, accepted, favored and loved?
 - How can you feel like a loser when you've experienced salvation, sanctification, justification, reconciliation, redemption, and have a new identification, in Christ as a Saint!
- Because of Christ, in Christ and through Christ we are winners, not losers!
 - Jesus has defeated every foe, even death, and He has given us everything we need to live an abundant life—that's winning!
 - There is no need or benefit for believers to walk around as defeated losers.
 - "You'll never, you can't, you won't, you didn't, you should have, etc." These thoughts need to be pulled down as lies.
 - God wants to know how much longer we are going to listen to those destructive voices instead of His empowering voice. He wants to know when will we start believing His Word, His work and His Promises?
 - It is time to start believing, saying, and acting upon whom God has made us to be. When we do, the loser, Eeyore stronghold bows the knee to Jesus and His joy, peace, power, purpose and destiny begin to happen.

Loser PreScripture Prayer

Father, thank You that because You are for me it doesn't matter who is against me. Romans 8:31

Thank You that I am always and constantly accompanied by Your Presence. Exodus 33:14

That I am in-dwelt by Your Son. Colossians 1:27

And, that I am empowered by Your Spirit. Acts 1:8

Thank You for being my friend and for staying closer to me than a brother. Proverbs 18:24

I praise You that You will never leave me or forsake me. Hebrews 13:5

And, though I fall seven times, I will rise again. Proverbs 24:16

Thank you that I never stop being the apple of Your eye. Deuteronomy 32:10

Because of all I mean to You, You have afforded me the way to be successful and prosperous. Joshua 1:7-8

I bless You for making me the head and not the tail, for letting me only be above and never being beneath.
Deuteronomy 28:13

Thank You for blessing me with every spiritual blessing in Christ. Ephesians 1:3
Thank You for giving me everything I need for life and godliness. 2 Peter 1:3
Thank you for giving me all the power over the enemy. Luke 10:17-20
God, I repent of listening to and esteeming Satan's voice over Yours.
Today, I renounce and tear down the loser stronghold that has plagued my life. 2 Corinthians 10:3-4
I receive Your forgiveness and cleansing right now. 1 John 1:9
I know I am more than a conqueror in Christ. Romans 8:37
I know that I can do all things through Christ Who strengthens me. Philippians 4:13
In Jesus Name, from this moment forward and forever more, I am who You say I am, and You say I am a victorious
overcomer. 1 John 5:4
Thank You for always leading me in triumph in Christ. 1 Corinthians 15:57
I win, I win, I win. Revelation 21-22
I believe this, I receive this and I'm going to walk in this, for Your honor and glory, in Jesus Name, Amen!