
Think on These Things, Pt. 3

Prescripture Prayers to Destroy Strongholds

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Review — *Last week we unpacked the importance of our thought-life with Philippians 4:8 as our anchor scripture. Proverbs 23:7 was introduced as another critical scripture to add to our arsenal of weapons, so our thoughts can align with God's truth and produce godly lives!*

- **Philippians 4:8**
Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy, meditate on these things.
- **Proverbs 23:7**
For as a man thinks in his heart, so is he.

Question— *If what you think determines how you live, don't you think your thought-life will be under constant enemy attack?*

Answer — *Yes! Because ungodly thoughts lead to ungodly life, hurts you, hurts others, discredits the Kingdom through hypocritical living.*

Back to “thinks” — Gatekeeper — we need to be the Gatekeeper of our thoughts! Can't control every thought that pops in, but we can control what we do with them.

8 Plank Gate — Gatekeeper

Philippians 4:8 — Finally, brethren if there is anything...

- **True** — Jesus is ultimate expression of truth, He is The Truth, His Word is truth
 - **Noble** — honorable, venerated, revered.
 - **Just** — righteous, equitable, fair.
 - **Pure** — innocent, modest, chaste.
 - **Lovely** — pleasing, winsome, friendly toward.
 - **Good report** — reputable, well-spoken of.
 - **Virtue** — manliness, valor, mental and moral excellence.
 - **Praiseworthy** — commendable, laudable, to be exalted.
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Mind-Renewer

FACT — *as you start to be a Gatekeeper with your 8 Plank Gate, your mind starts to get renewed, and you become a Mind-Renewer.*

- **Romans 12:2**
And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.
- **Renewed mind= transformed life= proving**, knowing and experiencing the will of God... renewed mind allows you to really know and experience how good God's will is.

Stronghold Destroyer

- As you become Gatekeeper and Mind-Renewer, you'll become a **Stronghold Destroyer**
- **2 Corinthians 10:3-5**
For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

Application — we're in spiritual battle; God has weapons for us to destroy strongholds that exist in our thought-life; these strongholds wreak havoc in our relationship with God and man!

- **strongholds** — *(definition) a satanic lie, a generational mindset or a human wounding that you have listened to long enough, believed strong enough, and owned deep enough that it has become 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.*

***FACT — These strongholds do damage. They can and must be destroyed.
Our weapons are mighty in God to do just that!***

PRESCRIPTURE PRAYERS TO DESTROY STRONGHOLDS

7 Prayers for 7 Common Strongholds

... when you read the prayers ALOUD... don't read the biblical citation

Redemption

- *being purchased from sin's slavery, becoming free!*
- **Stronghold** — "not redeemed, not free, never will be, never can be, your family isn't, no one you know is, etc."

REDEMPTION PRAYER

Father, thank you for visiting and redeeming your people. - Luke 1:68

Thank you that Jesus is my Redeemer. - 1 Corinthians 1:30

And, that Jesus came to set me free from sin, bondage and addictions of all kinds. - Luke 4:18

I know whom Jesus sets free is free indeed. - John 8:32, 36

And, that it was for freedom's sake that Jesus set me free. - Galatians 5:1

Thank you, Father, that Jesus in me is greater than anything in the world. - 1 John 4:4

And, that my faith in Jesus gives me the overcoming victory from this world. - 1 John 5:4
Thank you, Father, that I have the victory through Jesus. - 1 Corinthians 15:57
Father, right now, I repent of a sinful, addictive lifestyle. - John 8:11
Because it is clearly your will, I renounce the strongholds of addiction and bondage to sin.
I receive your cleansing and forgiveness. - 1 John 1:9
I believe that by Jesus' blood I have redemption and forgiveness. - Ephesians 1:7
I believe that Jesus' blood is both precious and powerful and that it was shed for me
and for my freedom. - 1 Peter 1: 18–20
I believe Jesus has redeemed me from every lawless deed and purified me for Himself
and that I am special in His sight. - Titus 2:14
I've been redeemed and I know and believe that I'm no longer a slave of sin. - Romans 6:6
I know and believe I've been freed from sin. - Romans 6:7
I know and believe I'm dead to sin. - Romans 6:11
I refuse to let sin reign in me. - Romans 6:12
I refuse to present myself to sin and unrighteousness. - Romans 6:13
I will present myself to God for righteousness. - Romans 6:13
Because of what I know and believe about redemption,
sin has no dominion over me. –
Romans 6:14
I've been redeemed, delivered, set free and am now a slave of righteousness. - Romans 6:17–18
I believe that my redemption has been settled for all eternity. - Hebrews 9:12
Thank you, God, for redeeming me through Jesus Christ. - Romans 3:24
Redemption is my song from this day forward and forevermore, amen! - Revelation 5:9

Condemnation

- *living under a cloud of hopeless condemnation, always bad, wrong, guilt, shame.*
- **Stronghold** – “you’re terrible, a blow-it, nothing but a sinner, deserve condemnation!”

CONDEMNATION PRAYER

Father, I know that I am what I am because of your grace alone. - 1 Corinthians 15:10
It's not because of my own works or effort. - Ephesians 2:8
My boast is in Jesus Christ alone. - Galatians 6:14
Thank you for my salvation. - Ephesians 2:8–9
Thank you for my sanctification. - Hebrews 10:10,14
Thank you for my justification. - Romans 5:1
Thank you for my reconciliation. - Colossians 1:21
Thank you for my identification. - 2 Corinthians 5:17
I am a saint. – 1 Peter 2:9,10
I am the righteousness of God in Christ. - 2 Corinthians 5:21
I am the salt of the earth. - Matthew 5:13
I am the light of the world. - Matthew 5:14
I am a child of God. - Galatians 3:26
I've been made one with God. - John 17:21

God calls me friend. - John 15:15

I know and believe that I am blessed, chosen, holy, blameless, loved, adopted, accepted, favored, redeemed, forgiven and sealed with the Holy Spirit. - Ephesians 1:3–11

I know and believe I have been made alive in Christ and raised to sit in heavenly places in Christ, far above all demonic power. - Ephesians 2:5–6

I know and believe I have direct access to You, Father. - Ephesians 2:18

I know and believe that my inheritance is guaranteed and that I am a fellow citizen with the other saints in the household of God. - Ephesians 1:11, 2:19

Because I'm in Christ I'm not condemned, now or ever. - Romans 8:1

Because I'm in Christ, there is no valid, condemning charge against me. - Romans 8:33–34

Because I'm in Christ, there is no shame I'll own, wear, or ever be put to. - Romans 10:11

I renounce the identity of "sinner." I renounce shame and condemnation.

I repent of believing lies that have held me back and kept me looking down.

I believe I am everything God says I am from this day forward, and forevermore.

In Jesus' name, amen!

Rejection

- *also abandonment, always feeling rejected, devalued.*
- **Stronghold** — “he, she, they, don't like, accept, want you, they'll leave too.

REJECTION PRAYER

Father, I thank you that you love me just like you love Jesus. - John 17:23

I praise you that you have chosen me and called me royal, holy and special in your sight. - 1 Peter 2:9

You say I'm so valuable to you, that I am your rich inheritance. - Psalm 28:9

You have accepted me; you have highly favored me. - Ephesians 1:6

You call me your beloved. - Romans 9:25

I am a part of your glorious bride. - Revelation 21:9

You keep me as the apple of your eye. - Deuteronomy 32:10

Because I received Jesus as my Lord and Savior, you have received me as your child. - John 1:12

As your child, I am your heir, a coheir with Jesus. - Romans 8:16–17

You have inscribed my name on the palms of your hands. - Isaiah 49:16

Your thoughts toward me are more than can be numbered. - Psalm 40:5

You stick closer to me than a brother. - Proverbs 18:24

You have promised you will never leave me or forsake me. - Hebrews 13:5

You have promised you will never cast me away from your presence. - John 6:37

You love me with an everlasting love. - Jeremiah 31:3

I praise you that nothing can ever separate me from your love. - Romans 8:38–39

Lord, I repent for thinking others are rejecting me when it isn't true. I repent for believing evil about others and not believing the best about others. - 1 Corinthians 13:5, 7

Jesus, I repent for letting others' opinions of me own me and speak louder to me than your loving, accepting, affirming voice. Father, thank you for loving me, choosing me, valuing me, accepting me, favoring me, adopting me, thinking of me, sticking with me, and for never leaving, forsaking or rejecting me. Thank you that nothing can separate me from your love. In Jesus' name, amen.

Depression

- *NOT* talking chemical issues people have, but “spirit of heaviness,” lacking joy and happiness.
- **Stronghold** — “no hope or joy, never going to change, no good ending for you.”

DEPRESSION PRAYER

Father, I thank and praise you that you comfort me when I mourn, that you give me beauty for ashes, the oil of joy for mourning, and the garment of praise for the spirit of heaviness. - Isaiah 61:3

Thank you for turning my mourning into dancing and removing my sackcloth and clothing me with gladness. - Psalm 30:11

Jesus, I love how you turn my sorrow to joy. - John 16:20

I'm grateful that your joy is my strength. - Nehemiah 8:10

I praise you that through hearing and believing your Word, your joy can remain in me. - John 15:11

Thank you that you desire for me to have joy that is full. - John 16:24

I know that joy is part of your kingdom and is available to me. - Romans 14:17

And, that joy is one of the fruits of your Spirit at work within me. - Galatians 5:22

I'm thankful that you fill me with your joy. - Acts 13:52

And, in your presence is the fullness of joy. - Psalm 16:11

Lord, I choose to be thankful for all things. - Ephesians 5:20

And, in the midst of all things. - 1 Thessalonians 5:18

I choose to rejoice always because this is your will for me. - 1 Thessalonians 5:16, 18

I can do this because you make all things work together for my good. - Romans 8:28

And, because I can do all things through Jesus who strengthens me. - Philippians 4:13

Jesus, I believe that the abundant life you came to give everyone is mine, now. - John 10:10

Father, I repent of negative thinking that has stolen my joy, I choose to meditate on things that are true, noble, just, pure, lovely, of a good report, things that are virtuous and praiseworthy. - Philippians 4:8

God of hope, as I hear and believe your truth, fill me with all joy and peace,

I want to abound with hope by the power of the Holy Spirit. - Romans 15:13

In Jesus' name, amen!

Unforgiveness

- *living a hurt, bitter, unforgiving life, thinking you're making others pay for their sins against you, not realizing you are the one who's imprisoned!*
- **Stronghold** — “you didn't deserve that treatment, don't let them off the hook, they don't deserve forgiveness” ... **2 reasons**- we underestimate own sin, and price we pay ourselves, walking in unforgiveness.

UNFORGIVENESS PRAYER

Father, it is beyond human comprehension how you could love me so much that You would send Jesus to pay the unspeakable price for my sins, so I could be forgiven and have eternal life. - John 3:16

I might never know the full extent of the depths of forgiveness you have afforded me. But, what I do know about the depravity of my own sin, past, present and future is that it is massive and offensive to You. - Matthew 18:24

Father, thank you for having compassion on me, releasing me and forgiving me from the debt I could never pay on my own. - Matthew 18:25

Lord, thank you for being a God who forgives my iniquity, my transgressions and my sins. - Exodus 34:7

Thank you that though my sins were red as scarlet, you made them as white as snow, and though my sins were red as crimson, you made them as white as wool. - Isaiah 1:18

Thank you for removing my sins from me as far as the east is from the west. - Psalm 103:12

Thank you for remembering my sins and lawless deeds no more. - Hebrews 8:12

Thank you for cleansing and forgiving me from all my sin and unrighteousness. - 1 John 1:9

Today, right now, as an act of faith and obedience, I choose to forgive those who have hurt me and sinned against me, just as you forgave me. - Matthew 6:12

I offer others the same compassion, release and forgiveness you gave me. - Matthew 18:25

I choose to walk in forgiveness and offer it continually. - Matthew 18:21–22

I choose to love my enemies, bless those who curse me, do good to those who hate me and pray for those who spitefully use me and persecute me. - Matthew 5:44

I realize forgiveness is something I must do. - Colossians 3:13

I repent of an unforgiving spirit while needing forgiveness myself. - 2 Samuel 12:1–9

I refuse to let Satan take advantage of me in this area any longer. - 2 Corinthians 2:11

Father, because it is clearly your will, I renounce the stronghold of unforgiveness in my life, in Jesus' name, by His love, mercy and power. Amen!

Anger

- *mad at God, people, circumstances, life, anger right under surface, easily surfaces.*
- **Stronghold** — “it’s justified, they’re idiots, how stupid, I would never be like that”

ANGER 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. – Galatians 2:20

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. – Matthew 4:10

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

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

I will rule my spirit and therefore no longer be vulnerable to the enemy’s 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

- *continual feeling of being unloved, forgotten, last, lost, worthless, unworthy.*
- **Stronghold** — “you’re unworthy, failure, defeated, loser.”

LOSER PRAYER (FOR DEFEATISM)

*Father, thank you that because you are for me it doesn’t matter who is against me. - Romans 8:31
Thank you that your Presence always and constantly accompanies me. - 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!*

Think on These Things, Pray These Things!

Doesn’t that feel good? These prayers, filled with God’s truth, are a supernatural weapon to tear down strongholds, bring peace, freedom, and the abundant life Jesus offers. Pray them as often as you need to—to tear down the stronghold and get free!

“The Prescriptive Prayers” are taken from *Winning the Mind Wars: Tearing Down Strongholds Through Prayer*, © 2013 by Steve Berger. All rights reserved.

Discussion Questions

1. How do thoughts become strongholds?
2. Read 2 Corinthians 10:3-5. Why is hard to believe we “don’t wage war as humans do”?
3. Which of the seven strongholds discussed today affects you personally?
4. What part of the prayer speaks most directly to you?