

DAY 16 | GOD's Promise in Breaking Strongholds and Habits

Tuesday, January 21th

Strongholds are areas in our lives where the enemy seeks to maintain a grip, manifesting as persistent oppression, obsessions, hindrances, or harassment. However, through God's Word and His promises, we are equipped with spiritual weapons to demolish these strongholds and walk in liberty. The only stronghold we desire is the Lord Jesus Christ, who is our rock, fortress, and deliverer.

As we meditate on God's Word, declare His truth over our lives, and rely on His power, we are able to break free from strongholds and habits that hinder us from walking in His purpose.

Stronghold- a strong influence or grip, persistent oppression, obsessions, hindrances or harassment; a well-fortified place; fortress.

Declaration Declare Psalm 18:2 over your life:

"Lord, You are my rock, my fortress and my deliverer; Father GOD, You are my rock, in whom I take refuge. You alone are my shield and the horn of my salvation. You are my stronghold!"

Father, I denounce the world and all that it has to offer. Satan has been defeated through the cross. Principalities and powers have been destroyed according to Colossians 2:15. Your Son Jesus Christ overcame the world, and because greater is HE that is in me than he that is in the world, I stand on Your Word.

I bind the spirit of bondage and loose the spirit of liberty over my life in Jesus' name. I take hold of Your promise to give me power to destroy spiritual strongholds and habits. Amen.

1. What is a stronghold?

A stronghold is a strong influence or grip, persistent oppression, obsessions, hindrances, or harassment. It is a well-fortified place, like a fortress.

2. What does 2 Corinthians 10:4 teach us about breaking strongholds?

It teaches that the weapons of our warfare are not carnal but mighty in God for pulling down strongholds. Through God's power, we can cast down every argument and thought that opposes His truth.

3. Why is the armor of God essential for breaking habits and strongholds?

Ephesians 6:10-20 explains that the armor of God equips us to stand against the devil's schemes, protecting us with truth, righteousness, faith, salvation, and the Word of God.

4. How does binding and loosing apply to spiritual strongholds?

According to Matthew 18:18, what we bind on earth is bound in heaven, and what we loose on earth is loosed in heaven. This means we have authority in Christ to bind spirits of bondage and loose liberty and freedom in our lives.

Point of Reflection

Take time to reflect on the power of God's promises in your life. Ask yourself:

1. What strongholds or habits have I allowed to hinder my walk with God?
2. Am I consistently using the spiritual weapons God has provided to fight against these strongholds?
3. How can I grow in faith, prayer, and reliance on the Holy Spirit to maintain freedom?

Key Scriptures: *2 Corinthians 10:3-6, Ephesians 6:10-20, Matthew 18:18, Romans 16:20, 1 Peter 5:8-9*

2 Corinthians 10:3-6 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, and being ready to punish all disobedience when your obedience is fulfilled.

Ephesians 6:10-20 Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints— and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.

Matthew 18:18 “Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

Romans 16:20 And the God of peace will crush Satan under your feet shortly. The grace of our Lord Jesus Christ *be* with you. Amen.

1 Peter 5:8-9 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. 9 Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

Suggested Scripture Reading: *Matthew 17:19-21, Psalms 9:9*

Matthew 17:19-21 Then the disciples came to Jesus privately and said, “Why could we not cast it out?” So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting.”

Psalm 9:9 The Lord also will be a refuge for the oppressed, A refuge in times of trouble.

Isaiah 10:27 It shall come to pass in that day *That* his burden will be taken away from your shoulder, And his yoke from your neck, And the yoke will be destroyed because of the anointing oil.

John 8:36 Therefore if the Son makes you free, you shall be free indeed.

Psalm 107:14 He brought them out of darkness and the shadow of death, And broke their chains in pieces.

Why do we fast?

Fasting is a spiritual discipline that helps us focus on God, break spiritual strongholds, and receive clarity, strength, and renewal.

Isaiah 58:6 “Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?

The power of prayer

Prayer connects us with God to bring about transformation and align our will with His.

James 5:16 The effective, fervent prayer of a righteous man avails much.