

Strongholds - Lies or the Lord

March 8, 2026

Introduction

A stronghold is an entrenched way of thinking that produces entrenched behavior. Strongholds often begin quietly with a thought, idea, or temptation. If believed and repeated, they become reinforced and shape how we live, how we respond, and even how we see God.

- **Inward patterns of thinking can lead to cycles of _____, _____, addiction, bitterness isolation, or defeat.**

I. How Strongholds Form

A. When a lie is believed, we begin to act in ways that _____ that lie.

II. Identifying Strongholds

Strongholds reveal themselves through repeated patterns in thought and behavior.

A. Other signs include emotional _____, _____, and escaping through unhealthy behaviors.

Lies About God

B. Believing lies about God causes us to _____ away from Him instead of running to Him.

Lies About Ourselves

C. According to 2 Corinthians 5: 17, if anyone is in Christ, he is a new _____.

