

Deliverance of the Mind

In the process of receiving deliverance and maturing in God, there is an important area where we need deliverance. This area is our **mind**. There are thought patterns that we hold and defend that are contrary to the Kingdom of God. We need to deliver ourselves from these patterns to fully align ourselves with the will of God.

The mind is a **territory**

The mind is a territory that must be carefully guarded. Satan is after our minds because if we accept a wrong thought, we will act a wrong way. Therefore, if the enemy successfully attacks our mind, he will affect our destiny

How does the battle of the mind occur?

2 Cor 10:3-5 For though we walk in the flesh, we do not war after the flesh: 4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) 5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

Scripture tells us that the battle of the mind is a spiritual battle but we **have mighty spiritual weapons**. The enemy tries to operate through:

- a. **imaginations** which can be translated as: arguments or reasonings
 - i) Arguments are attempts to prove or disprove a point of view
 - ii) Satanic arguments are aligned with fallen human reasoning
 - iii) Ex. If God is good, why is there evil in the world?
 - iv) imaginations- the ability to form an image in your mind without the natural
 - 1) Fear- is a satanic imagination. Ex. Your child is late so you think he had an accident
 - 2) Faith- God's imagination- Ex. See yourself healing the sick
 - 3) Are you going to live in faith- expectation or fear?
- b. A **mental stronghold**
 - i) stronghold is a place that is **fortified** and **protected** from attack
 - ii) a mental stronghold is where we have accepted and come into agreement with false and negative arguments, reasonings and imaginations
 - iii) A stronghold is formed when you accept the **argument** and it becomes a pattern
 - iv) Someone told when they are young that they are stupid- 40 years later, they still believe it

In summary, we can say that a stronghold is any mental thought pattern that holds a person back from walking in the fullness of what God has intended for their life and hinders their freedom to do so.

What is the cycle of the thought pattern?

Someone does not develop a stronghold overnight. Rather there is a process where it develops. If we stop the thought process at any stage, we can successfully keep it from becoming a stronghold. The stronghold begins when the enemy puts a thought in your mind.

a) A thought is **suggested**:

The first step in a stronghold is when an enemy puts a thought in your mind. For example, if your father died young, the enemy will put the thought: “your father died young so you too will die young. From that point, because of the power of suggestion, you play the thought in your mind over and over. The thought the enemy puts is never for good. It is a seed of the enemy. Today, doctors look for reasons to convince you on why you are sick or why a sickness has no cure. But if the root of the problem is spiritual, it may be impossible for the doctor but not for God! Many times, the enemy put in you the thought that you should quit. If he can convince you, he no longer has to fight with you because you surrender on your own. Sometimes the enemy uses other people to put wrong thoughts in your head. Watch out and reject every thought that is not of God. Jesus was able to discern when Peter was giving Him a wrong thought:

21From that time on Jesus began to show His disciples that He must go to Jerusalem and suffer many things at the hands of the elders, chief priests, and scribes, and that He must be killed and on the third day be raised to life. 22Peter took Him aside and began to rebuke Him. “Far be it from You, Lord! he said. “This shall never happen to You!” 23But Jesus turned and said to Peter, “Get behind Me, Satan! You are a stumbling block to Me. For you do not have in mind the things of God, but the things of men.”... (Matt 16:21-23)

The enemy is waiting for your **weakest moment** to attack. When the thought comes, you have a choice: accept it or reject it. If you are not alert and evaluate every thought that passes your mind, you may end up accepting it and taking a first step to a stronghold.

a) The thought is **established**

Once a thought is accepted, we rehearse it over and over until it becomes a **habit** and affects our thinking. For example the enemy can put the thought “no one loves you” or everyone that is nice to you acts that way because they want to take advantage of you.

Other examples of thoughts that become established are:

- 1) I will always be poor
- 2) there is no hope for me

Once you accept the thought you do it without thinking. You act like no one loves you and are convinced of it. You think that you will always be poor.

c) The established thought becomes a **stronghold**

At this stage, not only did you accept the thought and it becomes established, but you now protect the thought as true. At this point, the thought becomes fixed. It is a fortress and you won't change your mind. It now becomes your reality and you cannot think in any other fashion than this way. When someone tries to tell you otherwise, you resist and defend that stronghold.

d) A stronghold can lead to a **reprobate mind**

A reprobate mind is a mind that is corrupted. It has accepted the enemy's thinking. A person with a reprobate mind does evil and does not see it as wrong. The mind becomes insensitive to that sin.

A reprobate mind can lead to apostasy. Apostasy is when a person departs from the faith

1 Tim 4:1-2 Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; 2 Speaking lies in hypocrisy; having their conscience seared with a hot iron;

How to Win the Spiritual Battle of the Mind?

The way to win the battle for the mind is to be **vigilant** of the thoughts that come. You must discern the wrong thoughts that come into your head.

Note: it is not a sin to have a wrong thought, but it is a sin to meditate on it and cultivate it. You cannot keep a bird from landing on your head, but you can certainly keep it from making a nest there!

If you have accepted the thought or cultivated it, then you need to confess it before God and repent. Then you have to come into **agreement** with God's word and renounce the erroneous thoughts and mindsets. Because these thought patterns may have caused you to behave in a sinful way, you should renounce to any demonic influence that came because of your behavior and be delivered.

In summary, to break mental strongholds or to avoid them you:

- a) Identify the thought pattern or stronghold
- b) Confess the wrong thoughts before God
- c) Repent
- d) Come into agreement with the word of God
- e) Renounce erroneous thoughts and mindsets
- f) Break the stronghold by declaring it: "I break every stronghold..."
- g) Cast out any demon that is operating because of the stronghold

Final things

Now that your mind is free, you should continue bringing every thought **captive** to Christ and renew your mind. Ephesians 4:23 says that we should be renewed in the spirit of our mind. Finally, we should set our minds on things above

Col 3:2- 2 Set your affection on things above, not on things on the earth.

What should we think about?

Phil 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

What strongholds people need to be delivered from?

- a. Man-pleaser
- b. Tradition/religion
- c. Mammon
- d. Sexual immorality
- e. Rebellion**
- f. Unbelief
- g. Fear- it paralyzes your imagination
- h. low self-esteem
- i. self-pity
- j. poverty
- k. passivity
- l. sickness
- m. depression
- n. rejection
- o. double-mindedness**
- p. worldly thinking
- q. unbelief
- r. stubbornness
- s. anything thought that opposes God

Steps to free others:

- a. Lead them to **repentance**
- b. Lead them to renounce every mental stronghold that blocks my life
- c. Command it to leave by the blood of Jesus
- d. Declare yourself free
- e. Cast out any demonic spirit
- f. Release a blessing: I am released in my destiny and purpose

In summary, the mind is a very powerful territory that must be freed. Any incorrect thoughts that we accept become a habit and eventually a stronghold. They even open doors for demons to oppress us. However, Jesus won the victory and delivered us from the kingdom of darkness. He

has given us spiritual weapons to tear down those strongholds and be delivered. Once we are free, we should live according to the word of God. This will free our minds so that we have the mind of Christ.