

RHEMA WORD CHURCH INTERNATIONAL

PULLING DOWN STRONGHOLDS

A Three-Session Comprehensive Bible Study

STUDENT WORKBOOK

Guided notes • Bible study exercises • Personal reflection • Freedom plan

FOUNDATIONAL TEXT

“For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds...”

— 2 Corinthians 10:4–5, KJV

Prepared for Pastor Eric Hood and Rhema Word Church International

Welcome to the Study

This workbook will help you understand what Scripture means by a stronghold, recognize ideas that rise against the knowledge of God, and practice bringing your thoughts and actions under the lordship of Jesus Christ. The purpose is not to make you fearful of your mind or ashamed of your struggle. The purpose is to let the light of God's Word uncover lies, lead you into repentance and faith, and establish you in truth.

2 Corinthians 10:4–5 — *“For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; 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.”*

SERIES DECLARATION

Jesus Christ is Lord. God's Word is truth. My past is not my master. My feelings are meaningful but not sovereign. Every lie can be exposed, every sinful agreement can be repented of, and every area of my life can be brought into growing obedience to Christ by the power of the Holy Spirit.

How to Use This Workbook

- Bring your Bible and read every passage in context.
- Write exact recurring thoughts rather than vague labels.
- Do not compare your process with another person's process.
- Share personal details only with safe, trustworthy, mature people.
- Use prayer and Scripture alongside professional care when needed.
- Complete the weekly assignments; freedom grows through continued truth and obedience.

Personal Safety and Care Note

This workbook is not a medical or mental-health diagnosis. Depression, trauma, addiction, memory problems, panic, intrusive thoughts, and other concerns may involve spiritual, medical, psychological, neurological, relational, and social factors. Seeking qualified care is not a lack of faith. If you or someone else is in immediate danger, contact emergency or crisis services and a trusted leader immediately.

My Prayer for This Series

Table of Sessions

Session	Focus
Week One — 60 minutes	Understanding the biblical fortress: definition, context, boundaries, and formation.
Week Two — 30 minutes	Recognizing attacks and identifying what exalts itself against the knowledge of God.

Session	Focus
Week Three — 60 minutes	Demolishing strongholds and establishing lasting patterns of truth and obedience.

WEEK ONE — UNDERSTANDING THE FORTRESS

BIG IDEA

A stronghold is a fortified pattern that shelters a lie, resists God's truth, and produces fruit in thought, worship, speech, relationships, and behavior.

1. Read the Text

Read 2 Corinthians 10:1–6. Circle the words connected to warfare. Underline what is being destroyed. Draw a box around the goal of the battle.

What did you observe?

2. The Context Matters

Paul was answering people who judged him by outward appearance and human standards. His weapons were not intimidation, manipulation, physical force, or worldly performance. God empowered the truth of the gospel to confront false arguments and lead people toward obedience to Christ.

Complete: The goal of spiritual warfare in this passage is not fascination with the enemy; it is _____ to Christ.

3. Key Word Study

Word	Write the Meaning
Stronghold — ochyrōma	
Argument / imagination — logismos	
High thing — hypsōma	
Take captive — aichmalōtizō	
Obedience	

4. Working Definition

Fill in the blanks:

A stronghold is a _____ pattern of reasoning, belief, desire, loyalty, or behavior that shelters a _____, _____ God's revealed truth, and produces _____ in a person or community.

Rewrite the definition in your own words:

5. Four Identifying Marks

Mark	My Notes
1. Fortified	_____ _____
2. False or misplaced	_____ _____
3. Resistant	_____ _____
4. Fruit-bearing	_____ _____

6. Stronghold or Not?

Mark each statement True or False, then explain one answer.

- ☐ True ☐ False Every unwanted thought is a stronghold.
- ☐ True ☐ False A person may be difficult, but a person is not the stronghold we pull down.
- ☐ True ☐ False A stronghold can be reinforced by repeated agreement and behavior.
- ☐ True ☐ False Every painful emotion proves spiritual bondage.
- ☐ True ☐ False Spiritual warfare removes personal responsibility for sinful choices.
- ☐ True ☐ False The power of spiritual weapons comes from God.
- ☐ True ☐ False Honest questions and careful Bible study are not rebellion.
- ☐ True ☐ False The goal is growing obedience to Jesus Christ.

Explain one answer:

7. The Stronghold Formation Cycle

FILL IN THE CYCLE

ENTRY → _____ → AGREEMENT → _____ → REINFORCEMENT →
 _____ → FRUIT → FEEDBACK

Describe how one harmless-looking thought can become fortified:

8. Bible Case Study — Numbers 13-14

Question	Ten Spies	Joshua and Caleb
What facts did they see?	_____	_____
How did they interpret them?	_____	_____
What did they remember or forget about God?	_____	_____
What action followed?	_____	_____

Faith does not deny facts. Faith refuses to give facts a meaning that contradicts God's _____, _____, and _____.

9. Stronghold Observation Journal

During the next seven days, notice recurring statements under pressure. Do not shame yourself; observe carefully.

Trigger	Exact Thought	Emotion / Body	Action	Truth Challenged

--	--	--	--	--

Week One Prayer

Father, let the entrance of Your Word bring light. Show me what I have defended, repeated, or trusted above Your truth. Keep me from condemnation and excuses. Give me courage to see, humility to repent, and faith to obey. In Jesus' name, amen.

WEEK TWO — HOW STRONGHOLDS ATTACK

BIG IDEA

A stronghold attacks by interpreting reality through a lie and then placing that conclusion above what God has revealed.

1. Review

Complete: A stronghold is not merely a bad thought. It is a _____ pattern that _____ God's truth and produces _____.

2. Nine Attack Mechanisms

Mechanism	My Notes / Example
Distortion	How might truth be twisted, omitted, exaggerated, or minimized? _____
Accusation	How might a failure become a total identity sentence? _____
Fear magnification	What threat becomes bigger than God's presence or promise? _____
Pain interpretation	What universal conclusion might be drawn from a real wound? _____
Pride	Where does self claim the right to define truth without God? _____
False refuge	What created thing promises safety, comfort, worth, or control? _____
Repetition	What sentence is rehearsed until familiar feels true? _____
Isolation	What does the pattern want hidden from community or counsel? _____
Selective evidence	What contrary evidence is ignored or dismissed? _____

3. What Exalts Itself Against God?

Complete the sentence: A thought exalts itself when it demands to be treated as a higher authority than God's revealed _____, _____, or _____.

Experience is real, but it is not _____. Feelings are meaningful, but they are not _____. Human reasoning is a gift, but it is not _____.

4. Biblical Illustrations

Passage	Pattern	Truth Resisted
Genesis 3:1–7	_____	_____
Genesis 11:1–9	_____	_____
Numbers 13–14	_____	_____
1 Samuel 15:22–24	_____	_____
Mark 7:6–13	_____	_____
2 Corinthians 11:3	_____	_____

5. The Three-Part Truth Test

CLAIM → CONTRADICTION → CHRISTLIKE RESPONSE

Write the exact claim. Identify the revealed truth it contradicts. Choose a concrete response that submits thought and action to Christ.

Claim demanding the final word:

Knowledge of God challenged:

Christlike response:

6. Lie-Truth-Obedience Worksheet

Prompt	My Response
Trigger or situation	
Exact recurring claim	
What part may be factual?	

Prompt	My Response
What interpretation is false or exaggerated?	
What Scripture addresses this in context?	
What does this reveal about God's character?	
What lie do I reject?	
What truth will I confess?	
What action will I take before Week Three?	

Week Two Prayer

Holy Spirit, search me with mercy and truth. Expose every distorted conclusion, proud barrier, false refuge, and hopeless sentence. Teach me to recognize the voice of accusation and to answer with the gospel. Give me wisdom to separate facts from false interpretations and courage to obey Christ. Amen.

WEEK THREE — DEMOLITION AND LASTING FREEDOM

BIG IDEA

Freedom is grounded in Christ's victory and practiced through truth, repentance, faith, obedience, prayer, wise boundaries, and life-giving community.

1. Freedom Begins with Christ

Read John 8:31–36 and Colossians 2:13–15.

What has Christ already accomplished?

What does continuing in His Word require from me?

Complete: Freedom is a _____ before it is a process. The _____ makes us free.

2. Weapons Made Powerful by God

God-Appointed Means	How I Will Practice It
Gospel truth	
Word of God	
Prayer	
Faith	
Repentance and confession	
Obedience	
Church community	
Praise and thanksgiving	
Wise boundaries and appropriate care	

3. The R.E.N.E.W. Process

Fill in the blanks:

Letter	Step
R	_____ the fortified claim.
E	_____ it to God's truth.
N	_____ agreement through repentance and renunciation.
E	_____ a new obedient pattern.
W	_____ it out with the Spirit and the body of Christ.

4. My Personal R.E.N.E.W. Plan

Step	My Written Plan
R — Exact claim, trigger, emotion, and fruit	
E — Scripture in context and truth about God	
N — Lie, sinful agreement, or false refuge I reject	
E — Truth statement and specific obedient action	
W — People, boundaries, care, and daily practices	

5. Truth Declaration Builder

Use this pattern: "Although _____ is real, it does not have the authority to define _____ . God has revealed _____. Because I belong to Christ, I will _____ by the help of the Holy Spirit."

6. My 24-48 Hour Act of Obedience

- ☐ Confess a specific sin to God and a safe mature believer.
- ☐ Make an apology or restitution without demanding immediate trust.
- ☐ Remove access to something reinforcing the pattern.
- ☐ Schedule pastoral, medical, counseling, legal, or recovery support.
- ☐ Set a wise boundary.
- ☐ Memorize and meditate on a passage in context.
- ☐ Choose another action: _____

The exact action, person, and deadline:

7. Guarding the Gates Plan

Daily	Weekly	When Tempted
Word and prayer: _____ Truth statement: _____ Body care: _____	Worship/fellowship: _____ Accountability: _____ Service: _____	Pause and name claim: _____ Contact: _____ Replacement action: _____

8. Setback Response Plan

1. Stop hiding and come into the light quickly.
2. Confess the specific sin or agreement without totalizing condemnation.
3. Receive Christ's cleansing and remember your identity in Him.
4. Examine the trigger and reinforcement that preceded the setback.
5. Repair harm and strengthen the boundary or support plan.
6. Resume obedient practice immediately.

Who will I contact after a setback?

9. Seven-Day Renewal Tracker

Day	Trigger	Claim Captured	Truth Rehearsed	Obedience	Support
1					
2					

3					
4					
5					
6					
7					

10. Final Understanding Check

1. Define a stronghold biblically in two sentences.

2. Explain the original context of 2 Corinthians 10:3–5.

3. Name four things a stronghold is not.

4. Describe how a lie becomes fortified.

5. Give two examples of something exalting itself against the knowledge of God.

6. Explain why spiritual weapons are powerful.

7. List the five R.E.N.E.W. steps.

8. Explain the role of repentance and the role of replacement obedience.

9. Describe how community helps maintain freedom.

10. Explain when professional care should be included.

11. My Testimony in Progress

Complete these statements without exaggeration. A testimony may include progress, ongoing dependence, and next steps.

Before this study, I believed or practiced:

God's Word revealed:

I have repented of or rejected:

My next act of obedience is:

I need prayer and support for:

Closing Prayer of Renewal

Father, I submit my mind, imagination, desires, loyalties, body, relationships, and future to Jesus Christ. I reject every lie that places itself above Your truth. I repent of agreements and actions that have strengthened bondage. I receive the mercy of the cross, the life of the resurrection, and the power of the Holy Spirit. Renew my mind, establish Your truth, teach me to obey, and surround me with wise believers who will walk with me. I will not hide, I will not surrender to hopelessness, and I will not trust human strength. The Son has made me free, and by Your grace I will learn to walk in that freedom. In Jesus' name, amen.

APPENDIX — MEMORY VERSES

Reference	Truth to Remember
2 Corinthians 10:4–5	God-empowered weapons pull down strongholds, cast down arguments, and bring thought into obedience to Christ.
Romans 12:2	Transformation comes through the renewing of the mind.
John 8:31–32	Continuing in Christ's Word leads to knowing truth and freedom.
John 8:36	The Son makes believers free indeed.
Philippians 4:8	Believers deliberately attend to what is true, honorable, just, pure, lovely, commendable, excellent, and praiseworthy.
James 4:7–8	Submit to God, resist the devil, draw near to God.
Ephesians 6:10–11	Be strong in the Lord and put on the whole armor of God.
1 John 1:9	Confession meets God's faithfulness, forgiveness, and cleansing.

APPENDIX — SCRIPTURE STUDY PAGES

2 Corinthians 10:1–6

What does the text say?

What does it reveal about God / Christ?

What lie or pattern does it confront?

What obedience does it require?

Romans 12:1–2

What does the text say?

What does it reveal about God / Christ?

What lie or pattern does it confront?

What obedience does it require?

John 8:31-36

What does the text say?

What does it reveal about God / Christ?

What lie or pattern does it confront?

What obedience does it require?

Ephesians 6:10-18

What does the text say?

What does it reveal about God / Christ?

What lie or pattern does it confront?

What obedience does it require?

Philippians 4:4-9

What does the text say?

What does it reveal about God / Christ?

What lie or pattern does it confront?

What obedience does it require?

