

TEARING DOWN STRONGHOLDS BY PUTTING ON THE MIND OF CHRIST



“Our Help Is In The Name Of The Lord”
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Fr. James Northrop (www.thegraceofpentecost.com)

For, although we are in the flesh, we do not battle according to the flesh, for the weapons of our battle are not of flesh but are enormously powerful, capable of destroying fortresses. We destroy arguments and every pretension raising itself against the knowledge of God, and take every thought captive in obedience to Christ, and we are ready to punish every disobedience, once your obedience is complete.

2 Corinthians 10:3–6

NABRE

What Is A Stronghold?

A stronghold is a repeated pattern of thought, a deception, or an unconscious agreement with a lie that gives sin, fear, or addiction power in a person's life. It is a spiritual and mental “fortress” built by repeated choices, trauma, or false beliefs that blocks freedom in Christ.

What Is A Stronghold?

- Majority of Catholics haven't opened the door to inner healing and the real power of our Faith and experience tremendous oppression and bondage.
- There are parishes with strongholds as well as individuals.
- The Enemy is the ultimate putdown artist.
- Prayerfully respond versus reacting to things. Psalm 37

Step 1: Identify The Lie

Identify the lie or pattern (e.g., “I am worthless,” anger, addiction, fear).

Mom’s sewing experience

Dad not wanting a funeral and
Unbound.

Confess & Repent

- Bring the sin and hidden agreements to God in honest prayer and sacramental confession when possible. (
- The power of Confession “The Miracle Box”.
- God has given us this amazing Sacrament to our Church to heal us and make us whole. “Those whom the Son sets free are free indeed.” (John 8:36)
- “Be patient with everyone but especially yourself.” St. Francis de Sales

Renounce The Lie

- Verbally refuse the lie and any conscious or unconscious agreements.
- Avoid making vows. “I will never be able to forgive this person.”
“Nothing good will ever come out of this situation.”

Forgive & Release

- Forgive others and yourself for wounds that strengthened the stronghold; ask God to heal those hurts.
- Intercede for the person who injured you. We're all sinners and we all offend and wound each other.

Break Ties & Take Authority

- In Jesus' name, break spiritual ties and any legal claims the enemy may have over you.

REPLACE WITH TRUTH

- Fill your mind with Scripture, prayer, worship, and the sacraments. Memorize and proclaim verses that counter the lie.

ONGOING CARE & ACCOUNTABILITY

- Engage spiritual direction, a faith community, accountability, regular confession, Mass, prayer, and fasting as needed.

Final Thoughts

- Practical resources. Exorcism app for Google and Apple.
- Podcasts, Christian music, devotionals, etc.
- We will get to the finish line and someday we will be all in Christ and sharing in the fullness of redemption.
- Give thanks for everything. “Do not despise small beginnings.”