PULLING DOWN STRONGHOLDS OF THE ENEMY

***Written By: Tommy Romans January 2025***

**2Cor. 10:3** 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.

We are in a Spiritual warfare – it is the battlefield of the Mind. Satan wants your Mind! If he can get in your thought life and control it, he can bind you in your spirit – your heart will become bound, you’ll have no peace or liberty. You must know that there are two different spiritual Strong Holds – One is the Strongholds of Satan that he builds in peoples’ lives and the other is the Strong Hold of God which the Holy Ghost builds in the heart and mind of the praying believer that will keep the Devil out!

The Lord is instructing each of us to capture any Demonic Stronghold the Devil uses to take and hold us captive. You must pull and cast these things down and strengthen and fortify yourselves in the Holy Ghost. The only way you can do this, is by faithfully reading and meditating in God’s Holy Word every day and Pray – When we do this, it builds a fortress in our minds and hearts that Satan cannot enter! Dear reader - You can be saved and have the Holy Ghost living and abiding in your heart but yet you can be pulled and tormented in your Mind! Why is this? It is the enemy’s work to keep you bound and tormented in your thought life!

**So, what is a Strong Hold**? In the natural, Strong Holds in Bible days were man made Fortresses built on a High Place. They were made of Stone. Stone walls were erected and built around that fortress to keep invading enemies out!! It could be a

Rock cliff on top of a hill that you take cover back in that is inaccessible to your enemies. When the enemy comes tempting, fighting and invading, you can drive him out when you’re in a Strong Hold! The term stronghold appears at least fifty times in the Bible. It’s commonly referred to as a fortress with a difficult access (see Judges 6:2; I Sam. 23:14). When King David first saw the city of Jerusalem, it was an old, ancient fortress, inhabited by enemies. No wonder it was twice called a Stronghold (see II Sam. 5:7,9).

The psalmist David hid in Strong Holds from his enemies that were out to take him down and kill him. No wonder he said - **Ps 27:5** For in the time of trouble He (the Lord) shall hide me in his Pavilion: in the secret of his tabernacle shall he hide me; He shall set me up upon a rock.

**6** And now shall mine head be lifted up above mine enemies round about me.

The Apostle Paul uses the term Stronghold to describe a Mindset or Attitude. Can I tell you – the Devil not only wants to bind you and take you captive in your Mind, but he’s out to destroy you mentally, physically and Spiritually! In these final closing hours as we enter 2025, The Church, God’s people must Fast and Pray, soak themselves in the Word of God, get it down in their Hearts! We must Guard our mind and not let the enemy of our soul (the Devil) in – Drive his lies and his deceits out - Keep him out!!

Our help comes from the Lord. Where can you go and who can you run to in these days of fierce battles?

**Nah. 1:7** The LORD is good, a **Strong Hold** in the day of trouble; and He knoweth them that trust in Him.

You can drive the enemy out when you’re in the Strong Hold of the Lord! God knows all about the enemy’s strongholds! The Holy Ghost knows how to pull them down and He will teach you how if you’re willing to fight! When you come up against a stronghold in your life, do you just want to give up or are you willing to cast down the Imaginations that exalts itself against the knowledge of God? It’s amazing the many images Satan runs through our minds every day – He builds on Images to take away the Mind of Christ. He does not want you to have a Spiritual Mind to think on the Lord and Heavenly things! There are things you must Cast down to get and maintain victory! Satan and his demon powers want to capture your mind and hold you captive! Your mind is the citadel, the fortress of your soul. He who controls the Mind controls a very strategic place – **he controls the person**! Satan seeks to blind your spiritual perception and control your feelings by negative worldly and carnal thoughts.

Can I tell you – God is your source, He is your Shield of Strength! No wonder the Psalmist David said in **Ps. 18** - The LORD is my **Rock**, and my **Fortress**, and my deliverer; my God, my strength, in whom I will trust; He is my **High tower**. I will call upon the LORD, who is worthy to be praised: So shall I be saved from mine enemies. For who is God save the LORD? or who is **a Rock** save our God? (O what a Refuge! O what a Fortress and a Stronghold) Hallelujah Jesus!! Run to Him children, abide in Him!!

Did you know that in Bible times Strongholds were also storage places, holding **Food**, **Water** and **Weapons**? It was well supplied to sustain and keep soldiers in the time of warfare! It would do you no good to run into an empty Stronghold! It was well supplied for the long haul so you wouldn’t run out while you were battling the Enemy! Dear Christian, are you prepared for battle and the enemy’s assaults? What do you have stored up in the Spiritual Stronghold of your Mind? Do you have the Mind of Christ? Do you feast daily on God’s Inspired Word? Have you got it Hid down in your Heart? Is your Bible your daily Bread? Are you being washed continually in the water of His Word and drinking in His Spirit?

Remember our Key verse: **2Cor. 10:4** (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.

We are dealing with Strongholds in this Newsletter. If we can understand where our weaknesses are and why we struggle to get a handle on them, then we’ll know how to go about to get Victory! Once you recognize a stronghold in your life, the next step is bringing it down! We must be honest before God and ask Him to show us what is keeping and holding us bound! **Ps 26:2** Examine me, O LORD, and prove me; try my reins and my heart. **Ps 139:23** Search me, O God, and know my heart: try me, and **know my thoughts**: **24** And see if there be any wicked way in me, and lead me in the way everlasting. (Can you pray and tell the Lord to show you where your weaknesses are – what is binding you and keeping you from having peace and liberty? Show me Lord what is holding me back from your power and Anointing!)

Do you feel like the Devil has a squeeze on your head and you can’t get past the bind that he is using in your thought life? Many of God’s children battle thoughts through the day, they battle them when they’re around others, they even battle vain thoughts in Church service – **this should not be**! What you fill your mind with is what you will become. Our nature, our attitudes and feelings are formed by what we think about and entertain. When God had good leaders and kings over his people in Bible times, they would go into the High Places and tear down the altars and Images of the false gods that the ungodly people had erected to be worshipped! Can I tell everyone reading this Newsletter – This world’s Images must come down?!

**Strongholds** – A stronghold is a way of thinking and feeling that has developed a life of its own in a person. You can’t pull a Stronghold down if you can’t see it, you must know what you are dealing with! Remember, your Mind is the Citadel that the Devil wants to ascend to the top of to conquer and hold! He wants you to think his thoughts! Satan is good at masking them, that you won’t see the danger! I pray when this Newsletter is finished, we all will run to God and Pray – Cry out to Him to get the things out of our Mind that are not right. We must change our thought patterns and our way of thinking! Please dear Jesus - Expose in me the darkness and the negative things that’s keeping me from the Light! Some of my readers may put the brakes on when they read what I’m about to say – But you CANNOT spend your time through the day on Social Media, taking in everyone’s thoughts, listening, watching and taking in this world’s entertainment and have a clean wholesome Spiritual Mind!! When you do, you are being conformed to this world’s way of thinking and it is carnal, fleshly and lustful.

**Strongholds** are things that dominate your Mind – that you won’t let go of. Your mind becomes like a stuck record. Back many years ago, vinyl records were the thing recordings were made on. If somehow a Record became deeply scratched by someone abusing or mishandling it - the needle would become stuck in a groove as the record spinned and it would play the same words over and over and over again until you picked the needle up and moved it over and beyond the scratch! I’m afraid that we are killing ourselves spiritually by our repetitious carnal thought life! The Bible says that as a man thinketh, so is he.

**Rom. 8:6** For to be carnally minded is death; but to be spiritually minded is life and peace.

Am I speaking to anybody? Are there certain things that keep playing over and over in your thoughts? As the Holy Ghost dealt with me to write this Newsletter, He showed me things to address that many of God’s people are battling! No wonder they sit bound and don’t have freedom in the Spirit! Here are some examples: People are fighting thoughts of lust, sexual desires and uncleanness that is controlling their mind! Your entertainment has brought a spirit in because you don’t Pray and read God’s Holy Word every day! You are not committed! Many are fighting depression and suicide, they’re not happy and don’t want to live. Souls have sinned and failed. Maybe you have suffered let-downs. You feel like you are a failure and God doesn’t see, He doesn’t care, and doesn’t love you. Dear reader – If you have failed, if you have sinned – there is Forgiveness – Jesus Forgives, His Blood still cleanses! These are all the cunning works of the Devil that you must conquer and **Cast down**! Do these feelings sweep over you - “Self rejection, always condemning yourself, a sense of unworthiness, I’m no good or not good enough, I’ve been done wrong! They don’t like me, don’t want me, they won’t speak to me, they’ve got something against me.” We can develop a victim mentality! Can I tell everyone reading this – People are struggling every day over the enemy blowing things out of proportion and most of it is not true! The devil is using everything he can to fill your mind, to torment you and take away your peace!

What are some other **Strongholds?** Unforgiveness, holding Grudges, Anger, Temper, holding on to past Offenses. “I won’t forget what they did to me and what they said!” We can let things in our Mind that will bind our spirit - it will cause a breach in our defense that will bring the Wall down in our life and allow Satan in!! If there is a breach in our spirit, we MUST quickly get it mended and patched up or the Devil will wreak havoc in our life and we’ll remain bound. If you don’t get it fixed, it will get bigger and bigger and grow worse and worse till it eats the life of God out of you and you will turn bitter! I want you to know that others’ victory and liberty depends upon you getting free! If you are bound, it will affect others and they will become bound! Your Brothers and Sisters depend upon you getting free in the spirit that it might liberate them. When we stay bound, it binds the Services and ties God’s hands that He cannot move.

I have been serving God now over 50 years and I can tell you – people hold on to things in their thoughts and minds! They carry spirits into the service and the Holy Ghost cannot Bless or move. The preacher can preach God’s Word in the Anointing but it cannot penetrate the thick high walls that they have let the enemy build up their mind! People have built steel gates that the Spirit of God cannot enter. Many are dead and dry spiritually because they won’t let the Lord enter to reveal their inner thoughts and feelings, therefore the Strongholds and their bondage remains.

Tension should NEVER ever be in a home, it should never be in a family or a Church. We must learn to Forgive, get it all under the Blood! Learn to Love one another and forgive and watch God Bless and move!! Charity shall cover a multitude of sins. When you finally get control and Cast down your vain Imaginations and pull down the last remaining Strongholds in your life, you will find God’s Love and Peace will flow like a river!! Praise the Lord, Thank You Jesus!! There’ll be Joy in your Heart – Your spirit will be clean and you’ll feel light and Free!!

BRINGING DOWN THE WALLS

I can tell you now – God wants the walls that the Enemy has built up in your life to COME DOWN! Do you want them Down? Are you tired of the torment of plaguing mind battles, the Devil constantly pulling at your thoughts to pull you away from the Virtues of God – of what’s Good, True, Holy and Pure? It’s time for this world’s lusts to Go!! Do you want Peace and Victory? God has got a better place and a Higher Realm for you in Him.

It’s time for you right now in obedience to the Lord, to march around your Wall and claim victory and let the Holy Ghost help you BRING IT DOWN!! Devil, I’m tired of this world, I’m sick of its ways, tired of the misery and defeat, tired of being in a bind with my Mind and my Thoughts not Being right! Dear Jesus, I’m ready for Joy and Victory in my soul! I’M READY FOR DELIVERANCE AND A BREAKTHROUGH………

SATAN, YOUR WALLS ARE COMING DOWN!

How many are ready for the Strongholds in your life to come Down? Remember God’s promise to His Children in the O.T – “I have brought you out of the world of Egypt, out of bondage and I’m going to bring you into the Promised Land that is flowing with milk and honey!” When Israel crossed the Jordan river, they came to the big thick high wall of Jericho that surrounded the city. On the other side of that thick Wall was the Promised Land. It looked hopeless and impossible to get beyond that Wall. The devil said – you cannot get over, you’ll not get through and you can’t come in! But at the command of the Lord, the people of God in obedience, compassed the strong fortified Wall with the Ark of the Presence of the Lord! When the Priests blew a long blast with their Trumpets, the people shouted and the Wall fell down flat. The Lord brought it down and the Children of Israel entered the Land with Victory!

Bro. Tommy, how can I get that Wall, that Stronghold pulled down that the Enemy has built up in my life? You must with determination surround your Wall of hindrance with **Faith**, **Prayer,** and **Submission** to the Lord and **Praise**! If you will continue doing this every day with reading your Bible – God’s Holy Word, you’ll feel Faith growing in your Heart – you’ll discover your Enemy growing weaker and you are growing stronger. You’ll find your negative way of worldly thinking and the fleshly habits that had you bound, you’ll see them begin to crumble before your eyes. I tell you – as you fast and pray, draw near to God and sing His praises, the voice of your Enemy will fade away and God’s voice will become stronger in you. Your thought life will change. You will hear the Holy Ghost speaking and dealing with you about things in your life that you need to give up and lay aside to get victory. He’ll check your entertainments, the things you watch and listen to and show you the bad influences that you must put away. The Lord will reveal to you why you struggle, why you serve God in a strain, why you don’t have Joy and can’t keep victory. He’ll show you how you’re opening doors and allowing spirits in your life that are seeking to corrupt you and pull you away from God and what’s Holy! He’ll check your social media and the friends you connect to that have a worldly influence on you, that draws your mind away from the Lord Jesus and following Him! Dear soul, it’s time the Strongholds in your life MUST COME DOWN and you know it!! It’s time you Cast down the Imaginations and bring into Captivity every thought to the obedience of Christ.

**May God Bless all of my Readers!**