

Stronghold Buster for Fighting Anxiety

A stronghold is “a belief or habitual pattern of thinking that is not consistent with what God tells us is true.” A stronghold buster is a daily prayer practice that creates an intentional choosing and declaration of what God says is true. We do face a harsh reality, and yet there are greater and more permanently true truths God has declared no matter what the circumstance. It is these truths we are to choose to believe and set our minds upon.

Anxious thoughts are to be expected in this day and age of the COVID-19 crisis and the uncertainty associated with it. But we are told to take our thoughts captive and break down the mental habits that contribute to, or perpetuate, anxiety.

2 Corinthians 10:3-5 (ESV) says, “For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy **strongholds**. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.”

We have a responsibility to take our thoughts captive and to “not be conformed to this world, but be transformed by the renewal of your mind” (Romans 12:2a, NIV). This tool is a way to intentionally renew your mind according to the truth of God’s word.

This is not a magic incantation, or simply positive thinking. Rather, if these words represent your expression of faith in Christ, then this practice can help rewrite your default thinking from anxious and fearful, to confident in the peace and security of a relationship with God through faith in Jesus Christ.

It doesn’t happen overnight, so we encourage you to read the following Scriptures and pray the renunciation (verbal rejection) and pray the annunciations (verbal acceptance and agreement) out loud for 40 days. You may feel a bit hypocritical for the first 37 to 39 days because you don’t ‘feel like’ what you are saying is true. But keep at it and trust God to renew your thinking by His truth.

Reality is overshadowed by truth. This is not positive thinking, but choosing to think the truth because God has said it is true. And faith is believing that what God has said is more true than the circumstances in which we find ourselves in these days.

True belief is not indicated by your words only, but by whether you put these things into practice. (See James 2:17). If you have trouble putting this into practice, don’t despair because there is no condemnation for those who are in Christ (see Romans 8:1) which is the biblical term for a Christian believer. Instead, just like the man who said to Jesus “I do believe, help me overcome my unbelief” (Mark 9:24), we allow the limits of our faith to show us where we need God to help us grow in faith.

If you want to have your phone or tablet remind you daily to pray this, consider downloading our free app called “The Freedom in Christ Course.” Any stronghold buster includes the following: identifying the lie, choosing Scriptures to counteract the lie, and creating a prayer of truth based upon those Scriptures

Stronghold Buster:

The lie: I cannot stand the stress and anxiety associated with the pandemic and all the changes it has brought about. OR, I'll only be secure if I know everything will return to normal as I desire.

Romans 6:23—"For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord."

1 John 5:12—"Whoever has the Son has life; whoever does not have the Son of God does not have life."

Galatians 2:20—"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."

James 1:5—"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Colossians 3:1-3—"Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God."

Philippians 4:6-9—"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you."

Isaiah 26:3—"You (God) will keep in perfect peace (shalom) the one whose mind is fixed on you, because he (or she) trusts in you."

John 14:27—Jesus said, "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

John 16:31-33—"I (Jesus) have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

I renounce the lie that I cannot stand the stress and anxiety associated with the pandemic and the changes it has brought about. OR, I'll only be secure if I know everything will return to normal as I desire.

I announce the truth that, through faith in the saving work of Jesus Christ, I am forgiven and have passed from death to life (see also Ephesians 2:1-10 and Romans 3:21-26) I announce the truth that, as one who trusts in Jesus for life, I am not called to live on my own strength or wisdom. Rather, it is the life of Christ Himself, as I rely on Him by faith, that enables me to live with strength and wisdom. I announce the truth that as I set my heart and mind on the things of God and put these things into practice, I can trust He will give me peace. I announce the truth that I was not promised a comfortable life, because this world is broken as a result of the Fall. (See also Genesis 3, Romans 8:18-27) I announce the truth that Jesus has overcome the world and has given me His peace, therefore, I can have courage and not be afraid because the God of peace Himself is with me.

If this has been helpful to you, consider other material produced by Freedom in Christ Ministries by visiting www.ficm.org. "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13, NIV)