



Footholds & Strongholds

Measuring the Enemy's Impact on Your Addiction

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1. The ONLY USE of **FOOTHOLD** in the New Testament

Ephesians 4:25-32 – *“Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ “In your anger do not sin”^[a]: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a **foothold**. ²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.*

²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. ³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

FOOTHOLD – Definition:

- A place where a person's foot can be lodged to support them securely, especially while climbing.
- A foothold is a strong, secure or favourable position from which further advances or progress may be made.
- A secure position, especially a firm basis for further progress or development:
- Secure footing where the foot is safely lodged, firmly fixed or embedded in a particular place establishing stability, security and freedom to move forward confidently.
- So, to “Give the Devil a Foothold” is to give him a point of entry or access to your life where upon he can advance into your life in growing measure.

ILLU: **A COP'S BOOT:** Foot in the Door

What Gives the enemy a Foothold?

In context of this passage, the big picture is about BROKEN RELATIONSHIPS:

1. Lying – falsehood
 2. Unresolved anger & resentment (still angry).
 3. Stealing what isn't yours. Greed. Envy.
 4. Criticism, tearing people down, unwholesome talk
 5. Grieving the Holy Spirit – not listening to Him. Stubborn, unsundered, My way not His way.
 6. Bitterness, rage & anger vented
 7. Brawling, hitting, abuse – any physical violence
 8. Slandering people, defaming their reputation or lying about people.
 9. Any other form of malice (Hate spite, ill will, meanness, cruelty).
 10. Unforgiveness
 11. There are MANY MORE sinful attitudes/actions that open the door for the enemy to enter.
- These things – our consistent sinful choices – give the devil a **FOOTHOLD** – **ACCESS** into our lives!

FOOTHOLD PERSPECTIVE

- The **habit of sinning** in this way is the problem – it's the repeated and flagrant sinful living that doesn't match what you say you believe. It's through the door of disobedience that the enemy gets into our lives.
- It is not a mistake made – as in a single sin – that is contrary to how you usually operate. It's the **PATTERN** of your life that more consistently reflects these wrong attitudes and actions. Wilful sin.
- It is not about **PERFECTION** – that is what Jesus brought to us. 2 Cor. 5:21 says *that God made Him who knew no sin to be sin for US, that we might become the righteousness of God through Him*. But it is about the **DIRECTION** of our lives – that we are doing our best to follow him out of gratitude for His grace to us not to gain any favour or standing with God.
- I am not saved BY good works but UNTO good works.
- ILLU: Deliverance Ministry – to the demonic spirit influencing a person, we ask in the Name of Jesus, “What right do you have to stay?”
- The person deals with all **wilful sin** and disobedience through confession and renouncing the enemy's grip on their life, mind and heart and taking back all ground given over to the enemy.

*God doesn't dwell freely in this selfish, sinful way of living
but the devil sure does...
because it gives him access and the right to stay!*

2. The ONLY USE of **STRONGHOLD** in the New Testament

2 Corinthians 10:3-5 – *“For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish **strongholds**. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” (NIV)*

*We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the **strongholds** of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ. (NLT)*

It is not demon possession when a person is a Christian but rather demonic oppression and influence.

STRONGHOLD – Definition:

- A fortress either built by man or created by God – a high, safe refuge
- a place that has been **fortified** so as to protect it against attack.
- a place where a particular cause or belief is strongly **defended** or **upheld**.
- a place that serves as the center of a group, as of militants or of persons holding a controversial viewpoint.

STRONGHOLD PERSPECTIVE

- It is a TRUTH Battle not a POWER Battle. The enemy is already defeated in the death and resurrection of Jesus Christ. His power has been crushed and we play an active part in the CRUSHING SATAN. Romans 16:20 - *The God of peace will soon crush Satan under your feet.*
- The WAR inside is over what you come to believe as the TRUTH. The enemy is a liar and the father of lies. He is the Deceiver. He does all he can to distract us from God's truth
- *The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God. 2 Cor. 4:4 NIV*
- What are Some Possible Strongholds in Our Lives?
- Spiritual strongholds are the habitual lies, thoughts, spirit blocks, and exaggerated attitudes within one's self that try to set oneself up against God. Spiritual strongholds are often seen as demons and unclean spirits that require deliverance, but most times the warfare is within ourselves.
- However, when we agree with Satan's lies, we allow his influence to dominate our thinking. This can build a stronghold in our minds against the truth of God. Tearing down strongholds begins with true repentance and becoming right with God.
- The Stronghold is made up of LIES that the enemy has planted and you have entertained thus allowing them to take root and in so doing, these lies become a STRONGHOLD.
- These common strongholds are where the enemy gets access into our mind, heart and life, fights to stay, and finally controls and dominates that inner space.

What are the Weapons We Use to Demolish Strongholds?

1. Prayer – reaching out to God on the issue.
2. Praise – worshipping God for who He is and what He has done for you.
3. Praying WITH Others – Where 2 or 3 are gathered in my name...
4. Fellowship – Connection with others. Asking for support.
5. Accountability: Willing to receive correction and instruction
6. Teaching, Instruction and Personal Study to know God and His Word.
7. Reading Scripture. Declaring Scripture. Quoting Scripture. Meditating on Scripture.
8. Confession and Repentance. Keeping short accounts with God and others.
9. Living Surrendered. Daily giving your life over to the Lord for Him to direct.

Where has the Enemy been allowed to build a STRONGHOLD in your life?

You and God ALWAYS make a majority!

“You, dear children, are from God and have overcome them, because Greater is He that is in you than he that is in the world.” 1 John 4:4