



SERMON DISCUSSION GUIDE

September 21, 2025

Pastor Patrick Conrad

Sermon Discussion Guide

Series: Mind Wars

Sermon: How Do We Overcome A Stronghold?

Recap the Highlights:

The sad reality is that while many Christians recognize there is a war going on within their minds...

- They don't recognize **who** is behind the attack!
- They spend more time and energy on the **evidence** of the enemy's existence than they do battling the enemy himself!

Corinthians 10:3-5 NIV "For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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."

Stronghold def - "A prisoner locked by a deception that doesn't truly have power over them."

Symptoms of a Stronghold:

- Steals our **focus**
- Causes us to feel **controlled**
- Distracts us from our **purpose**
- Robs us of abundant **life**

How do we overcome a stronghold?

1. **Identify** the lie (Stronghold).
 - a. You cannot defeat what you refuse to define.
2. **Replace** it with God's Truth
 - a. Only through the consistent, earnest revelation of Truth can you recognize the scheming ways of the enemy!

Now Dig Deeper:

1. Take a personal inventory and discuss as a group as to how your mind is influenced and what is influencing it?
2. If a person's thoughts are never neutral, how do we work to add truth when needed? Discuss times when thoughts and opinions have overcome you and ways to start adding God's word/Truth to those moments.
3. Discuss Corinthians 10:3-5. What are ways that we can be proactive against attacks?
4. Pastor Patrick challenged everyone to identify their own strongholds and then to find some scripture that highlights truth relevant to those strongholds. Share these with your group.

Respond & Pray:

- Pray for God to help you discern when your thoughts have been influenced by the world versus God.
- Pray for people to put more focus and time in the truth of God's word versus the influence our world and culture.