

THE STRONGHOLD OF TRAUMA

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Isaiah 43:18-19

Trauma is an **EXPERIENCE** that has damaged the mind with trickling side effects. These side effects can cause long term or permanent injury to a person's self esteem, confidence, creativity, imagination and overall well being.

Trauma is a door that the enemy uses to place you under a demonic strong hold. Trauma is hard to avoid because it usually happens **OUTSIDE** of your control. The enemy uses this opportunity to gain access to your mind.

The traumatic experience may have only happened for a season but the enemy takes what happened at that moment and **KEEPS** you in that head space for years or possibly your entire lifetime.

STRONGHOLDS

Strongholds are meant to **REINFORCE** and **STRENGTHEN** the bad thoughts of what happened to you. When you experience trauma it is a shock to your emotional and mental state of being. It gives you cause to pause.

It births thoughts in your head that introduces fear, worry, procrastination, doubt, anxiety and paranoia. The enemy uses these feelings to keep you bound by that traumatic experience.

Trauma comes in many shapes, forms and sizes. It doesn't have to be a violent incident to be considered as trauma. If something has brought you **GREAT PAIN** it qualifies as trauma.

It can go as far as your dad abandoning you or to losing all of your money in a bad business deal. Great pain is

the result of a traumatic experience. A traumatic stronghold keeps you **STAGNANT** and **COMPLACENT**.

It prevents you from moving to the future. It stops you from receiving what God has planned for you. It steals all of your possibilities. It causes you to waste years of your life thinking about the **SAME** thing over and over and over again.

MEMORY

Most people are bound by a demonic stronghold but have no idea that it's a stronghold. They believe it's their memory that is working against them, **NOT** a demonic force. This is why most people **SETTLE** and deal with the **RESULTS** of the traumatic experience because they do not know the source from which it came.

Isaiah 43:18-19 says, "*The Lord says, Forget what happened before, and do not think about the past.*" God commands us to remove the thoughts of the past **INCLUDING** traumatic experiences from our memory. Why did God

say this? Because He knows the consequences for having a stagnant mind.

It is the enemy's purpose for you to meditate on traumatic experiences. By staying current on what happened to you in the **PAST**, he knows you are self destructing your own future.

The enemy wants you to confirm and rehash the trauma you went through. He wants you to rehearse the pain of what happened because by doing this **YOU** are strengthening the strong hold he has on you.

Proverbs 28:21 says, "*Death and life are in the power of the tongue: And they that love it shall eat the fruit thereof.*" As you continue to rehash, refresh and rehearse the trauma you are **FEEDING** the stronghold. For example...

- If you've experienced the trauma of childhood bullying and you keep talking about what you went through, how you felt when you went through it,

those thoughts and conversations are feeding that demonic stronghold. So every time your mind tries to envision you standing up for injustice the strong hold **FIGHTS** that thought and reminds you of how you were bullied, beaten and criticized.

STRONGHOLDS FIGHTS AND OPPOSES PROGRESS!

When you are motivated and inspired to do something new, your stronghold will **REMINDE** you why you can't do it. Strongholds are hard to break but not impossible.

BREAK THE SHACKLES

2 Corinthians 10:3-4 says, *"For though we walk in the flesh, we do not war after the flesh: for the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds."*

As Kingdom citizens we have weapons to utilize. These weapons are not guns and knives. They're spiritual. Such as our tongue, faith and prayer. There are more weapons available for use but this teaching will focus on these three.

The weapon of your **TONGUE** (mouth) can literally weaken and destroy the strongholds over your life. If you **DO NOT** repeatedly verbalize the trauma you weaken its power over your life. If you speak to your possibilities and opportunities, eventually the stronghold will have no power over your mind.

The weapon of **FAITH** can weaken and destroy the strongholds over your life. When you believe and **MOVE AWAY** from the actions and thoughts that the trauma produced you will destroy its power.

Belief is shown in what you **DO**. People do what they believe! When you do something **DIFFERENT** than what your stronghold is telling you, you will destroy its power.

The weapon of **PRAYER** can destroy the strongholds over your life. Prayer is where you will receive divine instruction from God. Obedience to God's instruction produces miracles. Obeying one instruction from God can break a twenty year stronghold instantaneously.

You do not have to be bound by the stronghold of trauma. Stop rehashing what happened and start talking about **WHAT WILL** happen. Moving forward and focusing on your potential destiny destroys the stronghold that is paralyzing you. To avoid thinking about your past meditate on this scripture.

Philippians 4:8 says, *"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."*

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