

***Demolishing Satan's Strongholds with***  
**THE SWORD OF THE SPIRIT AND PRAYER**  
**Ephesians 6:10-18**

The first six pieces of armour mentioned in Ephesians 6 are all defensive. The belt of truth defends us against Satan's lies. The breastplate of righteousness defends us against his accusations. The shoes of readiness defend us against spiritual apathy. The shield of faith defends us against doubt. The helmet of salvation defends us against distractions from our calling. As long as we are wearing these, we are safe from Satan's attacks and equipped to experience the life our Creator and heavenly Father wants for us.

But what happens when we drop our guard and Satan gets through our God-given defenses?

Each and every time we drop our guard, we give our enemy an opportunity to establish a stronghold in our lives. 2 Corinthians 10:3-5 makes it clear that Satan's strongholds are less geographical and physical than they are intellectual and mental. They exist in our minds. They consist of the ideas we believe and act upon. They are the root of all our dysfunctions and habitual sins, many of which are handed down from one generation to the next.

How do we demolish these strongholds?

This is where the last two pieces of armour come in. We demolish them with the sword of the Spirit, which is the Word of God, and with prayer.

To see how the Word of God and prayer do their job, let's consider five different kinds of strongholds ...

- **The Stronghold of Autonomy is demolished by the Word of God and prayer**
- **The Stronghold of Guilt ...**
- **The Stronghold of Apathy ...**
- **The Stronghold of Skepticism ...**
- **The Stronghold of Distraction ...**

1 John 3:8 tells us that *The reason the Son of God appeared was to destroy the devil's work.* John 1:14 tells us that when the Son of God appeared he was *full of grace and truth.* It was by God's grace and truth that Jesus Christ destroyed strongholds he encountered. With God's truth he exposed those strongholds, and by God's grace he destroyed them.

Through the Word of God and prayer, you and I have access to both. The Word of God gives us access to God's truth about who we are and where we've gone wrong. Prayer gives us access to the divine grace that demolishes what's wrong and rebuilds what's right.

The battle against Satan's strongholds belongs to the Lord. It's not our strength that demolishes them, it's God's. The only thing we can and must do is surrender our strongholds to God's truth and grace.