

---

# DEALING WITH TRAUMA, FEAR AND STRONGHOLDS

BY CLAYTON COLLINS - POWER TO TREAD MINISTRIES

---

## 1. Trauma

- “The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners” (**Isaiah 61:1 NIV**).

### **Trauma can be defined as:**

- A deeply disturbing experience that produces psychological injury or pain.
- A psychological wound that creates long lasting damage.
- A shock or attack against the mind from a negative experience, which causes distress and disruption of life.
- Traumatic experiences can include, but are by no means limited to:
  - Sexual abuse
  - Physical abuse
  - Verbal abuse and hurtful words
  - Death of a loved one
  - Witnessing something traumatic
  - Divorce, broken engagement
  - Abandonment

In our state of shock and pain, the enemy is right there to whisper lies into our mind - lies about God, lies about our identity, and lies about the world around us. In our weakened state, we are more susceptible to believing these lies and accepting them as truth. When we believe a lie, we empower the liar. This invites evil spirits into our life to torment us and keep the trauma and pain alive in our mind and emotions.

Fear is faith in the power of the devil.

---

# DEALING WITH TRAUMA, FEAR AND STRONGHOLDS

BY CLAYTON COLLINS - POWER TO TREAD MINISTRIES

---

- “For the thing I greatly feared has come upon me, And what I dreaded has happened to me. I am not at ease, nor am I quiet; I have no rest, for trouble comes” (**Job 3:25-26 NKJV**).
- “For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ” (**2 Corinthians 10:4-5 NKJV**).

## 2. What is a stronghold?

I describe a stronghold as a house of thoughts and habits in our life that demons indwell.

We can cast out the demons but if we don't pull down the strongholds, they will often return with reinforcements.

On the other hand, we can pull down the strongholds but if we do not cast out the demons, they will often remain hidden and continue to speak lies into our mind. This can cause us to begin reconstructing the same stronghold over time.

Both casting out demons and pulling down strongholds are often necessary if we are going to walk in freedom!

- “Then Jesus said to those Jews who believed Him, ‘If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free’” (**John 8:31-32 NKJV**).

## 3. Keys to freedom after experiencing trauma

If you have recently suffered trauma and the wound is still fresh (so to speak), here are steps you can take to prevent demonic infection:

---

# DEALING WITH TRAUMA, FEAR AND STRONGHOLDS

BY CLAYTON COLLINS - POWER TO TREAD MINISTRIES

---

- a. Pour out your complaint to God! Be completely raw and honest with Him about your emotions. Get alone and either verbalize or write your feelings out and share them with the Lord. At this point it's best not to censor anything.
  - God already knows your thoughts.
  - King David often did this in the Psalms, I believe it's one of the reasons that he was able to keep his sanity and did not struggle with severe PTSD from all the death and violence that he both witnessed and participated in.
- b. Make a decision to verbally forgive anyone who was involved in the trauma and verbally forgive yourself if that applies in your situation. Verbally forgive God even though we know God never has and never will do anything wrong; we as humans often blame Him for causing or not preventing tragedies.
- c. Ask God to heal any damage in your soul caused by the trauma. Pray and worship until you tangibly feel the anointing and the glory. When it comes, just sit, kneel, or lay there and receive it until you feel it lift!
- d. Ask God to speak His truth in any place where the enemy would attempt to speak lies. Then write down whatever He says to you. (There are some questions that God might not answer, such as why did this person die, why didn't you prevent this bad thing from happening etc.... If God is not answering a question, it is best to accept that we don't understand this. Then simply reply, "God if you will heal my heart and be with me, I will move on with my life even if there are things I don't understand.")

If the trauma occurred sometime ago and the enemy has had time infiltrate and construct a stronghold, here are some steps that you can take to find freedom:

- a. Make a decision to verbally forgive anyone who was involved in the trauma and verbally forgive yourself if that applies in your situation. Verbally forgive God

---

# DEALING WITH TRAUMA, FEAR AND STRONGHOLDS

BY CLAYTON COLLINS - POWER TO TREAD MINISTRIES

---

even though we know God never has and never will do anything wrong; we as humans often blame Him for causing or not preventing tragedies.

- b. Cast out the invading evil spirits.
  - o Command spirits of trauma, fear, anxiety, depression, hopelessness, death, etc. to come out and leave.
- c. Ask God to heal any damage in your soul caused by the trauma. Pray and worship until you tangibly feel the anointing and the glory. When it comes, just sit, kneel, or lay there and receive it until you feel it lift!

You can walk yourself through these steps in most cases or you can ask someone else to walk you through them. You can then walk others through a similar process.

Never be afraid to talk to someone about what you are going through whether it's a counselor, therapist, pastor, or trusted Christian friend.

Always be quick to ask for prayer from others when you feel that you need it.

- “Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much” **(James 5:16 NKJV)**.