There is a deliverance truth in Matthew 12:29:

“How can one enter into a strongman’s house and spoil (take away) his goods except he first bind the strongman and then he will spoil (plunder) his house.”

What does this mean to those who pray for deliverance for people? The above verse speaks of a strongman and a stronghold or house. A strongman is a spirit that can be stronger than most spirits or demons because he’s ruling over a whole house in a person’s life.

Most of the time when we have prayed against strongmen and strongholds we use the following words:

Strongman of______, in the heavenlies in Nancy’s life, we bind you and take away your power to operate your stronghold on this earth against this woman.

The Strongman usually operates from the second heaven and the Stronghold is on the earth against the person.

We cut the cords that operate the stronghold of ________ against Nancy.

When you cut the cords, the stronghold on earth loses its power because its source of strength is no longer connected. The boss has been taken captive.

We say, by faith, that we go into the stronghold and we separate the spirits, curses, etc., from the spoil that has been kept from her. We gather all the evil up that has been operating against this person and cast all the demons, spirits, curses, words, back from where they came from.

We then say that we gather the spoil (the good stuff) that the evil has been protecting and held back from Nancy and we give it to her, that everything be restored, even to sevenfold.

This spoil will then be free to come into the person’s life as time goes on, and they will see things differently in that area.
We then smash and tear the stronghouse down to the ground and even remove the ashes and residue. We also remove the cut cords.

We remove the false gatekeeper (and this could be another strongman) that had been guarding the traffic in and out of the stronghold, cast him down to the ground and off the person’s inheritance.

We then say that we set up a true gatekeeper over that area, the Spirit of the Lord.

A few times lately the Lord has said to pray and ask the Lord to remove all of these strongholds and all of the strongmen from the person’s life; and ask the Lord that He goes into battle and cleanses the land. So we didn’t have to name them but bound them, cut all their ties to the strongholds and then went in as above.

When you get used to praying it, you can see it in your mind while you’re praying. So, dig in and God will teach you.

Many times there is a strongman in the heavenlies (the second heaven where Satan has his headquarters for battle against us). Over the years he, and you, and maybe inheritance, have built up a whole house in a certain area of your life. You can picture the strongman in the heavenlies while you bind him and cut his cords (control) down to the stronghouse. You could ask the Lord for the name of the strongman and the name of the stronghouse, which may be the same or different.

You can then say, now we go into the stronghouse and separate the spoil out. The spoil is what the stronghouse has been withholding from you to succeed. We go in and gather the spoil and give it to the person. After we have taken out the good kept from the person, we destroy, by saying, the whole stronghouse.

Many times there is a gatekeeper over the stronghouse. So we cast him down and off, then destroy the stronghouse.

A person can start out by sinning in a certain area, maybe some of it has been passed down, they add to it by their words and actions over time until it is a literal spiritual house against them which the strongman is adding to and controlling.
At some point a strongman has appeared and decided to control the person’s life in an area and the stronghouse becomes filled with curses, spirits, demons, vanity, whatever the person’s weaknesses have allowed to come in.

There is a more extensive teaching on this in our book “Get the Hell Out So Heaven Can Come In,” chapter 7.