

STRONGHOLDS & IMAGINATIONS

BELIEF OR CONVICTION THAT VIOLATES SCRIPTURE OR A PRINCIPLE OF SCRIPTURE. THEY REINFORCE THE GRIP OF EVIL ON AREAS OF THE SOUL (Colossians 2:8)

chosen [X]	seq	" I Reject the stronghold that....."	"For it is written..."	UNDERLYNG ISSUES
	1	I am damaged goods	We are all damaged goods before a Holy God. But God promises to restore those who submit to the Lordship of Christ. "Come now, and let us reason together," Says the Lord, "Though your sins are like scarlet, They shall be as white as snow; Though they are red like crimson, They shall be as wool..." Isaiah 1:18 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. 2 Cor 5:17	REJECTING GOD'S DESIGN
	2	There is little hope that my life will ever change for the better or have any purpose	God will take us home when our purpose here is completed. But to find that purpose, we must search diligently for it. For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart. Jeremiah 29:11-13	
	3	There is no one I can trust to help me	The fear of man weakens our trust in God who delivers us in time of need. Therefore keep your eyes on Jesus. Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand. '...For I, the Lord your God, will hold your right hand, Saying to you, 'Fear not, I will help you.' Isaiah 41:10,13 "Offer to God a sacrifice of thanksgiving And pay your vows to the Most High; Call upon Me in the day of trouble; I shall rescue you, and you will honor Me." Psalm 50:14-16	Looking for solutions from people rather than from God
	4	It would be better for me to end it all	Ending it all would be better for Satan, not you. If we invite God's Spirit into our lives at Salvation, our bodies become His property and His responsibility. But God cannot work through our lives until we dedicate our lives to His service. Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's. 1 Corinthians 6:19,20 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. Romans 12:1	Looking to ourselves for a solution rather than to God
	5	Everyone has rejected me and cares not whether I live or die.	When we live our lives under our own rules, We must bear the consequences of those decisions. But if we freely offer our lives up to Him, He receives us and becomes personally responsible for our lives and our future. He who dwells in the shelter of the Most High Will abide in the shadow of the Almighty. Psalm 91:1 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you 1 Peter 5:6,7	Looking to people rather to God
	6	I am doomed to keep relying all of the ugliness of my past.	We will continue to live in the past only if we choose to do so. If God blots out our sinful past, then He will give us the power to blot it out as well IF WE ASK HIM TO DO SO. "Do not remember the former things, nor consider the things of old..." "I, even I, am He who blots out your transgressions for My own sake; And I will not remember your sins. Isaiah 43:18,25forgetting what lies behind and reaching forward to what lies ahead, Philippians 3:13b	Looking to my own resources rather than to God

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	7	I have no control over my life	<u>We were not designed to be in ultimate control over our lives, but rather to rest in obedience to Christ, looking to Him to direct our lives</u> <i>For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find. O wretched man that I am! Who will deliver me from this body of death? I thank God—through Jesus Christ our Lord!</i> Romans 7:18,24,25 <i>I can do all things through Christ who strengthens me.</i> Philippians 4:13	Relying on my self for solutions rather than to God
	8	My self worth is based on comparing my appearance, my accomplishments, and the opinions of others.	<u>If we measue our self worth by comparing ouselves to others, We will be puffed up toward those below us, and disappointed & deceived by those above us.</u> <i>For we are not bold to class or compare ourselves with some of those who commend themselves; but when they measure themselves by themselves and compare themselves with themselves, they are without understanding.</i> 2 Corinthians 10:12 <u>True worth comes from a personal relationship w/ Jesus Christ, & abiding in the shadow of His victory over sin & death</u> <i>Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ and be found in Him, not having my own righteousness, which is from the law [of Moses], but that which is through faith in Christ, the righteousness which is from God by faith; that I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death, if, by any means, I may attain to the resurrection from the dead.</i> Philippians 3:8-11 <i>Is not life more than food and the body more than clothing?...But seek first the kingdom of God and His righteousness, and all these things shall be added to you.</i> Matthew 6:25,33	
	9	In this world that God created, life is simply not fair	<u>Fairness is, by definiton, achieved when everyone receives what is due them at the same time. That will only take place when we all are gathered before God's throne on judgment day. Until then, we are to live as patient sojourners in an unjust world, resting in God's mercy to them that believe.</u> <i>I will sing of <u>mercy and justice</u>; To You, O Lord, I will sing praises.</i> Psalm 101:1 <i>Therefore the Lord will wait, that He may be gracious to you; And therefore He will be exalted, <u>that He may have mercy on you. For the Lord is a God of justice; Blessed are all those who wait for Him</u></i> Isaiah 30:18	My problems are God's fault, mot mine
	10	My spouse is trying to control me like [person] did.	<u>Our spouse is given to us as a gift from the Lord to "complete" us and to create one unified whole out of 2 "incomplete" people. Therefore, If we begin to view our spouse as representative of someone else, especially someone else who has caused us anguish, it will only cause chaos and confusion in our lives and in our marriage. Nothing good will come of it. It is an unwise person who treats lightly the concerns and counsel of his or her spouse.</u> <i>Then the Lord God said, "It is not good for the man to be alone...The Lord God fashioned into a woman the rib which He had taken from the man, and brought her to the man. The man said, "This is now bone of my bones, And flesh of my flesh;</i> Genesis 2: 18,22b,23a	

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	11	I will never be able to stop this <u>destructive activity</u>	As long as we view our moral failings <u>as up to ourselves to conquer</u>, we are doomed to fail miserably. It is only as we present ourselves as helpless empty vessels before God, <u>fully surrendering our will to Him</u>, do we gain power over sin. That is a lifelong refining process but has at least two necessary ingredients: (1) We must make <u>no provision</u> for sin in our lives. It means that there will be places we cannot go, people we cannot socialize with, and things we cannot participate in. If we secretly continue to desire those things without releasing them, we will surely and consistently fail . (2) We should consider the final price tag for resisting God's best for our lives. What could possibly be worth losing our family, our integrity, our health, and possibly our eternal destiny set before us on our deathbed? . . . I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. Romans 12:1 . . . But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts. Romans 13:14 Submit therefore to God. Resist the devil and he will flee from you. James 4:7	
	12	I have to maintain control of my life, whether God helps me or not	<u>We were not designed to be in ultimate control over our lives, but rather to rest in obedience to Christ, looking to Him to direct our lives</u> For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find. O wretched man that I am! Who will deliver me from this body of death? I thank God—through Jesus Christ our Lord! Romans 7:18,24,25 I can do all things through Christ who strengthens me. Philippians 4:13 I will lift up my eyes to the mountains; From where shall my help come? My help comes from the Lord, Who made heaven and earth. Psalm 121:1,2	Being under God's control may produce an unsatisfactory outcome.
	13	When I Hide the deepest wounds of my heart so that I can also hide the pain and shame	Evil committed by us or committed against us, must be confronted openly before God to bring closure to its impact on our lives. Stuffing it away in the dark corners of our hearts will give Satan a spiritual hook that he will use to keep us in bondage for as long as we live. He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy. Proverbs 28:13	
	14	I don't have to be honest with God because He already knows everything.	<u>Honesty between ourselves & God is not for His benefit but rather for our benefit. Minimizing the secret motives and intents of our heart before God will eventually lead us to the conclusion that He is unconcerned about our sins & that we will not be held to account.</u> If we say that we have no sin, we deceive ourselves, and the truth is not in us. <u>If</u> we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us. 1 John 1:8-10	
	15	I allow Destructive activities in my life because they help me to forget the deepest wounds of my past.	<u>Solutions to painful circumstances in our lives that compromise God's holy standards will never help an issue but will only make a bad situation worse.</u> . . . And Why not say, "Let us do evil that good may come"?—as we are slanderously reported and as some affirm that we say. Their condemnation is just. Romans 3:8 . . . There is a way that seems right to a man, But its end is the way of death. Proverbs 14:12	

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	16	I must look a certain way for people to accept me.	<u>True beauty flows from a pure heart, not from outward appearances.</u> <i>God sees not as man sees, for man looks at the outward appearance, but the Lord looks at the heart.</i> 1 Samuel 16:7 <i>Your adornment must not be merely external—braiding the hair, and wearing gold jewelry, or putting on dresses; but let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God.</i> 1 Peter 3:3,4	
	17	I must isolate myself from people to avoid betrayal or emotional harm to myself	<u>Focusing on our own emotional needs will only end in isolation and emptiness. But a life given to meeting the needs of others will draw others to you that share your priorities, your commitments, & your faithfulness.</u> <i>"...unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much grain." john 12:24</i> <i>A person of too many friends comes to ruin, But there is a friend who sticks closer than a brother. Prov 18:24</i> <i>Cast your bread upon the waters, For you will find it after many days. Ecclesiastes 11:1</i>	
	18	My life is not worth living	<u>If that were true, then God would have already taken us home. Only Satan wins when we give up on life</u> <i>Set your mind on things above, not on things on the earth. Colossians 3:2</i> <i>For where your treasure is, there your heart will be also. Matthew 6:21</i>	
	19	It would have been better if I had never been born	<u>To reject our birth is to deny God's sovereignty, His wisdom, and His promised gift of eternal life</u> <i>For You [Oh God] formed my inward parts; You covered me in my mother's womb.</i> <i>I will praise You, for I am fearfully and wonderfully made;...</i> <i>...My frame was not hidden from You, When I was made in secret, And skillfully wrought in the lowest parts of the earth.</i> <i>16 Your eyes saw my substance, being yet unformed.</i> <i>And in Your book they all were written, The days fashioned for me, When as yet there were none of them.</i> <i>17 How precious also are Your thoughts to me, O God! How great is the sum of them! Psalms 139:13-17</i>	
	20	God apparently doesn't love me or care about me	<u>What demonstrates greater love for someone than a person who is willing to lay down their life for him/her?</u> <i>13 Greater love has no one than this, than to lay down one's life for his friends. john 15:13</i> <i>But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. Romans 5:8</i> <i>Be strong and courageous, do not be afraid ..., for the Lord your God is the One who is going with you. He will not desert you or abandon you." Deuteronomy 31:6</i> <i>Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you. 1 Peter 5:6,7</i>	
	21	If People Saw the real me, they would reject me.	<u>Those who value the approval of people rather than the approval of God are not wise</u> <i>...God sees not as man sees, for man looks at the outward appearance, but the Lord looks at the heart." 1 Sam 16:7</i>	DISSATISFACTION W/ GOD'S DESIGN
	22	It's up to me to fix what's wrong with my family.	<u>God has set boudaries for the responsibilities of each of our lives. Woe unto him who colors outside the lines</u> <i>There is a way which seemeth right to a man, but the end thereof are the the ways of death. Proverbs 14:12</i>	GETTING OUT OF GOD'S BOUNDARIES FOR MY LIFE

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	23	God overlooks my faults because He knows my heart	<u>God declares that our hearts are deceitfully wicked. To presume upon God's mercy without repentance is to court disaster!</u> <i>"The heart is deceitful above all things, And desperately wicked; Who can know it? Jeremiah 17:9</i> <i>So having overlooked the times of ignorance, God is now proclaiming to mankind that all people everywhere are to repent. Acts 17:30, 26:20</i>	JUSTIFYING & SOFT PEDALING SIN
	24	Having more money would bring me happiness and security	<u>If that were true, rich people would be the happiest and most secure people on the planet. Far from it. True happiness and security comes from those things that will withstand the test of time.</u> <i>For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows. 1 Timothy 6:10</i> <i>Do not weary yourself to gain wealth, Cease from your consideration of it. When you set your eyes on it, it is gone. For wealth certainly makes itself wings Like an eagle that flies toward the heavens. Proverbs 23:4,5</i> <i>But those who desire to be rich fall into temptation and a snare, and into many foolish and harmful lusts which drown men in destruction and perdition. For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows. 1 Timothy 6:9,10</i>	PRIORITY OF THINGS OVER THE GIVER OF ALL THINGS
	25	Living a life of excess is harmless if it doesn't hurt others	<u>No one is an island totally unto themselves. Our actions, good or bad, will impact others in some way.</u> <i>Listen, my son, and be wise, And direct your heart in the way. Do not be with heavy drinkers of wine, Or with gluttonous eaters of meat; For the heavy drinker and the glutton will come to poverty, And drowsiness will clothe one with rags. Prov 23:19-21</i>	
	26	If only I had a different body and personality, I could obtain the desires of my heart	<u>If that were true, then the most physically beautiful people would be the most satisfied and fulfilled</u> <i>For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise. 2 Corinthians 10:12</i> <i>Your adornment must not be merely external—braiding the hair, and wearing gold jewelry, or putting on dresses; 4 but let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God. 1 Peter 3:3,4</i>	REJECTING GOD'S DESIGN
	27	Sexual lust and promiscuity are able to bring me satisfaction	<u>If that were true, then fornicators and pornography consumers would be the most staisfied of all people</u> <i>"Marriage is to be held in honor among all, and the marriage bed is to be undefiled; for fornicators and adulterers God will judge." Hebrews 13:4</i> <i>Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which war against the soul, 1 Peter 2:11</i>	

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	28	I can habitually and willfully sin and still inherit God's kingdom	<u>A tree is known by its fruit.</u> <i>"Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God."</i> Galatians 5:19-21 <i>Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. 8 For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.</i> Galatians 6:7,8	
	29	God's provisions for my life are not adequate for my needs	<u>God gives His children all that is essential for contentment</u> <i>Now godliness with contentment is great gain. 1 Timothy 6:6</i> <i>And having food and clothing, with these we shall be content. 1 Timothy 6:8</i> <i>I have been young, and now am old; Yet I have not seen the righteous forsaken, Nor his descendants begging bread. Psalm 37:25</i>	Contentment with what God has given us
	30	I can live my life without boundaries and suffer no consequences.	<u>Living within the boundaries God has ordained will protect us from evil consequences.</u> <i>The pride of your heart has deceived you, You who dwell in the clefts of the rock, Whose habitation is high; You who say in your heart, 'Who will bring me down to the ground?' Though you ascend as high as the eagle, And though you set your nest among the stars, From there I will bring you down," says the Lord.</i> <i>Obadiah 1:3,4</i>	
	31	There are other pathways to God other than surrendering my life to Christ	<u>If there was any other way to God besides the cross, then the suffering of Christ was an unnecessary tragedy!</u> <i>Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me John 14:6</i> <i>Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved." Acts 4:12</i> <i>For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. 1 Corinthians 1:18</i>	
	32	I will not allow close friends that mock God to corrupt me	<u>That which is pure cannot bind itself with that which is corrupted without being compromised.</u> ...Do you not know that a little leaven leavens the whole lump? 1 Corinthians 5:6b <i>Do not be deceived: "Bad company corrupts good morals 1 Corinthians 15:33</i> <i>He who walks with wise men will be wise, But the companion of fools will suffer harm. Proverbs 13:20</i>	
	33	It is important that I have the recognition and approval of others in order to feel good about myself	<u>Seeking the approval of others more than the approval of the Lord will weaken our relationship with Him.</u> <i>For where your treasure is, there your heart will be also. Matthew 6:21</i> <i>For am I now seeking the favor of men, or of God? Or am I striving to please men? If I were still trying to please men, I would not be a bond-servant of Christ. Galatians 1:10</i>	

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	34	I must act and look a certain way in order to be accepted by God and others	<u>Measuring our worth to God by our actions is an insult to what was accomplished at the cross.D10</u> ...Did you receive the Spirit by the works of the law, or by the hearing of faith? 3 Are you so foolish? Having begun in the Spirit, are you now being made perfect by the flesh? Gal. 3:2b,3 Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage. Gal. 5:1	
	35	I can hear the word of God and choose what parts to live by without serious consequences	<u>When we become a critic of God's word, we make ourselves out to be a god unto ourselves</u> 16 All Scripture is given by inspiration of God, and is profitable ... 17 that the man of God may be complete, thoroughly equipped for every good work. 2 Timothy 3:16,17 But be doers of the word, and not hearers only, deceiving yourselves. James 1:22	
	36	Now that I am a Christian, I am no longer a sinner	<u>Victory over the power of sin is a lifelong, moment by moment confrontation until we are called home</u> If we say that we have no sin, we are deceiving ourselves and the truth is not in us. 1 John 1:8 I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. Galatians 5:16	
	37	Just plain common sense is sometimes better than what the bible calls wisdom	<u>God's wisdom from His Word never loses its relevance or superiority to cultural norms</u> Let no man deceive himself. If any man among you thinks that he is wise in this age, he must become foolish, so that he may become wise. For the wisdom of this world is foolishness before God. For it is written, "He is the one who catches the wise in their craftiness"; and again, "The Lord knows the reasonings of the wise, that they are useless." So then let no one boast in men 1 Corinthians 3:18-21	
	38	The words of my mouth don't always reveal what's in my heart.	<u>My tongue is a mirror of what is going on in my heart</u> 26 If anyone thinks himself to be religious, and yet does not bridle his tongue but deceives his own heart, this man's religion is worthless. James 1:26 ...How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks. Matthew 12:34b	
	39	A God of love would never have allowed what happened to me.	A God whose only attribute was love and only love would never allow His only Son to be mocked, spit upon, beaten with whips, and nailed to a cross. But God is also a God of perfect righteousness and justice. Therefore, one sin in our lives is enough to bring total separation from God in an eternal lake of fire. But out of love for us without compromising His perfect righteousness and justice, God allowed His sinless Son to pay the price for our sins and die in our place. Sin came not from God but from the will of men; we inherited it from our forefathers, we practice it ourselves, and pass it on to our children. Sin will have to run its course on this earth, but we have a promise from God that if we accept God's gift of the substitutionary death of His son to satisfy God's justice, we will someday reign with Him and all suffering will be in the past. But until we are taken out of this world of sin, we will be forced to confront sin and its consequences, both in ourselves and from the sins of others. For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him. 2 Corinthians 5:21 If we endure, We shall also reign with Him... 2 Timothy 2:12a	

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	40	I have committed the unpardonable sin	<i>Reference: Mark 3:22,28-30.</i> <i>Definition of Blaspheme: To revile or mock something, implying a hardness and irreconcilable opposition to something.</i> <i>A Christian is sealed and in union with the Holy Spirit at the point of salvation (2 Corinthians 1:21,22 / Ephesians 1:13 / Ephesians 4:30). Therefore, it is not possible for a Christian to blaspheme the Holy Spirit. Since blasphemy against the Holy Spirit indicates hardness and indifference toward God, a person who is deeply concerned about whether he/she has blasphemed God's Spirit probably hasn't done so. For them, there is still hope through confession and repentance!</i>	
	41	God continues to punish me for past sins	<i>The Lord is compassionate and gracious, Slow to anger and abounding in mercy. He will not always contend with us, Nor will He keep His anger forever. He has not dealt with us according to our sins, Nor rewarded us according to our guilty deeds. For as high as the heavens are above the earth, So great is His mercy toward those who fear Him. As far as the east is from the west, So far has He removed our wrongdoings from us.</i> <i>Psalms 103:8-12</i>	
	42			
	43	God has placed me in the work place to be my primary ministry	<i>The primary ministry for a Christian should be with those of his own home</i> <i>18 "Therefore you shall lay up these words of mine in your heart and in your soul... 19 You shall teach them to your children, speaking of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. Deuteronomy 11:18,19</i>	Misplaced Priorities
	44	My efforts to achieve success and recognition are a personal sacrifice of mine for the benefit of my family	<i>A true servant foregoes his own success and recognition and prioritizes the needs of those of his household</i> <i>But he who is greatest among you shall be your servant. Matthew 23:11</i>	