

## STRONGHOLDS

As you identify the strongholds in your life, memorize the corresponding truth from scripture to help break free from that stronghold.

STRONGHOLD	TRUTH
<p><b>BITTERNESS:</b> resentment, hate, unforgiveness, anger violence, revenge, malice, holding a record of wrongs</p>	<p><b>FORGIVENESS:</b> <i>Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. – Colossians 3:13</i></p>
<p><b>CONTROL:</b> manipulation, lack of trust, worry, seeking recognition, guarded, seeking recognition</p>	<p><b>SURRENDER:</b> <i>Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup> not looking to your own interests but each of you to the interests of the others. - Philippians 2:3-4</i></p>
<p><b>IDOLATRY:</b> selfishness, misdirected goals, spiritual blindness, apathy, pride, stubbornness, divisions, unteachable spirit, vanity, self-righteousness, self-centeredness, seeking recognition,</p>	<p><b>CONTENTMENT:</b> <i><sup>3</sup> For the time will come when people will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear. <sup>4</sup> They will turn their ears away from the truth and turn aside to myths 2 Timothy 4:3-4</i></p>
<p><b>DISPAIR:</b> depression, hopelessness, despair, self-pity, loneliness, addictions, suicidal thoughts / attempts</p>	<p><b>HOPE:</b> <i>Let us hold unswervingly to the hope we profess, for he who promised is faithful. - Hebrews 10:23</i>  <i>Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, <sup>4</sup> and into an inheritance that can never perish, spoil or fade. - 1 Peter 1:3-4</i></p>
<p><b>JEALOUSY:</b> spitefulness, gossip, slander, betrayal, critical / judgmental spirit</p>	<p><b>GREATFULNESS:</b> <i>But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth - James 3:14</i></p>
<p><b>SEXUAL IMPURITY:</b> lust, seductiveness, fornication, adultery, frigidity, pornography, sexual confusion, fantasizing</p>	<p><b>PURITY:</b> <i>Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. <sup>19</sup> Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; <sup>20</sup> you were bought at a price. Therefore honor God with your bodies. - 1 Corinthians 6:18-20</i></p>

<p><b>FALSE TEACHING / RELATIVISM:</b></p> <p>occult practice, Ouija Boards, telepathy, invoking evil/dead spirits, fortune-telling, tarot cards, palm reading, astrology, blood pacts, fetishism, cults, religious pluralism, universalism,</p>	<p><b>GOD'S WORD:</b></p> <p><i>Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth. - 2 Timothy 2:15</i></p>
<p><b>INSECURITY:</b></p> <p>inferiority, inadequacy, timidity, withdrawal, people pleasing, lack of trust, worry, wrong relationships, anxiety</p>	<p><b>BELONGING:</b></p> <p><i>Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God - John 1:12</i></p> <p><i>you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household – Ephesians 2:19</i>  <i>(Isaiah 43:1-4, Psalm</i></p>
<p><b>REJECTION:</b></p> <p>seeking acceptance, feeling unworthy, withdrawal, addictions, compulsions, workaholism</p>	<p><b>ACCEPTANCE:</b></p> <p><i>Accept one another, then, just as Christ accepted you, in order to bring praise to God.</i>  <i>- Romans 15:7</i></p>
<p><b>DECEIT:</b></p> <p>lying, delusions, rationalizing, justifying, embellishment, misuse of scripture</p>	<p><b>TRUTHFULNESS:</b></p> <p><i>Therefore, each of you must put off falsehood and speak truthfully to your neighbor, - Ephesians 4:25</i></p>
<p><b>FEAR:</b></p> <p>Phobias, compulsions, perfectionism, fear of failure, anxiety</p>	<p><b>TRUST</b></p> <p><i>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.</i>  <i>Philippians 4:6-7</i></p>
<p><b>PRIDE:</b></p> <p>controlling, boasting, belittling, conceit, taking credit, selfishness, self-righteousness, can't admit your wrong.</p>	<p><b>HUMILITY:</b></p> <p><i>Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup> not looking to your own interests but each of you to the interests of the others. - Philippians 2:3-</i></p>
<p><b>MATERIALISM:</b></p> <p>greed, entitlement, dissatisfaction, financial mismanagement, lack of stewardship, obsession with things,</p>	<p><b>CONTENTMENT:</b></p> <p><i>But godliness with contentment is great gain. <sup>7</sup> For we brought nothing into the world, and we can take nothing out of it. <sup>8</sup> But if we have food and clothing, we will be content with that.</i>  <i>- 1 Timothy 6:6-8</i></p>
<p><b>APATHY:</b></p> <p>lack of purpose, depression, laziness, non-empathetic,</p>	<p><b>PASSION:</b></p> <p><i>For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.</i>  <i>2 Timothy 1:7</i></p>