



# Strongholds

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We *use*  
**God's**  
*mighty*  
**weapons,**  
not *worldly*  
weapons, *to*  
**knock down**  
the  
**strongholds**  
of *human*  
**reasoning**  
and to  
**destroy**  
**false**  
*arguments*



Alive Ministries South Africa

[www.aliveministries-sa.org](http://www.aliveministries-sa.org)

Dear friends,

Our Lord Jesus is more than a Saviour, He is also our Deliverer. Many of God's people (the Church) are living in captivity, because a lack of knowledge of their true identity in Christ. Alive Ministries South Africa provides practical, free out of print biblically teachings & studies by which church and ministry leaders discover their true identity in Christ and are able to lead their people out of captivity into freedom, so that those ministries become healthy healing places making a powerful impact for Christ on their communities.

"You will open the eyes of the blind. You will free the captives from prison, releasing those who sit in dark dungeons (Isaiah 42:7)". "Through you I am saying to the prisoners of darkness, 'Come out, into the light!' I am giving you your freedom! (Isaiah 49:9)". Say to those who are afraid, "Be strong, and do not fear, for your God is coming to destroy your enemies. He is coming to save you." (Isaiah 35:4).

Most of the content of this article is from the hand of Pastor James Brandt and taken with permission from [www.greatbiblestudy.com](http://www.greatbiblestudy.com) .

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The process of deliverance often consists of three main parts: Tearing down strongholds, removing legal rights and then casting out the remaining demons. If you try to cast out demons without taking away the strongholds or legal rights that they are holding onto, then you can't really expect to achieve a complete successful deliverance. Removing these two blockages is vital in going about a complete and successful deliverance.

There is a teaching specifically on Legal Rights too that you may want to go through as well.

### **What is a stronghold?**

A stronghold is a faulty thinking pattern based on lies and deception. Deception is one of the primary weapons of the devil, because it is the building blocks for a stronghold. What strongholds can do is cause us to think in ways which block us from God's best. For example, if you think you have to confess all your sins to everybody you've ever wronged, you'll feel just awful and guilty until you do all that, and even then, you'll probably feel guilty, because you probably forgot many people that you didn't confess your sins to. All unnecessary, and a waste of time, all because you were deceived and thought that you had to do something that you really didn't have to do.

**An example of a stronghold at work:** A common scene is somebody who is scared of God, and has a hard time feeling His love and presence. They view Him as a cruel taskmaster, and not as the God that is really is to them, and therefore, they put up there own wall which makes it hard for them to receive God's love, presence and draw close in their relationship with Him. If you saw your spouse as a rude and cruel dictator, you probably wouldn't be as apt to snuggle upto Him and love him as you would if you saw him as a loving and kind person who loves you and cares for you. If you see somebody as mean, it's hard to receive their love, isn't it? That's how our perception of God can hinder us from feeling His love and presence in our lives. It is VERY important to have a correct perception of God if we want to live victorious lives in Christ Jesus!

### **Two very destructive and common strongholds**

**The first one, where you see God incorrectly:** One of the most popular and devastating strongholds to have, is an incorrect image in your mind of who God is, and

how He sees us. People who see God as a taskmaster, live their lives with an unhealthy fear of God. There's a good kind of fear of God, which is more like a holy respect for Him, but there's another kind of fear that is very unhealthy that the enemy wants us to have, and it's the kind of fear where we see God as a taskmaster, cruel, cold, distant, uncaring and would snap the whip at us the moment we step out of line. People who are afraid they've committed the unpardonable sin are almost guaranteed to have this stronghold. People who find it hard to feel God's love and presence, often have this stronghold too. If you feel God is distant and cold, or question if God loves you, then you need to get this stronghold torn down.

One awesome book that will help you break down this stronghold is *Blessed Beyond Measure* by Gloria Copeland. It talks about the goodness of God, and it's impossible to read that book and be the same person when your done seeing the love and goodness that God wants to bless us with!

**The second one, where you see yourself incorrectly:** People who suffer from this have a hard time seeing the new person that they are now in Christ Jesus, and often suffer from low self-esteem. They don't understand what Christ did for them, and how it applies to their own life. Common symptoms of this stronghold are guilt feelings (questioning if you've really been forgiven of your sin(s)), low spiritual esteem (they feel like sinners, not saints), they lack spiritual confidence that we are supposed to have in Christ Jesus, they may still struggle with sin (Jesus said that if you keep in His Word, which tears down strongholds, you will be free from the power sin has over you - John 8:31-34), and overall you don't feel 'worthy' spiritually and lack the joy of the Lord in your life. If you even remotely struggle with this stronghold, the teaching *Forgiven sinner or saint?* is an absolute must-read!

One of the best books I've seen for tearing down this stronghold is *Victory over Darkness* by Neil T. Anderson. It will teach you of the new person you are now in Christ Jesus, and help you be victorious over the darkness through an understanding of your identity in Christ.

I mention common other strongholds over on the *Three Stages of Bondage* teaching.

### **How to tear down a stronghold**

2 Corinthians 10:4, "For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds."

Strongholds are birthed and dwell in deception (which are lies and false beliefs), so naturally the cure is to bring the truth in God's Word on the scene. You debunk the lies of the enemy, with the truth, which is in the Word of God! The Bible says that our weapons are mighty for the tearing down of strongholds (2 Cor 10:4, "For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds."). What is our primary offensive weapon? The sword of the Spirit, which is the Word of God (Eph 6:17, "...the sword of the Spirit, which is the word of God."). Truth dispels deception and lies, and therefore the more truth you bring into a situation, the more the darkness must flee. This is where it's important to grow in God's Word, is because it is your primary weapon for tearing down the strongholds of deception that the enemy has been feeding you.

In John 8:31-36, Jesus tells us that we can be held in bondage due to strongholds in our lives. And His solution was to, "continue in my word... and ye shall know the truth, and the truth shall make you free." (v. 32-32) Strongholds are torn down as we meditate on God's Word, which is truth!

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**A great list of Bible verses you can meditate on, which will help you tear down strongholds in your life can be found on the anti-stronghold Bible verses page:**

These are excellent verses to meditate on for the pulling down of strongholds! Print them out and go over them every day for a week and see if it doesn't make a big impact on your spiritual growth and freedom! Meditate on God's Word as King David did! These verses are truth, and will help you tear down strongholds (which are based on lies and deception).

Philippians 4:8, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

### **Forgiveness of sins**

1 John 1:9, "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from ALL unrighteousness."

Titus 2:14, "Who gave Himself for us to redeem us from EVERY lawless deed, and to purify for Himself a people for His own possession, zealous for good deeds." (NASB)

Psalms 103:12, "As far as the east is from the west, so far hath he removed our transgressions from us."

Ephesians 1:7, "In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;" (The word 'riches' in the Greek here means abundance and fullness!!)

Romans 8:1, "There is therefore now no condemnation to them which are in Christ Jesus..."

Micah 7:19, "...he will have compassion upon us; he will subdue our iniquities; and thou wilt cast all their sins into the depths of the sea."

Isaiah 1:18, "Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool."

Joel 2:12-13, "Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil."

Psalms 103:2-4, "Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;"

### **Deliverance**

Isaiah 61:1-3, "The Spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; To proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all that mourn; To appoint unto them that mourn in Zion, to give

unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified."

Isaiah 52:2, "Shake thyself from the dust; arise, and sit down, O Jerusalem: loose thyself from the bands of thy neck, O captive daughter of Zion."

Matthew 8:16-17, "When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with his word, and healed all that were sick: That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses."

Isaiah 42:7, "To open the blind eyes, to bring out the prisoners from the prison, and them that sit in darkness out of the prison house."

Isaiah 49:9, "That thou mayest say to the prisoners, Go forth; to them that are in darkness, Shew yourselves. They shall feed in the ways, and their pastures shall be in all high places."

Mark 1:39, "And he preached in their synagogues throughout all Galilee, and cast out devils."

Acts 10:38, "How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him."

Act 8:7, "For unclean spirits, crying with loud voice, came out of many that were possessed with them: and many taken with palsies, and that were lame, were healed."

Acts 5:16, "There came also a multitude out of the cities round about unto Jerusalem, bringing sick folks, and them which were vexed with unclean spirits: and they were healed every one."

Luke 13:11, 16, "And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself.... And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day?"

Mark 16:17, "And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues;"

Matthew 10:7-8, "And as ye go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give."

Luke 10:17-19, "And the seventy returned again with joy, saying, Lord, even the devils are subject unto us through thy name. And he said unto them, I beheld Satan as lightning fall from heaven. Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you."

Luke 7:21, "And in that same hour he cured many of their infirmities and plagues, and of evil spirits; and unto many that were blind he gave sight."

Luke 8:2, "And certain women, which had been healed of evil spirits and infirmities, Mary called Magdalene, out of whom went seven devils,"

Acts 19:12, "So that from his body were brought unto the sick handkerchiefs or aprons, and the diseases departed from them, and the evil spirits went out of them."

### **God's love and mercy for us**

John 10:11, 15:13, "I am the good shepherd: the good shepherd giveth his life for the sheep... Greater love hath no man than this, that a man lay down his life for his friends."

John 10:10, "...I am come that they might have life, and that they might have it more abundantly."

Psalms 145:9, "The LORD is good to all: and his tender mercies are over all his works."

Lamentations 3:22-23, "It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness."

Psalms 145:8, "The LORD is gracious, and full of compassion; slow to anger, and of great mercy."

2 Corinthians 5:18-19, "And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation; To wit, that God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation."

1 Corinthians 2:9, "But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him."

Romans 2:4, "Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance?"

Psalms 103:8-13, "The Lord is merciful and gracious, slow to anger, and plenteous in mercy. He will not always chide: neither will he keep his anger for ever. He hath not dealt with us after our sins; nor rewarded us according to our iniquities. For as the heaven is high above the earth, so great is his mercy toward them that fear him. As far as the east is from the west, so far hath he removed our transgressions from us. Like as a father pitieth his children, so the Lord pitieth them that fear him." (Remember, I believe the word 'fear' here simply means to respect - not the same kind of fear as being scared or afraid of Him)

John 3:16, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

1 John 3:1, "Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God..."

1 John 4:16, "And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him."

Romans 5:8, "But God showed his great love for us by sending Christ to die for us while we were still sinners." (NLT)

1 John 4:9, "In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him."

Romans 8:38-39, "For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."

2 Peter 3:9, "The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance."

1 Timothy 2:3-4, "For this is good and acceptable in the sight of God our Saviour; Who will have all men to be saved, and to come unto the knowledge of the truth." (God wants everybody possible to go to heaven!!)

Eph 2:4-7, "But God, who is rich in mercy, for his great love wherewith he loved us, Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;) And hath raised us up together, and made us sit together in heavenly places in Christ Jesus: That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus."

Luke 11:13, "If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him?"

Luke 15:10, "Likewise, I say unto you, there is joy in the presence of the angels of God over one sinner that repenteth."

Luke 15:20, "And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him." (This is the parable of the son who took half his dad's money and ran away, then returned home and his father saw his son and was moved with compassion. So is it with our heavenly Father, when we turn to Him and repent, He is moved with compassion and welcomes us with open arms.)

Jeremiah 31:3, "The LORD hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee."

Isaiah 30:18, "Therefore the LORD longs to be gracious to you, And therefore He waits on high to have compassion on you. For the LORD is a God of justice; How blessed are all those who long for Him." (NASB)

Psalms 33:5, "He loves righteousness and justice; The earth is full of the lovingkindness of the LORD."

Psalms 107:8-9, "Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men! For he satisfieth the longing soul, and filleth the hungry soul with goodness."

Psalms 117:2, "For his merciful kindness is great toward us: and the truth of the LORD endureth for ever. Praise ye the LORD."

Psalms 31:19, "Oh how great is thy goodness, which thou hast laid up for them that fear thee; which thou hast wrought for them that trust in thee before the sons of men!"

## Salvation

John 20:31, "But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name."

John 3:36, "He that believeth on the Son hath everlasting life..."

John 3:16, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

John 3:14-15, "And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up: That whosoever believeth in him should not perish, but have eternal life."

John 3:18, "He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God."

Acts 16:30-31, "And brought them out, and said, Sirs, what must I do to be saved? And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house."

Isaiah 28:16, "Therefore thus saith the Lord GOD, Behold, I lay in Zion for a foundation a stone, a tried stone, a precious corner stone, a sure foundation: he that believeth shall not make haste."

John 6:47, "Verily, verily, I say unto you, He that believeth on me hath everlasting life."

Romans 10:13, "For whosoever shall call upon the name of the Lord shall be saved."

John 6:37, "...Him that cometh to me I will in no wise cast out."

John 6:40, "And this is the will of him that sent me, that every one which seeth the Son, and believeth on him, may have everlasting life: and I will raise him up at the last day."

John 5:24, "Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life."

## God's provision for us

Matthew 6:32, "(For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things."

Matthew 6:33, "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

Deuteronomy 8:18, "But thou shalt remember the LORD thy God: for it is he that giveth thee power to get wealth, that he may establish his covenant which he sware unto thy fathers, as it is this day."

Psalms 84:11, "For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly."

Deuteronomy 28:5, 11-12, "Blessed shall be thy basket and thy store... And the LORD shall make thee plenteous in goods, in the fruit of thy body, and in the fruit of thy cattle,



and in the fruit of thy ground, in the land which the LORD sware unto thy fathers to give thee. The LORD shall open unto thee his good treasure, the heaven to give the rain unto thy land in his season, and to bless all the work of thine hand: and thou shalt lend unto many nations, and thou shalt not borrow."

1 John 5:14-15, "And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him."

John 16:24, "Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full."

James 4:2, "...yet ye have not, because ye ask not."

Matthew 6:8, "Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him."

Romans 8:32, "He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?"

James 1:17, "Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning."

Jeremiah 29:11, "For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end."

1 Timothy 6:17, "...God, who giveth us richly all things to enjoy."

Psalms 37:4-5, "Delight thyself also in the LORD; and he shall give thee the desires of thine heart. Commit thy way unto the LORD; trust also in him; and he shall bring it to pass."

Genesis 45:18, "And take your father and your households, and come unto me: and I will give you the good of the land of Egypt, and ye shall eat the fat of the land."

Ezra 9:12, "Now therefore give not your daughters unto their sons, neither take their daughters unto your sons, nor seek their peace or their wealth for ever: that ye may be strong, and eat the good of the land, and leave it for an inheritance to your children for ever."

Isaiah 1:19, "If ye be willing and obedient, ye shall eat the good of the land:"

Genesis 45:20, "Also regard not your stuff; for the good of all the land of Egypt is yours."

Deuteronomy 8:7, "For the LORD thy God bringeth thee into a good land, a land of brooks of water, of fountains and depths that spring out of valleys and hills;"

Deuteronomy 30:9, "And the LORD thy God will make thee plenteous in every work of thine hand, in the fruit of thy body, and in the fruit of thy cattle, and in the fruit of thy land, for good: for the LORD will again rejoice over thee for good, as he rejoiced over thy fathers:"

Luke 12:28, "If then God so clothe the grass, which is today in the field, and tomorrow is cast into the oven; how much more will he clothe you, O ye of little faith?"

### **How God sees us**

Jeremiah 1:5, "Before I formed thee in the belly I knew thee..."

Psalms 139:14, "I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."

Psalms 139:17, "How precious also are thy thoughts unto me, O God! how great is the sum of them!"

Isaiah 62:5, "For as a young man marrieth a virgin, so shall thy sons marry thee: and as the bridegroom rejoiceth over the bride, so shall thy God rejoice over thee."

Psalms 35:27, "Let them shout for joy, and be glad, that favour my righteous cause: yea, let them say continually, Let the LORD be magnified, which hath pleasure in the prosperity of his servant."

Isaiah 49:15-16, "Can a woman forget her sucking child, that she should not have compassion on the son of her womb? yea, they may forget, yet will I not forget thee. Behold, I have graven thee upon the palms of my hands; thy walls are continually before me."

Zephaniah 3:17, "The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing."

Isaiah 43:25, "I, even I, am he that blotteth out thy transgressions for mine own sake, and will not remember thy sins."

### **Who we are in Christ**

Romans 8:1, "There is therefore now no condemnation to them which are in Christ Jesus..."

Titus 2:14, "Who gave Himself for us to redeem us from every lawless deed, and to purify for Himself a people for His own possession, zealous for good deeds." (NASB)

Psalms 103:12, "As far as the east is from the west, so far hath he removed our transgressions from us."

2 Corinthians 5:17, "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."

Romans 3:22, "Even the righteousness of God which is by faith of Jesus Christ unto all and upon all them that believe: for there is no difference:"

Romans 4:5, "But to him that worketh not, but believeth on him that justifieth the ungodly, his faith is counted for righteousness."

Galatians 3:6, "Even as Abraham believed God, and it was accounted to him for righteousness."

Galatians 4:5-6, "To redeem them that were under the law, that we might receive the adoption of sons. And because ye are sons, God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father."

Romans 8:15, "For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father."

1 John 3:1, "Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God..."

1 Corinthians 6:11, "...ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God."

Ephesians 5:8, "For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light:"

Yours in His service,

Kees

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