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Glory to Glory Christian Life Coaching

### **Stronghold-breaking Meditation Scripture**

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, let us settle the matter," says the Lord. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool."

Joel 2:12-13: <sup>12</sup>"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning." <sup>13</sup>Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.

Psalms 103:2-4: <sup>2</sup>Praise the Lord, my soul, and forget not all his benefits— <sup>3</sup>who forgives all your sins and heals all your diseases, <sup>4</sup>who redeems your life from the pit and crowns you with love and compassion.

#### **Deliverance**

Isaiah 61:1-3: 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, <sup>2</sup>to proclaim the year of the Lord's favor and the day of vengeance of our God, to comfort all who mourn, <sup>3</sup>and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor.

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: to say to the captives, 'Come out,' and to those in darkness, 'Be free!' "They will feed beside the roads and find pasture on every barren hill.

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 gives 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 has 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 do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God's kindness is intended to lead you 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 forever. 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 has compassion his children, so the Lord has compassion on those who fear 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 dwells in love dwells 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."

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 Savior; Who will have all men to be saved, and to come unto the knowledge of the truth."

Ephesians 2:4-7: <sup>4</sup> But because of his great love for us, God, who is rich in mercy, <sup>5</sup> made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. <sup>6</sup> And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, <sup>7</sup> in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.

Luke 11:13: If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who 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

repents."

Jeremiah 31:3: <sup>3</sup>The Lord appeared to us in the past, saying: "I have loved you with an everlasting love; I have drawn you with unfailing kindness.

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."

Psalms 33:5: "He loves righteousness and justice; the earth is full of the loving kindness 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 satisfies the longing soul, and fills the hungry soul with goodness."

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

Psalms 31:19: How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you.

## **Salvation**

John 20:31: "But these are written, that you might believe that Jesus is the Christ, the Son of God; and that believing you 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 believes 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 believes in him should not perish, but have eternal life."

John 3:18: Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son.

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: So this is what the Sovereign Lord says: "See, I lay a stone in Zion, a tested stone, a precious cornerstone for a sure foundation; the one who relies on it will never be stricken with panic.

John 6:47: "Verily, verily, I say unto you, He that believes in me has everlasting life."

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

John 6:37: All those the Father gives me will come to me, and whoever comes to me I will never drive away.

John 6:40: "And this is the will of him that sent me, that every one which sees the Son, and believes in 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 hears my word, and believes in him that sent me, has everlasting life, and shall not come into condemnation; but is passed from death unto life."

## **God's provision for us**

Matthew 6:32: For the idolaters eagerly seek all these things, and your heavenly Father knows that

you need them.

Matthew 6:33: But seek first the kingdom of God and His righteousness, and all these things will be provided for you.

Deuteronomy 8:18: But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today.

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."

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 hears 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: Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

James 4:2: You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.

Matthew 6:8: Do not be like them, for your Father knows what you need before you 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 and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

Jeremiah 29:11: For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

1 Timothy 6:17: Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment.

Psalms 37:4-5: <sup>4</sup> Take delight in the Lord, and he will give you the desires of your heart. <sup>5</sup> Commit your way to the Lord; trust in him and he will do this.

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 you shall eat the fat of the land."

Isaiah 1:19: If you are willing and obedient, you will eat the good things of the land.

Deuteronomy 8:7: For the Lord your God is bringing you into a good land—a land with brooks, streams, and deep springs gushing out into the valleys and hills.

Deuteronomy 30:9: Then the Lord your God will make you most prosperous in all the work of your hands and in the fruit of your womb, the young of your livestock and the crops of your land. The Lord will again delight in you and make you prosperous, just as he delighted in your ancestors.

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 you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations."

Psalm 139:14: I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

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

Psalm 35:27: May those who delight in my vindication shout for joy and gladness; may they always say, "The Lord be exalted, who delights in the well-being of his servant."

Isaiah 49:15-16: <sup>15</sup>"Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you! <sup>16</sup>See, I have engraved you on the palms of my hands; your walls are ever before me.

Zephaniah 3:17: The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."

Isaiah 43:25: "I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more.

## **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."

Psalm 103:12: "As far as the east is from the west, so far has 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: However, to the one who does not work but trusts God who justifies the ungodly, their faith is credited as 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 you are sons, God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father."

Romans 8:15: The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."

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

1 Corinthians 6:11: And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

Ephesians 5:8: For you were once darkness, but now you are light in the Lord. Live as children of light.