

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.

The reference to this verse contains three '2's surrounded by two '3's. The two's represent our continual state of sinning and repenting. Many times this repetition stems around a stronghold in our lives. As the '2's represent the cords of a stronghold, the '3's represent the loving forgiveness, compassion and faithfulness of God the Father, God the Son and God the Holy Spirit which surrounds us during our battles and struggles in life.

Strongholds are like multiple cords wrapped around your neck or hands. Over time each cord was cunningly secured while you were "drunk" in the fleshly pleasure of that particular sin. Just as strongholds are built over time, it will take time to be set free from them.



Each victory over a stronghold is as if one cord is cut. You feel as if you can breathe deeper from the release. During this rush of release and victory, God allows you to see your bondage and builds a desire to be completely free from its clutches.

As the devil sees the stronghold losing its control over you, he frantically tightens the remaining cords. As you struggle again against your stronghold, try to focus on the end goal not the struggle. The devil is hoping you will give up the fight and allow him to secure you with additional cords.

During the battle, remember Lamentations 3:22-23. If God has allowed you to live another day, then He is right beside you holding your hand (Is. 41:13), nudging you to seek forgiveness, dust yourself off and try again. He will forgive you, but you have to stay in the battle to break the chains of bondage yourself (2 Timothy 2:26).