

# Out of Darkness Into Light

## Wholeness Prayer Basic Modules Module 2

*“Then you will know the truth, and the truth will set you free.” (John 8:32)*

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# Freedom from Generational Bondage

## Biblical Basis – Freedom from Generational Bondage

*“Yet he does not leave the guilty unpunished; he punishes the children and their children for the sins of the fathers to the third and fourth generation” (Exodus 34:7b).*

*So, if the Son sets you free, you will be free indeed” (John 8:36).*

## Brief Explanation – Freedom from Generational Bondage<sup>1</sup>

Every person is affected positively and negatively by the members of their family. We learn by watching and imitating those around us. In the formative early years, the people who are around us the most are parents, brothers, sisters, relatives and a few close friends or neighbors. These early influencers have a profound affect on how we think and behave. For example, if verbal fighting is observed every day, then fighting verbally becomes the norm for relationships. Then, fighting is accepted as the way to deal with life’s issues.

One way to identify these factors in a person’s life is to look at the generational influences, trends and patterns that exist within their family tree. The first step is to identify all of the people in the family tree – parents, grandparents, and great-grandparents. The next step is to analyze the patterns that exist. For example, as you look at the relationships in the family tree, you may see that there is a pattern of divorce on one side of the family, or alcoholism, or religious intolerance, or sexual abuse, or whatever you discover.

To help the person discover these patterns, ask them questions. (For example: Who got along with whom? what was the relationship like between \_\_\_\_ and \_\_\_\_? Where was each person born? Who was a Christian and who was not? Were there early deaths, abortions or suicides? What family rules existed? Was secrecy a norm? Who was educated and who was not? Who was the oldest and who was the youngest? Did the oldest take responsibility for the other children? Did the youngest have a privileged position?) As you dig into the generational tree, the patterns will emerge and any generational sin will present itself as a theme that has been passed down from one generation to the next. Some possible themes are listed in Attachment 1, in this module.

If a trend or pattern shows itself over several generations, there is the possibility that generational sin is present in the family line. Generational sin is like any other sin. It needs to be dealt with by confessing the sin to God and repenting of the behavior.

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<sup>1</sup> Adapted with permission from “A Theory and Process for Christian Counseling & Inner Healing” by Alfred Davis, page 31-33

## Module 2: Freedom from Generational Bondage

### **Step-by-Step Process<sup>2</sup> – Freedom from Generational Bondage<sup>3</sup>**

*Note: See “Module 1: Overview and Introduction” for beginning and ending steps, and information on how to use the modules in various contexts.*

1. Talk with the person about the idea of generational sins and patterns, and the implications of Exodus 34:7.
2. Pray. Ask God to reveal any generational sins or patterns (on either side of the family) that need to be prayed through.
3. Help the person think through what they know about their parents, grandparents and great-grandparents. Ask any questions that God brings to mind. Make a list of any potential generational sins or negative patterns that seem like they would be good to pray through.

For ideas of sins and negative patterns that their ancestors may have been involved with, see “Attachment 1 – List of Potential Generational Sins and Negative Patterns” in this module, and “Attachment 5 – Truth for Everyday Life” in “Module 12: Living in the Light.”

4. Pray. Ask God to reveal (or remind the person of) any other generational sins or negative patterns on either side of their family. Add these to the list.
5. Ask the person to read silently through the prayer for confessing, renouncing and repenting of the sins of one’s ancestors, and then to decide if it’s something they’d like to pray. Tell them they can modify it if they choose to.
6. Ask the person to pray the prayer out loud, with any modifications they’ve made.
7. Pray. Thank God for what He’s done!

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<sup>2</sup> The above “Step-by-Step Process” contains steps that are generally involved when addressing the issue. Modify these as needed to fit the specific situation. Follow God’s leading.

<sup>3</sup> Adapted with permission from “*A Theory and Process for Christian Counseling & Inner Healing*” by Alfred Davis, page 31-33

## **Out of Darkness into Light**

### **Sample Prayer – Freedom from Generational Bondage<sup>4</sup>**

*I confess the following sins of my ancestors. (Read out all the sins from the list.) I renounce, reject and disown all the sins of my ancestors. I repent of their beliefs, their actions and their unrighteous behavior. I declare the assignments, the curses and the powers flowing from those curses to be null and void. I break all rights, grounds, or privileges that these sins have had in my life and I will live under their authority no longer, because I belong to Jesus Christ.*

*I place the cross of Jesus Christ between me and anything I need protection from regarding each member of my family (those named in the family tree) and all those I have not known or named. I reject any and every way that Satan claims ownership over me. By the authority that I have in Jesus Christ, I now command every family and ancestral spirit to be bound in chains and be stripped of all armor, weapons, power, authority and illusions. I command that they now throw down at the foot of the cross of Jesus Christ all plans, programs, agendas and assignments that they have had in my life. I command that they now return everything that they have stolen from me emotionally, mentally, physically and spiritually. I command that they go to the place Jesus sends them.*

*Jesus, I invite you to fill me now with your Holy Spirit. I ask you to build a spiritual wall of protection between me and anything I need protection from regarding my mother, and between me and anything I need protection from regarding my father and all their ancestors. Make these protective walls as high and wide as they need to be to provide complete spiritual protection, and seal those walls with the blood of Christ. At the same time, please bless my relationship with each member of my family who is still living and help us to grow in good and healthy ways together.*

*I come before you now God, as your child, purchased by the blood of Christ. Let the blood of Christ completely cleanse my own bloodline. I commit myself to the renewing of my mind, and I align my will with your good and perfect will. All this I do in the name and authority of the Lord Jesus Christ. Amen.*

### **Follow-Up – Freedom from Generational Bondage**

1. If, when you worked through the process above with someone, God identified sins in their own life that they need to repent of, encourage them to do that now. (See “Module 4: Confessing and Turning from Sin.”)

2. Encourage the person to continue to work through other modules as they apply to their existing needs, and to address implications of patterns that have been identified.

If the person hasn’t yet forgiven their ancestors, encourage them to work through “Module 7: Forgiving Others” and “Module 8: Forgiving Your Parents.”

If generational curses may be involved, see section “B.2. Curses” in “Module 5: Breaking Internal Strongholds.” If generational covenants with evil may be involved, see section “C.5 Covenants” in “Module 5: Breaking Internal Strongholds.”

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<sup>4</sup> ibid, page 139-140

**Process Diagram**

**Module 2 – Freedom from Generational Bondage**

- **Opening prayer**
- *Ask God to reveal any generational sins or patterns (on either side of the family) that need to be prayed through.*
- *Make a list of any potential generational sins or negative patterns that seem like they would be good to pray through.*
- *Ask God to reveal (or remind the person of) any other generational sins or negative patterns on either side of their family. Add these to the list.*
- *Ask the person to read silently through the prayer for confessing, renouncing and repenting of the sins of one's ancestors, and then to **decide** if it's something they'd like to pray. Tell them they can **modify** it if they choose to.*
- *Ask the person to **pray** the prayer out loud, with any modifications they've made.*
- *Thank God for what He's done!*
- **Closing prayer**
- **Follow-up:**
  - *If God identified **sins in the person's own life** that they need to repent of, encourage them to do that now. (See "Module 4: Confessing and Turning from Sin.")*
  - *Encourage the person to continue to **work through other modules as they apply to their existing needs**, and to address implications of patterns that have been identified.*
    - *If the person hasn't yet **forgiven their ancestors**, encourage them to work through "Module 7: Forgiving Others" and "Module 8: Forgiving Your Parents."*
    - *If **generational curses** may be involved, see section "B.2. Curses" in "Module 5: Breaking Internal Strongholds."*
    - *If **generational covenants with evil** may be involved, see section "C.5 Covenants" in "Module 5: Breaking Internal Strongholds."*

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**Attachment 1.**

**List of Potential Generational Sins, Negative Patterns or Inherited Traits<sup>5</sup>**

<p><b>Sexual Sins</b></p> <p>fornication adultery perversions pornography sexual abuse lust incest</p>	<p><b>Addictions</b></p> <p>alcohol tobacco drugs gambling food obsessive/compulsive workaholism</p>	<p><b>Death</b></p> <p>miscarriages abortions still birth early death accidental death suicide murder</p>
<p><b>Physical Problems</b></p> <p>chemical imbalance depression mood disorders schizophrenia</p>	<p><b>Abuse</b></p> <p>physical emotional spiritual sexual</p>	<p><b>Unhealthy emotions</b></p> <p>anger/rage unforgiveness fear guilt rejection hatred of women control bitterness pride worry/anxiety shame abandonment hatred of men perfectionism</p>
<p><b>Blame/ Self-Punishment</b></p> <p>self-blame self-accusation self-hatred self-destruction self-criticism self-shame self-anger</p>	<p><b>Personal and Relational</b></p> <p>lying selfishness laziness gossip negativity deception manipulating others criticism blame shifting revenge avoiding responsibility</p>	
<p><b>Religious and/or Idolatrous</b></p> <p>freemasonry occult witchcraft religious cults new age eastern religions psychic practices</p> <p>rebellion love of money prejudice envy traditional ceremonies spirit worship</p> <p>idol worship worship of false gods following false religions curses traditional healers ancestor worship</p>		

<sup>5</sup> ibid, page 33-34. This list is not meant to be fully comprehensive.

## **Module 2: Freedom from Generational Bondage**