

# Out of Darkness Into Light

## Wholeness Prayer Basic Modules Module 3

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

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## Replacing Family Curses with God's Blessings

### **Biblical Basis**

*“With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God’s likeness. **Out of the same mouth come praise and cursing.** My brothers, this should not be” (James 3:9-10).*

*“Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: ‘Cursed is everyone who is hung on a tree.’ **He redeemed us in order that the blessing** given to Abraham **might come to the Gentiles through Christ Jesus**, so that by faith we might receive the promise of the Spirit” (Galatians 3:13-14).*

<i>“Praise be to <b>the God and Father of our Lord Jesus Christ</b>, who has blessed us in the heavenly realms with every spiritual blessing in Christ” (Ephesians 1:3).</i>
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*“But I tell you who hear me: Love your enemies, do good to those who hate you, **bless those who curse you**, pray for those who mistreat you. ... **Be merciful, just as your Father is merciful**” (Luke 6:27, 28, 36).*

### Module 3: Replacing Family Curses with God's Blessings

#### **Brief Explanation – Replacing Family Curses with God's Blessings**<sup>11</sup>

The word blessing refers to “honoring, instilling value, and empowering to prosper.” Cursing, on the other hand, “devalues, invalidates, disables or dis-empowers a person.”

Parents and other influencers can have a powerful impact on a child – for good or ill. A parental blessing is very empowering. You may have been blessed by your parents at key periods in your life, whether this blessing was given formally or informally. Or there may have been an absence of blessing at some key periods of your life, where your parents were unaffirming, or even cursed you in some way. If you experienced neglect, or hurtful words or actions, you may have begun to live from a destructive set of beliefs about yourself.

If you have not felt blessed by your parents, you may either choose to isolate yourself from them and “write them off” or you may continue to strive for the blessing no matter how long it takes or what it costs.<sup>12</sup> In either case, you would be emotionally connected to your parents in an unhealthy way. The good news is that Jesus can replace curses with blessings, even after the fact, and free you from further turmoil.

If you are a follower of Christ and you have felt cursed (or felt a lack of blessing) at significant points in your life, God would like to help you identify those and replace them with His blessings. He wants you to know who you truly are in Him. Some verses describing the truth of who you are, because of Christ, can be found in Ephesians 1. There are also many others!

Significant times of launching into a new phase of life can include: conception, gestation, birth, 2 years old, puberty, wedding, adult life, birth of your first child, your youngest child reaching puberty, your youngest child becoming an adult, and old age. Other significant times might be: starting something new, such as grade school or college; learning something new; accomplishing something of significance to you; or your youngest child reaching new stages of independence.

*Note: Blessings can be either general or specific. A general blessing, such as “I trust you to make good choices.” is very empowering. While your parents (or other significant influencers in your life) may no longer be living when some significant events happen in your life, you may feel they have left with you a general sense of blessing and empowerment.*

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<sup>11</sup> Adapted with permission from “A Theory and Process for Christian Counseling & Inner Healing” by Alfred Davis, page 35-37

<sup>12</sup> *ibid*, Alfred Davis referring to “The Ancient Paths” by Craig Hill.

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### Examples<sup>13</sup>

Here are a few examples of blessings and hurtful words, as they relate to a person's identity, purpose and destiny:

	<b>Blessings</b>	<b>Hurtful Words</b>
<b>Identity</b>	You are valuable to me. You are a child of God.	You are a worthless mistake. You were never wanted.
<b>Purpose</b>	God has a plan for you.	You will never amount to anything.
<b>Destiny</b>	You have a special future. You are doing a really great job.	You will never be a success. You never do it right.

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<sup>13</sup> Adapted with permission from "A Theory and Process for Christian Counseling & Inner Healing" by Alfred Davis, page 35

## Module 3: Replacing Family Curses with God's Blessings

### **Step-by-Step Process<sup>14</sup> – Replacing Family Curses with God's Blessings**

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

1. Ask God to reveal to you significant times in your life when you felt blessed by your parents or other significant family members.
2. Receive these blessings in the name of Christ. See “Sample prayer for Step 2” in the section “Sample Prayers – Replacing Family Curses with God's Blessings,” in this module.
3. Ask God to reveal to you significant times in your life when you felt either a curse or an absence of blessing from your parents or other significant family members.
4. For each curse or absence of blessing, ask God to replace this with a blessing. See “Sample prayer for Step 4” in the section “Sample Prayers – Replacing Family Curses with God's Blessings,” in this module. Write down these blessings.

If you have trouble hearing God speak blessings into these places, ask Him why. Some possibilities include:

- You may first need to forgive your parent. See “Module 8: Forgiving Your Parents.” This includes giving up any anger you have toward them.
- Other modules that may be helpful include “Module 9: Forgiving and Accepting Yourself”, “Module 5: Breaking Internal Strongholds”, and “Module 6: Healing from Emotional Wounds.” See “Attachment 1: Guide to Which Modules to Use” in “Module 1: Overview and Introduction.”

See also step 2 in “Learning to Use these Modules” in “Module 1: Overview and Introduction.”

5. If there are any demonic elements that had a foothold because of a curse that has now been replaced with a blessing, command them in the name of Jesus to go now where He sends them, and never return. Bind any effects on yourself or your offspring, from your former lack of blessing. Ask God to set you and your offspring free from any restrictions on your (or their) spirit or soul due to that lack of blessing. Ask Jesus to fill with Himself any empty places in you or them. See “Sample prayer for Step 5” in the section “Sample Prayers – Replacing Family Curses with God's Blessings,” in this module.
6. Receive the blessings that God has given you. See “Sample prayer for Step 6” in the section “Sample Prayers – Replacing Family Curses with God's Blessings,” in this module.
7. Pray a prayer of blessing on your parents. If you have children, pray a prayer of blessing on them as well.

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<sup>14</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.

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8. Ask God to help you walk in the reality of the blessings He's given you.
9. Thank Him for all He's done!
10. Share with someone what God has done for you.
11. Continue to work through other modules as they apply to your situation.

**Sample Prayers – Replacing Family Curses with God's Blessings<sup>15</sup>**

**Sample Prayer for Step 2**

*In the name of the Lord Jesus Christ, I claim the blessings that my ancestors have passed on to me, and I receive them now. (State the blessings out loud.) I pray the release of these blessings into my life, and I accept my identity and destiny as a child of God, with a purpose and a future that is blessed. Thank you for the blessing that has been spoken into my life by my parents and ancestors. In Jesus' name, Amen.*

**Sample Prayer for Step 4**

*Dear Jesus, I invite you into [name of stage] stage of my life where I received the following curse instead of a blessing: [state curse].*

*Lord Jesus, please reveal to me now the blessing that you want me to receive in place of this curse. (This may be revealed in words, a picture, as a feeling, or simply a realization.)*

**Sample Prayer for Step 5**

*I come before you now God, as your child, purchased by the blood of Christ. I commit myself to the renewing of my mind and I align my will with your good and perfect will. "Lord [God], I [reject] any attempts by Satan or his demons to attach themselves to me through my former lack of blessing and thereby to cause trouble for [me] and others. In the name of Jesus Christ I command all such demons to depart from me and to never return."<sup>16</sup> In Jesus' name I also bind any effects of this former lack of blessing on myself or my offspring. Lord God, please set me and my offspring free from any restrictions on our spirits or souls due to this former lack of blessing. God, please fill me now with your Holy Spirit and shine your light where there once was darkness. In Jesus' name I pray. Amen.*

**Sample Prayer for Step 6**

*In the name of the Lord Jesus Christ, I receive the blessings that you have revealed to me. (State the blessings out loud.) I pray the release of these blessings into my life and I accept my identity and destiny as a child of God, with a purpose and a future that is blessed. Thank you for the blessings that you have spoken into my life. And thank you for the blessing of knowing you. In Jesus' name, Amen.*

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<sup>15</sup> Adapted with permission from "A Theory and Process for Christian Counseling & Inner Healing" by Alfred Davis, page 141-142

<sup>16</sup> *Breaking the Bonds of Our Past* by Douglas Hayward, PhD. , pg18

## Out of Darkness into Light

### Process Diagram

#### Module 3 – Replacing Family Curses with God’s Blessings

- **Opening prayer**
- Ask God to reveal to you **significant times in your life when you felt blessed by your parents** or other significant family members.
  - **Receive these blessings in the name of Christ.**
- Ask God to reveal to you **significant times in your life when you felt either a curse or an absence of blessing from your parents** or other significant family members.
  - **For each curse or absence of blessing, ask God to replace this with a blessing.** (If you have trouble hearing God speak blessings into these places, ask Him why. Some possibilities are listed in step 4 in the Step-by-Step Process section of Module 3.)
- **If there are any demonic elements that had a foothold because of a curse that has now been replaced with a blessing, command them in the name of Jesus to go now where He sends them, and never return.** Bind any effects on yourself or your offspring, from your former lack of blessing. Ask God to set you and your offspring free from any restrictions on your (or their) spirit or soul due to that lack of blessing. Ask Jesus to fill with Himself any empty places in you or them.
- **Receive the blessings that God has given you.**
- **Pray a prayer of blessing on your parents.** If you have children, pray a prayer of blessing on them as well.
- Ask God to help you **walk in the reality of the blessings He’s given you.**
- **Thank Him for all He’s done!**
- **Closing prayer**
- **Follow-up:**
  - *Share with someone what God has done for you.*
  - *Continue to work through other modules as they apply to your situation.*