

Freedom from Generational Bondage¹

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Step-by-Step Process – Simplified

1. Begin with an opening prayer. (See Keys.)
2. Prayerfully look over the attachment. Ask God to reveal any generational sins or patterns (on either side of the family) that need to be prayed through (whether on the attachment or not).
3. Read silently through the sample prayer below and decide if it's something you'd like to pray and/or modify. If it is, pray the prayer out loud, with any modifications you've made.
4. Pray a closing prayer. (See Keys.)
5. Follow up as God leads. (Forgive, repent, develop healthy patterns, etc.)

Sample Prayer – Freedom from Generational Bondage²

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.

¹ Adapted with permission from "A Theory and Process for Christian Counseling & Inner Healing" by Alfred Davis

² *ibid*, page 139-140

Out of Darkness into Light

Attachment 1.

List of Potential Generational Sins, Negative Patterns or Inherited Traits³

| | | |
|--|--|--|
| <p>Sexual Sins</p> <p>fornication adultery perversions pornography sexual abuse lust incest</p> | <p>Addictions</p> <p>alcohol tobacco drugs gambling food obsessive/compulsive workaholism</p> | <p>Death</p> <p>miscarriages abortions still birth early death accidental death suicide murder</p> |
| <p>Physical Problems</p> <p>chemical imbalance depression mood disorders schizophrenia</p> | <p>Abuse</p> <p>physical emotional spiritual sexual</p> | <p>Unhealthy emotions</p> <p>anger/rage unforgiveness fear guilt rejection hatred of women control bitterness pride worry/anxiety shame abandonment hatred of men perfectionism</p> |
| <p>Blame/ Self-Punishment</p> <p>self-blame self-accusation self-hatred self-destruction self-criticism self-shame self-anger</p> | <p>Personal and Relational</p> <p>lying selfishness laziness gossip negativity deception manipulating others criticism blame shifting revenge avoiding responsibility</p> | |
| <p>Religious and/or Idolatrous</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> | | |

³ ibid, page 33-34. This list is not meant to be fully comprehensive.

Module 2: Freedom from Generational Bondage