

# Healing The Broken Heart

## *Part II: A Root Cause, The Family Tree, Generational Sins*

### I. Introduction

Because of the fall of Adam, a seed of corruption entered into the human race. This corrupted seed has affected every area of human existence, including our families, relationships, institutions, churches, government, and our entire being—body, soul, and spirit. As a result, our spirits and hearts have been wounded. The corrupted seed destroyed our ability to be righteous and holy like our Creator and allows the kingdom of darkness and its demonic spirits access to us.

*People weighed down with iniquity; whole head is sick, the whole heart faint. From the sole of the foot even unto the head there is no soundness in it: but wounds, and bruises, and putrefying sores: they have not been closed, neither bound up, neither mollified with ointment. Your land is desolate (Is 1:4-7).*

Yet God has provided a way of escape for us. Through His son, Jesus Christ, we can be born again and receive Him, who is the uncorrupted seed, into our heart, and become united with Him, thereby we are able to grow in His righteousness.

For you have been born again not of seed which is perishable (corrupted) but imperishable (uncorrupted), that is through the living and abiding word of God (I Peter 1:23).

Some of our issues and problems have their source in previous generations, with ancestors who did not seek God or allow God to lead them in the Way. As a result of their transgressions, sin judgments and curses were released into the family. Doorways to the kingdom of darkness were opened in the family. As a result, ungodly destructive forces are at work in our lives, even though they had their origin in the sins of our ancestors several generations ago. These negative forces press on our hearts and wage war with our souls.

This teaching centers in on the biblical principle of blessing and cursing, the nature of the corruption that has entered into our family tree and how it affects us. Because of ignorance, lack of heart faith, failure to understand the work of Jesus on the cross, and a weak, faulty spiritual foundation, the effects of generational sins and curses have been allowed to continue in our lives, resulting in a wounded and broken heart.

## II. Biblical Principle: Blessing and Cursing

### A. Key Scripture

I have set before you a blessing and a curse; a blessing if you obey the commandments of the Lord your God, which I command you this day. And a curse, if you will not obey the commandments of the Lord your God, but turn aside out of the way which I command you this day, to go after other gods, which you have not known. And it shall come to pass, when the Lord thy God has brought you into the land whither thou goest to possess it, that thou shalt put the blessing upon mount Gerizim, and the curse upon mount Ebal (Deut. 11:26-29).

I call heaven and earth to witness against you today, that I have set before you life and death, the blessing and the curse. So choose life in order that you may live, you and your descendants, by loving the Lord your God, by obeying His voice, and by holding fast to Him; for this is your life and the length of your days... (Deut. 30:19,20).

### B. Two Spiritual Dynamics: Blessing And Cursing

The Bible reveals the existence of two spiritual dynamics which we can inherit from our ancestors. Called blessings and curses, these *invisible* forces influence our lives, either for good or for evil. Christians often lack understanding of these two inherited *invisible* forces and how they function, however the Bible has much to say about them. We find that the word *curse* occurs around 230 times and words for *bless* and *blessing*, 410 times.

Power concepts, the blessings of God bring about good and beneficial results, whereas curses produce bad and harmful results (Prince, p. 32). Both blessings or curses are considered to possess an inherent power to carry itself into effect (Murphy, 1992/1996).

The intent of a blessing is for it to release positive, godly, spiritual power on the person, place or object being blessed. Positive spiritual power or energy connects to the anointing, blessing and power of the Holy Spirit. The intent of a curse is for it to release negative spiritual energy or power against the object, person, or place being cursed: to rob, steal or kill. Negative spiritual power or sin energy makes connection to the kingdom of darkness, the realm of Satan and the work of demons.

#### *Sin Judgments*

While God is the sole and supreme source of all blessings, curses may originate from evil sources, as well as from God. Interestingly, most curses mentioned in the Bible are caused by God or His servants releasing God's power of judgment against sin. Curses are one of the main ways God brings about judgment on the rebellious, the unbelieving and the ungodly.

Many negative spiritual sin energies in the family tree are connected with the curse, Satan and the work of demons and drive many of our problems. For example, familiar spirits can be passed on from one generation to the next because of the sins of ancestors.

What injustice did your fathers find in Me, that they went far from Me and walked after emptiness and became empty? And they did not say, Where is the Lord...Have you not done this to yourself, by forsaking the Lord your God...(Jer. 2:5,6,17).

Interestingly, once a blessing or curse is released they tend to continue from generation to generation, until something cancels its effect. Seldom limited to an individual, they may extend to families, tribes, communities, or whole nations.

### *A curse is like a dark oppressive force*

A curse is like “a long, evil arm stretched out from the past. It rests upon you with a dark, oppressive force that inhibits the full expression of your personality. You never feel completely free to be yourself. You sense that you have potential within you that is never fully developed” (Prince, 1990, p. 17).

This long, evil arm seems to have the effect of tripping us up or causing us to stumble, often just as we are about to accomplish something important. There is no logical or natural explanation for the stumble, except to consider the idea that there is some evil force at work that is not completely subject to the usual laws of nature or of averages. Individuals who experience this phenomenon become extremely frustrated because they can not understand what is wrong with them.

### *Other sources of curses*

Other sources of curses are Satan, the spirit world, and Satan’s human servants. Satanists may target God’s people, through fasting and praying to Satan, in an attempt to curse them. We must not forget that we are in a war between two kingdoms, the Kingdom of God and the Kingdom of Satan. See Murphy (1992/1996, pgs 442-444 and 527-528 for more understanding of curses released by evil people.

See Genesis 9:25-27; 27:27-28; & 49:28 for examples of cursing in early Bible history. See Deut. 27-31 and Numbers 22-24 for the list of curses sin will bring upon God’s people. See Mark 11:12-14; Luke 6:28; Rom. 12:14 in the New Testament. St Paul states that we are to bless others, rather than curse them—even people who do evil against us.

### **Examples of curses**

- a) Bermuda triangle tragedies
- b) Death of every 20<sup>th</sup> president, from Pres Lincoln to Pres Reagan

## **1. God’s Blessings Are Conditional**

The two basic requirements to receiving God’s blessings have always been to hear the voice of the Lord and do what He says. If we do...

All these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the Lord thy God (Deuteronomy 28:1-2).

Now then, if you will indeed obey My voice and keep My covenant, then you shall be My own possession...(Ex 19:5).

My sheep hear My voice and I know them, and they follow Me (John 10:27).

Because we are under grace, it does not take away our responsibility to obey the living God and His voice. Jesus came and brought us a new covenant, but He did not change principles of righteousness. He taught us: *“Seek first the Kingdom of God and His righteousness and all of these things will be added unto you”* (Mt. 6:33). God’s blessings spring from His mercy and His judgments from His great desire for righteousness in His people. Read Romans 1:17-18 for St. Paul’s explanation of God’s mercy and judgment. Also see Prince, p. 39-40 for a discussion of

Samuel said, ‘Has the Lord as much delight in burnt offerings and sacrifices as in obeying the voice of the Lord? Behold, to obey is better than sacrifice... For rebellion is as the sin of witchcraft and stubbornness is as iniquity and idolatry’ (I Sam. 15:22-24).

If you love me, keep my commandments (John 14:15).

You became obedient from the heart to that form of teaching to which you were committed (Rom. 6:17).

## **2. Curses Do Not Come Without A Cause**

Blessings come from God, when we listen to Him and do what He says. Deliberately turning away from the Lord and following other gods moves us out from under God’s *protection* and opens the door to invisible and negative spiritual forces. Thus when we deliberately turn away from the living God to other Gods, we open ourselves to God’s sin judgment and a curse. The scripture makes it clear that curses do not come without a cause:

As the bird by wandering, as the swallow by flying, so the curse causeless shall not come (Proverbs 26:2).

Blessings come from hearing God’s voice and doing what He says. Curses result from not hearing God’s voice and not doing what He says. This refusal to hear and obey God’s voice can be summed up in one word: rebellion—not against man, but against God (Prince, 1990, p. 42).

## **C. Two Vehicles For Blessings & Curses**

### **Words**

The primary vehicle for blessing and curses is words. The scriptures give many warnings about the importance of our words, because we can pronounce curses upon ourselves.

You have been trapped by what you said, ensnared by the words of your mouth (Prov. 6:2).

Death and life are in the power of the tongue...(Prov 18:21).

A wholesome tongue is a tree of life...(Prov 15:4).

But I say to you that for every idle word men may speak, they will give account of it in the day of judgment. For by your words you will be justified, and by your words you will be condemned.” (Matt. 12:36-37).

Out of the same mouth proceed blessing and cursing...(James 3:5-6, 9-10).

We can bind our souls with a curse, by the words we speak. We will talk more about this when I talk about replacing negative beliefs and renouncing inner vows. (See Prince, 1990, p. 122-134, for biblical teaching on self-imposed curses.)

### *Pledges or Oaths*

Another way of bringing a curse upon ourselves or our family is by making pledges or oaths that are inconsistent with the Christian faith, but required for admission to a closed group of people: fraternity, sorority, secret society, etc. You may have a ring as a symbol of the pledge and need to get rid of it, in order to cancel the pledge.

In particular, the association of Freemasonry is a false religion, requiring people to bind themselves with an oath that results in self-imposed curses. See Prince, pg. 131 for information about the dangers of Freemasonry. He cites the destructive effects of the curses upon the second and third generations of those who had a Mason in their family background.

### **Physical Objects**

Physical objects may also be channels for releasing blessings and curses. Objects that transmit God’s blessing include anointing oil and the emblems used in the Eucharist. The blessing results when we apply some faith and obedience, not as a result of magic. Unbelief and disobedience always stir up God’s judgment.

All kinds of objects may have curses attached to them. According to the Bible, we may open ourselves to a curse by bringing accursed things into our homes. These things become vehicles for negative and destructive spiritual energy. See Prince (1990), for a discussion of how physical objects can be vehicles for releasing blessings and curses.

You shall burn the carved images of their gods with fire; you shall not covet the silver or gold that is on them, nor take it for yourselves, lest you be snared by it; for it is an abomination to the Lord your God. Nor shall you bring an abomination into your house lest you be doomed to destruction like it...for it is an accursed thing” (Deut. 7:25-26, **KJV**).

## **III. A Root Cause: Sin In The Family Tree**

According to the principle of blessing and cursing, all of the people in our family tree bring into our lives either good or evil, blessings or curses. Generational blessings, sin judgments, and curses flow from family to family, affecting later generations who had nothing to do with the particular sin in question. The consequences of the father’s sins were transferred to the children.

The Lord God holds the head of the family, usually the male, responsible for the blessing and curses in the family. Every time the head of the family deliberately turns away from God, he opens himself and his family to the effects of the judgment and the curse. Generational sin judgments can open the door for familial spirits to become identified with a family line (Murphy, 1992/1996). Because of their sin, Satan may have gained access to the family for generations to come.

## **A. Familial Sin or Generational Sin Judgment**

*Generational sin* is a sin judgment which moves through the family line. It is sometimes called familial sin, inherited sin, or rollover sin. God contends with us and our children, because ancestors in our family tree turned away from God and followed other gods, forsaking the One true Lord.

Since you have forgotten the law of God, I will also forget your children (Hosea 4:6).

Your sons will be shepherds (nomads) for forty years in the wilderness, and they shall suffer for your unfaithfulness...(Num 14:33).

Our fathers sinned and are no more; it is we who have borne their iniquities (Lamentations 5:7).

### **Supporting Scriptures**

According to the Scripture, the root cause of some problems may go back a long way in time. There are scores of passages in the Bible that say the sins of the fathers can be passed on to the third and fourth generation. The Hebrew verb, *paqad*, often translated "punish" means to "visit upon, deposit, bear consequences".

Thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me (Ex. 20:4-6).

The Lord passed by in front of (Moses) and proclaimed, 'The Lord, the Lord God, compassionate and gracious, slow to anger, and abounding in loving kindness and truth...yet He will by no means leave the guilty unpunished, visiting the iniquity of fathers of the children and on the grandchildren to the third and fourth generations' (Ex. 34:6-7).

## **B. Consequences of Generational Sins**

How does this happen? Through damaged and destructive emotions, negative behavioral and thought patterns, personality quirks, disposition, idiosyncrasies, and even genetically-inherited diseases. The family lacks the blessing of God upon it.

Psychologists understand that young children model themselves after their parents, even unconsciously. It is not what the parent says, but what the parent does, how he or she behaves in relationship to the other parent and to each of the children that effects the child so deeply.

For example, when love is not modeled by the parents in their marriage, the children do not know how to love their spouses either when they grow up. The children are wounded by the parent's destructive coping mechanisms like coldness, withdrawal of emotions, feigned love, partial commitment, alcoholism, etc.

We pick up the woundedness of our parents along with their sinful attitudes. Numerous studies find that behavioral, emotional, mental, and physical problems often repeat themselves, rolling over from fathers and mothers to their children and grandchildren.

An interesting study of the children of adults who had experienced the Holocaust as children found that they were more likely to suffer from post-traumatic stress disorder. Emotions like rage, anger, fear roll over from generation to generation. So do behaviors like addiction, sexual abuse, violence, fornication, murder, adultery, children out of wedlock, etc. repeat themselves.

In some mysterious way, the iniquities of our fathers affect the children. St. Paul states that we are all members of one another (Eph. 4:25) and that if one member is wounded, all share in the pain (I Cor. 12:26).

### ***C. Biblical Examples of Generational Sin Patterns***

The following biblical case studies give us a foundation for understanding these inherited spiritual dynamics. In each case, the authority figure rebels and deliberately turns away from God to serve other gods, Satan, or the spirits and do terrible evil (Murphy, p. 438) and his descendants follow in his footsteps.

#### ***1. Abraham's Family Tree: Pattern of Lying***

An examination of Abraham's family tree reveals a pattern of lying for four generations. Abraham asked his wife, Sarai, to lie, saying she was his sister, in order to protect his life. Abraham's fear of man and lying was repeated by his son, Isaac, his grandson, Jacob, and his great grandchildren, Jacob's 10 sons (Genesis 12, 20, 26, 27, 37, 31:5). Interestingly, the wives of his son (Rebekah) and grandson (Jacob) also lied. Furthermore both Isaac and Jacob were also lied to.

You are of your father the devil and the lusts of your father you will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaks a lie, he speaks of his own, for he is a liar and the father of lies (John 8:44).

#### ***2. King David's Family Tree: Pattern of moral & spiritual decay, loss of integrity & national sovereignty***

##### **1<sup>st</sup> Generation: King David, Son of Jesse**

David and his family paid a high price for his sins. David lusted after another man's wife, stole the wife, had her husband murdered. tempted Israel, sedition, anarchy, died at childbirth.

David had sexual relations with another man's wife while he was away at war, committed adultery and finally murder. But what David had done displeased the LORD and Nathan the prophet informed David that his family would be full of violence, and one of David's sons would one day lie with David's wives in full public view.

David repented of his sin, and the LORD forgave him. However, the sin had its consequences. There was a curse of death on the child. The baby died, to David's deep regret.

Because by this deed you have given occasion to the enemies of the Lord to blaspheme, the child also that is born to you shall surely die (II Samuel 12:14).

After David's sin, he let one of his sons get away with rape, another with murder. His home was full of violence from then on, and one of his sons planned to overthrow him, staging a rebellion that nearly sacked David's administration. David himself seems to decline in his wisdom and judgment, making many severe mistakes (2 Samuel 11, 12).

### **2<sup>nd</sup> Generation: King David's Sons: Amnon, Absalom, Adonijah, Solomon**

David's son Amnon committed rape with his half-sister, Tamar. David failed to punish his son's crime, even though the law of Moses required either a shotgun marriage or death (2 Samuel 13:1-21). David's son, Absalom arranged to have Amnon killed, committing murder (2 Samuel 13:22 - 14:24). As a result, David took away Absalom's position and Absalom rebelled and conspired to overthrow his father and take his position (2 Samuel 14:28 - 19:8).

Another son, Adonijah, became a traitor to the crown and schemed to obtain one of his deceased father's women for his wife. (1 Kings 1 - 2). Solomon, David's wise son, eventually fell away from God and lived a life full of sin (1 Kings 1 - 11; 1 Chronicles 29:21-25; 2 Chronicles 1 - 9). Out of love for his wives, Solomon built shrines to their heathen idols and participated in the worship of those idols even though they were connected with detestable practices. The idols Chemosh and Molech required human sacrifice of children or infants in their worship.

### **3<sup>rd</sup> Generation: King David's grandson (Solomon's Son) Rehoboam:**

Solomon's son, Rehoboam, also abandoned the LORD and sponsored idol cults and the sins associated with them. With the aid of his wife Maachah, an Asherah worshipper, he ignored the Lord's prohibition and built pagan shrines. These cults involved people in many sinful practices, including most notably male prostitution. Under his leadership, the Kingdom of Judah sank deeper into moral and spiritual decay. The scriptures say that Rehoboam did evil, because he prepared not his heart to seek the LORD" (2 Chronicles 12:14; 1 Kings 12:1-24, 4:21-31; 2 Chronicles 10-12).

### **4<sup>th</sup> Generation: King David's great-grandson (Rehoboam's Son) Abijam (Abijah)**

Rehoboam's son, Abijam, as King over Judah, followed in his father's sinful footsteps (1 Kings 15:1-3).



### **5<sup>th</sup> Generation: King David's great, great-grandson (Abijam's Son) Asa: Man of Integrity**

Finally, after four generations, Asa (Abijam's son) turned to the Lord, worshipped the Lord, and removed paganism and its associated evils from the Kingdom. Even though late in life, he sought secular counsel, the scriptures say that, "Asa did that which was good and right in the eyes of the LORD his God." (1 Kings 15:10-24; 2 Chronicles 14 - 16).

Side bar: In I Kings chapter 14: 1-13, there is an interesting account of God taking a child in sickness in order to preserve the child for Himself: Because of the father Jeroboam's sins of going after other gods and making idols out of gold, God declares He will wipe out his entire family by killing every man and boy in it—except for the child Abijah, because God found some good thing in him.

## **IV. Is There A Curse At Work In My Life?**

The work of the Holy Spirit is to reveal all truth to us. You need to go to the Lord and ask Him to reveal how the kingdom of darkness has gained access to you, and to reveal any specific curse working in your family tree. Spiritual discernment is essential!!!!!!

*Warning: Never assume people fail because of a curse or that they are successful because they do not have a curse operating in their lives. Spiritual discernment from the Spirit of God is a must!*

*Note: all curses do not come from our family trees and sin judgments against our ancestors. They may be "the result of deeds or events" in our own life. It is also possible that a curse from our ancestors may be compounded by things we have done (Prince, 1991). Some curses may be the result of specific sins we commit like anger, bitterness, rage, and rebellion.*

### **A. Types of Blessings and Curses in Deuteronomy 28**

However, in Deut. 28, Moses gives us a list of the various forms blessings and the curses may take. The blessings include health, prosperity, God's favor, victory and fruitfulness in all areas of our lives.

The curses include poverty, failure, unfruitfulness, family breakdown, defeat, oppression, humiliation, and mental and physical sickness. In his study of Deut. 28, Prince (1990) identifies key words like *plague, incurable, extraordinary, fearful, prolonged, lingering*, suggesting they may serve as warning signals that some evil or destructive force is at work.

#### **Sickness**

Many of the curses result in various diseases. Interestingly, sickness and disease are not considered to be blessings. The curses listed in Deut. 28 include diseases like consumption with wasting diseases, severe, burning fever, inflammation, plagues, incurable boils, tumors, scabs or festering sores, incurable itch, madness, blindness, bewilderment of heart, etc.

...the Lord will bring extraordinary plagues on you and your descendants, even severe and lasting plagues, and miserable and chronic sicknesses. And he will bring back on you all the diseases of Egypt of which you were afraid...also every sickness, and every plague which, not written in the book of this law,...because you did not *listen to the voice* of the Lord thy God. Deut. 28:58-63)

## Fear

...the Lord will give you a trembling heart, failing of eyes, and despair of soul...so your life shall hang in doubt before you; and you shall be in dread night and day, and shall have no assurance of life...because of the dread of your heart which you dream (Deut. 28:65-67).

## Breakdown of marriage and family relationships: Alienation

In Malachi, the prophet depicts an evil force at work, alienating parents from children and producing a breakdown of family relationships. He says that unless God intervenes, this curse that is destroying family life will extend to the whole earth, bringing disaster in its wake (Prince, p. 52). The most urgent social problem in our society is the destruction of family life. Satan's goal is to alienate family members from each other and destroy the family. (see Murphy)

You shall beget sons and daughters, but they shall not be yours; for they shall go into captivity (Deut. 28:41).

## B. Seven Indicators

Bible teacher, Derek Prince (1990) identifies seven problem areas that may suggest a curse is at work in our life: mental and/or emotional breakdown, repeated or chronic sicknesses, barrenness, breakdown of marriage and family alienation, continuing financial insufficiency, being "accident-prone" and a history of suicides and unnatural or untimely deaths.

The rule of thumb is that if we have several of these problems at one time or if any one of them tends to reoccur repeatedly, the probability of a curse increases proportionately (Prince, p. 46).

Confusion and depression may be rooted in some type of occult involvement which created a curse on the person.

## V. Breaking Generational Sins and Curses

Thank the Lord, He has provided a way that we can recover ourselves out from under the shadow of the sins or our forefathers—"that they may come to their senses and escape from the snare of the devil" (2 Tim 2:26). Children do not have to die for the sins of their fathers.

When the son has practiced justice and righteousness, and has observed all My statutes and done them, he shall surely live. The person who sins will die. The son

will not bear the punishment for the father's iniquity nor will the father bear the punishment for the son's iniquity (Ezekiel 18:19).

The Lord your God will circumcise ...the heart of your descendants, to love the Lord your God with all your heart and with all your soul, in order that you may live (Deuteronomy 30:6).

They will rebuild the ancient ruins...will raise up the former devastations...will repair the ruined cities, the desolations of many generations (Is 61:4).

Jesus has come so that we might be born again into the family of God. Every human family is a reflection of the fatherhood of God (Eph. 3:14-15). By adoption in grace we can partake of the divine nature and have our households cleansed and liberated from bondage to evil inclinations that are passed down. We have been grafted onto the Olive Tree of Israel's heritage (Rom. 11:13-23). The Root of Jesse has come to heal our family tree (Bro. Daniel F. Stramara, OSB; *Freedom From Ancestral Bondage*, Pamphlet #84; Dove Publications; Pecos, New Mexico 87552 ).

## **A. Biblical Examples**

From the following biblical examples, we can identify the steps to breaking generational sins and curses. are 1) honest heart confession of our sins and the sins of our forefathers; 2) repentance; 3) humility; 4) receiving forgiveness; 5) making amends. These acts break the evil bonds that grip us:

### **1. Nehemiah: Understanding, Responsibility, Confession**

After the destruction of Jerusalem brought by the Babylonian invasion, Nehemiah sought the Lord for his people, weeping and praying, he confessed the sins of the sons of Israel. He understood that his ancestors had been in captivity because of their sinful disobedience to God. He recognized that he and the others who returned from captivity were products of their parent's disobedience and accepted the responsibility to repent not only for his sins, but for the sins of his ancestors and his nation.

I beseech Thee, O Lord God of heaven, the great and awesome God, who preserves the covenant and loving kindness for those who love Him and keep His commandments, let Thine ear now be attentive and Thine eyes open to hear the prayer of Thy servant which I am praying before Thee now, day and night, on behalf of the sons of Israel Thy servants, confessing the sins of the sons of Israel which we have sinned against Thee; I and my father's house have sinned. We have acted corruptly against Thee and have not kept the commandments, nor the statutes, nor the ordinances which Though didst command Thy servant Moses (Neh. 1:5-8).

## **2. Ezra: Understanding, Responsibility, Confession, Humility, Repentance**

Then Ezra, the priest, brings the people before God and reads them the Word of God, "translating to give the sense so that they understood the reading."

They stood before God and confessed not only their own sins, but the sins of their ancestors. They clearly understood that their forefathers had been in captivity because of their disobedience to God. They repented of the sins of their forefathers because they were the product of their parents' disobedience (Wright). Read Nehemiah 8:1-8; 9:2-3.

The sons of Israel assembled with fasting, in sackcloth, and with dirt upon them. And the descendants of Israel separated themselves from all foreigners, and stood and confessed their sins and the iniquities of their fathers. ...for a fourth of the day they confessed and worshiped the Lord their God. ...and they cried with a loud voice to the Lord their God (Neh 9:2-4).

## **3. Baruch: Empty Their Heart Of The Sins Of Ancestors**

Baruch, the scribe of Jeremiah, prays on behalf of the people in bondage: "We long to praise you...for we have emptied our hearts of the evil inclinations of our ancestors who sinned against you" (Bar 3:7, *The New Jerusalem Bible*).

## **4. Acknowledgement, Confession, Humility, Repentance, Cleansing of Heart, Making Amends**

Only acknowledge your iniquity, that you have transgressed against the Lord your God and you have not obeyed My voice, declares the Lord. Return...and I will bring you to Zion...(Jer. 3:13-14).

If they confess their iniquity and the iniquity of their fathers, which they committed against Me, ...if their uncircumcised heart becomes humbled so that they then make amends for their iniquity, then I will remember the land...(?).

If you will return...and if you will put away your detested things from My presence (Jer. 4:1). Wash your heart from evil...how long will your wicked thoughts lodge within you? (Jer. 4:14). Your ways and your deeds have brought these things to you. This is your evil. How bitter! How it has touched your heart! (Jer. 4:18).

If My people who are called by My name humble themselves and pray, and seek My face and turn from their wicked way, then I will hear from heaven, will forgive their sins, and will heal their land (II Chron. 7:14).

## **B. Get Knowledge And Understanding**

Curses thrive on ignorance and arrogance, and are nullified by knowledge and humility (Murphy, p. 444). We need to become knowledgeable about the differences between God's blessings and curses.

My people are gone into captivity, because they have no knowledge: and their honorable men are famished, and their multitude dried up with thirst (Is. 5:13).

My people are destroyed for lack of knowledge...Since you have forgotten the law of your God, I will also forget your children (Hosea 4:6).

The fear of the Lord is the beginning of knowledge...(Prov. 1:7).

The fear of the Lord is the beginning of wisdom; and the knowledge of the holy is understanding (Prov. 9:10).

I will give them shepherds according to my heart, which shall feed you with knowledge and understanding (Jer. 3:14-15).

### ***C. Recognize You Have An Enemy***

We need to recognize that we have an enemy who wants to kill, rob, and destroy us. From the work of Jesus here on earth, it is clear that physical healing, inner healing and deliverance go hand in hand. He did three things: healed the sick and oppressed; announced that the Kingdom of God is here; and treated sickness as an enemy. He dealt with demonic activity, setting people free from evil spirits.

- The Son of God appeared for this purpose, that He might destroy the works of the devil (I John 3:8).
- Jesus came to destroy the works of the devil (Acts 10: 37-39).
- God anointed Jesus of Nazareth with the Holy Spirit and power, and he went around doing good and healing all who were under the power of the devil (Acts 10:38).
- Jesus healed every kind of disease and every kind of sickness (possessed with devils); lunatics (moonstruck); palsy (feeble, paralyzed); divers diseases (maladies) and torments; and healed those oppressed by the devil (Matt. 4:24).
- Through death He might render powerless him who had the power of death (Heb. 2:14-15); I have the keys of death and of Hades (Rev. 1:18).

### ***D. Forgive Others From Your Heart***

Forgiveness is key to our own healing, thus it is vital that you understand what true forgiveness is. We need to make peace in our heart with everyone who has ever hurt us and get that cleared up before God. We need to forgive your father or mother and all other family members for what they did or did not do in our life. Pray, asking the Lord to teach you about forgiveness.

#### ***1. Unforgiveness, a block to healing the broken heart***

Read Mark 11:22-26. The Lord makes it clear that forgiving others is a condition to receiving the desires of our heart—our healing. Some sobering thoughts: According to the Lord's prayer, we will not be forgiven if we do not forgive others for their sins against us (Matt. 6:9-15).

Forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil...(Matt. 6:12-13).

For if you forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses (Matt. 6:14-15).

And whenever you stand praying, forgive, if you have anything against anyone; so that your Father also who is in heaven may forgive you your transgressions. But if you do not forgive, neither will your Father who is in heaven forgive your transgressions (Mark 11:25-26).

## ***2. Unforgiveness holds the curse on us.***

The Scriptures command us to forgive before we can be freed, because demonic bondages often stem from broken relationships of trust between people (Banks, p. x). When we hold another's sins and do not forgive them, we are holding the curse upon ourselves. When we will not let go of the sins of others, we are keeping that person under the "bondage of my judgment".

If you forgive the sins of any, their sins have been forgiven them; if you retain the sins of any, they have been retained (John 20:23).

So shall My heavenly Father also do to you, if each of you does not forgive his brother from your heart (Matt. 18:35).

### ***Genuine forgiveness is from the heart***

Real forgiveness must come from the heart. The heart must be postured with an attitude of forgiveness toward the person:

...if each of you does not forgive his brother from your heart (Matt. 18:35).

Forgiveness becomes easier if you can separate the person who hurt you from the sin they did against you, just like the Lord did for you. He loved you even in your sin, because He was able to separate you from your sin. This means that we too can forgive others of their failures yet love them.

Jesus was saying, 'Father forgive them; for they do not know what they are doing' (Luke 23:34).

I say to you, love your enemies, and pray for those who persecute you (Matt. 5:44).

Love your enemies, and do good... be merciful, just as your Father is merciful (Luke 6:35-36).

## ***E. Stop Speaking Evil Against Others***

When we speak evil against someone, we bring a curse upon ourselves. Ponder on the following scriptures:

Every man of you who passes judgment for in that you judge another, you condemn yourself...(Rom. 2:1).

Do not judge, lest you be judged. For in the way you judge, you will be judged; and by your standard of measure, it will be measured to you (Matt. 7:1-2).

## ***F. Learn To Hear God's Voice and Obey Him***

The basic requirement throughout the Bible for the blessings of God is that people listen to and hear God's voice and do what He tells them.

All these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the Lord thy God (Deuteronomy 28:1-2).

Now then, if you will indeed obey My voice and keep My covenant, then you shall be My own possession...(Ex 19:5).

My sheep hear My voice and I know them, and they follow Me (John 10:27).

Under the new covenant, God communicates with us Spirit-to-spirit. He speaks by His Spirit to our spirit. We know His voice in the innermost depths of our being. "Hearing the Lord's voice implies an intimate relationship with Him in which He can speak to each one of us personally" (Prince, 1990, p. 41).

## **➤ Your Response**

### ***Preparation***

#### ***1. Read your Bible and meditate on the scriptures used in this lesson***

Read and study the scriptures in this lesson including Deut. 28 on the blessings and the curses. Note verse 13 says that God will make us the head and not the tail. Reflect on whether you play the role of the head or the tail. Being the tail suggests that you are dragged around situations and forces that you cannot control or do not understand.

Read all Nehemiah 8-11 to fully understand how the people confessed their sins. Note that when they finished, they make an agreement in writing and sealed the document with the names of their leaders, Levites and priests as to exactly how they would honor God (Neh. 9:38).

You need to get into the Bible and read it every day. Spend time in it on a daily basis. It is full of truth. Soak yourself in it, and gradually truth will enter into your heart. No other place. It will direct you to center in on Jesus Christ and a living relationship with Him.

Read and meditate on the scriptures until the Lord gives you a personal word of direct revelation—they become alive to you, touching you deeply in every area of your personality. The words on paper must be transformed by the Holy Spirit into a “living voice” (Prince, 1990).

**2. Pray, “Lord what people in my family tree have contributed to my heart issue of \_\_\_\_\_ “ ? (Remember the heart issue you chose to work on in Part I.)**

Ask the Lord Jesus, who knows all things, to reveal to you the sins and iniquities of people in your family tree.

Dear Heavenly Father,

I thank You that I belong to You. I want to honor my mother and my father, but I also know that my family heritage is not perfect. I ask You to reveal to me the sins and transgressions of people in my family tree so that I can confess them before You and turn away from them. In the name of Jesus Christ of Nazareth, I pray.  
Amen.

**Explore your family tree**

What do any of the people in your family tree have in common with you that could be considered sin and be related to your heart issue? (Virkler & Virkler, 2000). In what ways might you be living out sinful patterns in your family tree? Depression, suicidal desires, bitterness, anger, fear, sexual perversion, prejudice, etc. Write these down as the Lord shows them to you.

Did your ancestors know Christ? Were they Christians? Do you know if they were righteous or unrighteous people?

What were their personalities like? Were they filled with fear, hate, envy, strife, bitterness, jealousy, etc. or love, kindness, and mercy? Were certain emotional patterns repeated in other members? Who?

What characteristics of relationships are repeated in your family tree? Mothers and daughters not getting along? Abandonment by fathers? Hatred of mothers? Marital infidelity?

Do you know what negative behaviors male members of your family tree brought into your family? What did they do for a living? What pain and destruction did they cause?

What inherited diseases or other medical conditions were repeated in your family tree?

How many family members had/were/lived...Premature death? Suicide? Depression? Mental problems? Divorce? Continuous poverty? Isolated and alienated from other members? Alcoholics or drug addicts? Sexual perversions? Violent? Etc.

**3. Consider Who You Need To Forgive? Stop Judging?**

Who do you need to forgive? When you think of someone who has wronged you, what do you feel in the pit of your stomach? Does your stomach tighten? Is there a ping in



your spirit when you think about someone? Make a list of the people you will need to forgive.

Complete this sentence: "I need to forgive \_\_\_\_\_."  
"

Then state why you need to forgive them: How did they hurt you? What did they do to you or fail to do for you?

"I need to forgive them for: \_\_\_\_\_."

Complete this sentence: "I need to stop judging \_\_\_\_\_."  
"

Then state why you need to stop judging them: Did they hurt you? What did they do to you or fail to do for you that causes you to judge them? Have you forgiven them? If not do so now.

#### **4. Make A Decision: Choose Who You will Serve**

Make a decision to follow the Lord, in faith and obedience. Decide to lay down your rebellion, surrender, and make Jesus Christ Lord of your life. Decide to do all that the Lord Your God asks of you.

I call heaven and earth to witness against you today, that I have set before you life and death, the blessing and the curse. So choose life in order that you may live, you and your descendants, by loving the Lord your God, by obeying His voice, and by holding fast to Him; for this is your life and the length of your days... (Deut. 30:19,20).

Lord, I make a decision to follow You, in faith and obedience. I will do what You ask me to do. Lay down your rebellion and surrender to the Lord. I choose to make You Lord of my life.

## **Doing Business With God**

Repenting of family sins and breaking curses involves the following actions: turning toward God; repenting and confessing our sins; making a verbal renunciation of our association with it;

recognizing that we have made a negative confession about ourselves and we must repent of it; and unsay or cancel it with confession of our mouth. We must replace our previous wrong confession with the right one. The following examples of prayers have primarily been taken from Prince, 1990.

### **1. Start by welcoming the Holy Spirit's presence to guide and empower you.**

Position your heart in humility before the Lord. Come before the Lord, tell Him the heart issue you are bringing to Him. Give your heart to God now; allow Him to access your heart.

**2. Confess aloud your faith in Jesus Christ and His sacrifice on your behalf.** Read Romans 10:9-10. Acknowledge that it is solely on the basis of what Jesus has done on your behalf that you are receiving your freedom now.

**3. Repent of all your rebellion and your sins as well as your family's sins.**

Confess aloud your own sins and the sins in your family tree that you are dealing with.

Lord Jesus, I confess my sin of ..... and I ask you for your complete forgiveness. I choose to acknowledge this as sin and allow you to cleanse me of all my unrighteousness. Make me clean and whole and release me of this sin. I know I am helpless in overcoming it on my own, and unless you set me free I will never be free. I ask this in the name of Jesus. Amen.

If you see it in your family tree, bring that to the Lord to. Confess the sins of your ancestors to the Lord, and claim forgiveness for all your sins and the sins of your ancestors.

I confess and repent of the sin of my ancestors, my parents, and my own sin of and of my anger and resentment against You, God, for allowing this to happen in my life.

**4. Forgive Others**

Make a decision to forgive all other people who have ever hurt you. Then verbalize your decision, by saying out loud, "Lord I forgive..." and name the person or persons involved and state specifically what their sin is. Declare your total dependence on God to free you. Ask God to release and forgive you of the sin; state your desire to turn from it and receive His grace. Also ask God to forgive you for judging others. State your desire to turn away from this sin and receive His grace.

Lord Jesus, I forgive..... for .....and I ask you for your complete forgiveness. I choose to acknowledge this as sin and allow you to cleanse me of all my unrighteousness. Make me clean and whole and release me of this sin. I ask this in the name of Jesus. Amen.

Lord Jesus, forgive and release my ancestors .....for passing on to me this sin and for the resulting curses of...(be specific).

Lord I confess my sin of judging ..... and I ask you for your complete forgiveness. I choose to acknowledge judging .....as sin and allow you to cleanse me of all my unrighteousness. Make me clean and whole and release me of this sin. I desire to stop judging this person. I am helpless in overcoming it on my own, and unless you set me free I will never be free. I ask this in the name of Jesus. Amen.

**5. Renounce Contact with Occult or Satanic**

Many of God's people are involved with occult or satanic things simply because of their ignorance of pure Christianity. As a result they have mixed some ungodly things with

their Christian experience. If you or your family have been involved with idolatry or any occult activities, you will need to repent of this and renounce it as well.

St. Paul said his mission was to open the eyes of the blind, that they might turn from the kingdom of darkness to the kingdom of God. If you are not sure if something you were involved with brought you into contact with the realm of the kingdom of darkness, ask the Lord to reveal it to you in some way.

I renounce all contact with anything occult or satanic. I commit myself to destroy any “contact objects” and I cancel all of Satan’s claims against me. I now belong to the Kingdom of God and His Son, Jesus Christ.

## **6. Pray Release From Any Curse**

Lord Jesus, I believe that on the cross You took on yourself every curse that could every come upon me. So I ask You now to release me from every curse over my life—in Your name, Lord Jesus Christ. By faith I now receive my release and I thank You for it. (Prince, p. 195)

***These prayers are examples you can adapt for your own use.***

Father in Heaven,

I confess and repent of the sin of my ancestors, my parents, and my own sin of and of my anger and resentment against You, God, for allowing this to happen in my life.

I forgive and release my ancestors for passing on to me this sin and for the resulting curses of...(be specific).

I ask You to forgive me, and I receive Your forgiveness. I forgive myself for participating in this sin.

I belong to You, and I place the cross of Christ between my ancestors and myself, as a baby in my mother’s womb.

I command the sin of.....and all accompanying curses to be halted at the cross of Jesus Christ, and for freedom and release to flow down from the cross of Christ to that baby in the womb. I command every familiar spirit to leave my presence.

In the name of Jesus Christ of Nazareth, I thank You. Amen.

Primarily taken from Virkler & Virkler (2000), *Contributing Strands Worksheet*, p. 6.).

My Heavenly Father,

I believe that the Lord Jesus Christ is the Son of God and the only way to God; and that He died on the cross for my sins and rose again from the dead. I give up all my rebellion and all my sins, and I submit myself to You as my Lord.

I confess all my sins before You and ask for Your forgiveness—especially for any sins that exposed me to a curse. Release me also from the consequences of my ancestors' sins. By a decision of my will, I forgive all who have harmed me or wronged me—just as I want God to forgive me. In particular I choose to forgive.....name the person/s.

I renounce all contact with anything occult or satanic—if I have any "contact objects," I commit myself to destroy them.

I cancel all of Satan's claims against me.

Lord Jesus, I believe that on the cross You took on Yourself every curse that could ever come upon me. So I ask You now to release me from every curse over my life—in Your name, Lord Jesus Christ. By faith I now receive my release and I thank You for it.

Lord, I now open myself to receive Your blessing in every way You want to impart it to me. Holy Spirit, I open my heart and mind to You. Reveal to me the blessings that Jesus has obtained for me and how I may receive them. Amen. .

Primarily taken from Derek Prince (1990).

## References

- Prince, Derek (1990). *Blessing or Curse. You Can Choose*. Chosen Books: Grand Rapids, MI.
- Mark & Patti Virkler (2001), *Prayers That Heal the Heart*. Bridge-Logos: Gainesville, FL 32614 USA. [www.bridgelogos.com](http://www.bridgelogos.com) International Standard Book Number 0-88270-852-X. The Virkler's ministry is called "Communion With God (CWG) Ministries": Tel: (1) 800 466 6961; [www.cwgministries.org](http://www.cwgministries.org)