



# Assignments for Session 5: Overcoming Family Sin Patterns

## Key Words for you to know & explain

1. Family sin patterns
2. Generational sin
3. Blessings and curses
4. Spiritual disciplines
5. Fasting
6. Meditation

## Listen to my audio recordings for Session 5: “Overcoming Family Sin Patterns.”

## Reading Plan & Personal Study

Read these Scriptures and consider what they mean to you. Which one is most important to 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... (Deuteronomy 30:19,20).
- Jesus said, “For nothing is secret that will not be revealed, nor anything hidden that will not be known and come to light” (Luke 8:17).
- But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth. This wisdom is not that which comes down from above, but is earthly, natural, demonic (James 3:14-15).
- Since you have forgotten the law of God, I will also forget your children (Hosea 4:6).
- 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 (Exodus 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 on the children and on the grandchildren to the third and fourth generations’ (Exodus 34:6-7).
- Our fathers sinned and are no more; it is we who have borne their iniquities (Lamentations 5:7).



- Therefore, laying aside falsehood, SPEAK TRUTH EACH ONE of you WITH HIS NEIGHBOR, for we are members of one another (Eph. 4:25).
- And if one member suffers, all the members suffer with it; if one member is honored, all the members rejoice with it (I Cor. 12:26).
- Therefore, confess your sins to one another, and pray for one another so that you may be healed. A prayer of a righteous person, when it is brought about, can accomplish much (James 5:16)
- You have heard that it was said, 'YOU SHALL NOT COMMIT ADULTERY'; but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart. Now if your right eye is causing you to sin, tear it out and throw it away from you; for it is better for you to lose one of the parts of your body, than for your whole body to be thrown into hell. If your right hand makes you stumble, cut it off and throw it from you; for it is better for you to lose one of the parts of your body, than for your whole body to go into hell. (Matt 5:27-30)
- But the things that come out of the mouth come from the heart, and those things defile the person. For out of the heart come evil thoughts, murders, acts of adultery, other immoral sexual acts, thefts, false testimonies, and slanderous statements {Matt 15:18-19}
- Christ redeemed us from the curse of the Law, having become a curse for us—for it is written, “Cursed is everyone who hangs on a tree” — in order that in Christ Jesus the blessing of Abraham might come to the Gentiles, so that we would receive the promise of the Spirit through faith (Galatians 3:13-14).

### Reflection Exercises

- What were the family sin patterns in King David's family tree?
- What were the family sin patterns in Abraham's family tree?
- 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 pain and destruction did they cause?
- How many family members had any of the following: Premature death? Suicide? Depression? Mental problems? Divorce? Continuous poverty? Isolated and alienated from other members? Alcoholics or drug addicts? Sexual perversions? Pornography, Adultery? Violence, Abuse? Anger? Etc.?
- Was any one in your family tree involved with the occult such as sexual spirits; Ouija boards; spells, curses, spirit guides; séances, superstitions, Satanism, tarot cards, witchcraft, palm reading?

### Spiritual Action Steps

1. 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 the sin patterns 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.
2. Ask the Lord Jesus, who knows all things, to reveal to you the generational sin patterns in your family tree.



3. Pray, asking God who you could talk with that would help you learn more about sin patterns in your family tree.
4. Who is the keeper of your family legends? Talk with them about your family secrets and sins.
5. What do any of the people in your family tree have in common with you that could be considered sin?
6. What are the sin patterns in your family tree?
7. How do those family sin patterns manifest themselves in your life? Be honest.
8. 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
9. What actions do you need to take to overcome them?
10. What gracious prayer partners can help you?
11. What spiritual disciplines would be most important to you?
12. What virtues do you need to build on and pray into your life, given your sinful behaviors?

### **Meditate**

What scriptures can you begin to meditate on and pray into your life? Write the verses down, memorize them. Meditate on them every morning and as you go through the day.

### **Draw a symbolic picture of your family-of-origin**

Choose a symbol to represent each member of your family and then draw it out.

### **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.

### **Confession**

“Through the sacrifice of Jesus on the cross, I have passed out from under the curse and entered into the blessing of Abraham whom God blessed in all things.”