

Understanding and Breaking Generational Curses

You'll notice that the word "generational" has the words "gene" and "rational" in it.

Google defines gene as: (in informal use) a unit of heredity which is transferred from a parent to offspring and is held to determine some characteristic of the offspring.

Merriam Webster defines rational as: relating to, based on, or agreeable to reason

A generational curse is really just whatever measure of guilt, shame and perversion you've inherited from your parents.

Proverbs 13:22 states, "A good man leaveth an inheritance to his children's children: and the wealth of the sinner is laid up for the just." Unfortunately, many of us didn't receive a good inheritance from our parents; instead, we inherited their strongmen, their weaknesses and their proclivities.

I sent you all out a chart, detailing the shape of the soul. On this chart, you'll see the shape of a healthy soul and you'll see the shape of an unhealthy soul.

Each soul has a shape or better yet, a form. This is why God said to be transformed by the renewing of your mind. David said, "I was shapen in iniquity." In this, he's pretty much trying to describe why he kept failing and falling into temptation. In this, he was saying to God that he is prone to certain behaviors because of the genes he'd inherited from his parents.

Our parents don't just transfer their issues to us; they also teach us right and wrong. And if they've never learned the difference between the two, we weren't just shapen in iniquity, we were raised in it. In other words, some of what the Bible refers to as sin or transgressions is normal behavior for us.

Examples of Generational Curses

1. Woman is born to and raised by a lust-filled mother who can never seem to stay in a relationship. She too dabbles in promiscuity, has multiple children and can't seem to stay in a relationship.
2. Man is born to father who is a womanizer, a man who never sticks around to raise his children. The son grows up and does the very same thing he swore not to do.
3. Woman born into a Jezebellic family.
4. Man born into poverty.

These are just a few examples of what we now call generational curses.

What is the biblical backing for this? Are generational curses real? After all, some theologians would argue that they are not.

Exodus 20:5: You shall not bow down to them or serve them, for I the LORD your God am a

jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me,

John 9:1-3: As he passed by, he saw a man blind from birth. And his disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "It was not that this man sinned, or his parents, but that the works of God might be displayed in him.

Jeremiah 31:29: In those days they shall no longer say: "'The fathers have eaten sour grapes, and the children's teeth are set on edge.'

Before we move any further, children are no longer punished for their parents' sins, HOWEVER, we inherit the shape of their souls; this means that we are prone to the same issues, for example, children born to addicts are twice as likely to become addicts as compared to children born to non-addicts.

If you're struggling, for example, with sexual immorality, it may very well be a stronghold in your family.

A lot of times, we try to stop sinning, hoping that by doing so, we'll eventually lose our appetite for sin. Quick question. Have you ever lost your appetite for anything you liked? Chances are, the answer is no. You simply learned how to deny yourself until your body started craving something else. This means that the soul is still out of shape; you're simply learning to overcome it. But we want to change the shapes of our minds, will and emotions. How do we do this? How do we turn away from the very sins that we've come to love?

1. Make sure you're in a good, godly church home.
2. Cry out to God.
3. Confess your sins one to another.
4. Every time you're tempted with that sin, reject it, verbally renounce it, and if it starts overwhelming you fast and tell your accountability partner.
5. Have some hard conversations with your family members.
6. Get counseling (medical and deliverance counseling if needed)
7. Change your circle. Get better friends.
8. Change what goes into your ears and eyes.
9. Make it a law in your life that you won't return to that particular sin.
10. Change your dreams. Dream bigger.
11. Change your settings. Get out and do new things.
12. Learn something new.
13. Study and show yourself approved. Study the Word of God and also study whatever it was that you were struggling with so you won't be tempted to return to it.
14. Kill your ambitions. Let God order your steps.
15. Surround yourself with a multitude of counselors.

16. Occupy your time with things that grow and mature you, not events that entertain you.
17. Testify and teach!
18. Get out and help others.
19. Make forgiveness a part of your daily diet.
20. Go through deliverance whenever you need it.