

Prayers, Decrees to Break Your Family's Generational Curses

We diagram a family tree to discover our family lineage. We write down our relatives' names, and how they were related to us, and if we dig deeper, we usually discover where they came from. Our family trees can contain valuable information to our spiritual walk and seeking deliverance.

Have you ever thought about diagramming a family tree to help discover health ailments, emotional issues and spiritual generational curses? Going back can often help us to move forward.

Health Generational Curses

Our doctors ask us on our yearly checkup report what diseases our parents have and about others that run in our family. They use that information to order routine tests and make sure we aren't being attacked with those same diseases. Did you ever think of taking what you know about your family medical history and using it as a tool for healing and deliverance? Why are we just documenting a disease for a doctor to tell us we will someday inherit that generational curse of infirmity? Why aren't we diagramming these medical conditions to discover the root cause and demonic infliction of our bodies?

Emotional Generational Curses

In our generational line there have also been emotional issues we have inherited, such as depression, bipolar disorder, control, anger and fear. When our parent has manifested fear, anger and control, we often manifest that behavior through a generational curse and how we observed their reactions and actions. We were a product of that curse, because they modeled

fear, anger and control, and we took on those behaviors. Over time, when we don't rebuke and renounce them, they turn into a strongman and manifest as a generational curse.

A Family Tree Can Bring Knowledge and Freedom

How can we take what we know about our family line in order to bring physical healing into our bodies and deliverance from emotional strongholds? When I lead people through generational curses, it isn't as easy as saying, "All generational curses be gone in Jesus' name." We need to evaluate what is in our tree, if we can find its entry point or if we are starting a new curse upon our generations to come. I take people through diagramming a spiritual and physical family tree, just as you would create a family tree with Grandma and Grandpa at the top and Mom and Dad next. Then add your brothers and sisters. You can even add your children if you want to find out what is already passing on to them.

Under each person's name or how they are related to you such as mom, son, grandma and so on, write the following:

1. What have they experienced in their life, such as:
 - a. Trauma.
 - b. Poverty.
 - c. Abortion.
 - d. Divorce.
2. What physical afflictions have they suffered, such as:
 - a. Near-death experience.
 - b. Attempted suicide.
 - c. High cholesterol.
 - d. Diabetes.
3. What emotional ailments do they suffer, such as:
 - a. Depression.
 - b. Anger.
 - c. Bitterness.
 - d. Fear.

Write down as many things as you can under each person's name. Go through your tree and discover what is repeating through the generations. What commonalities are there? Now you have discovered the generational curses in your family line.

Seek the Holy Spirit for Guidance

Pray and ask the Holy Spirit where to start. Go through each category listed: experiences, physical and emotional. Start with three items at a time and take them to prayer. Ask the Holy Spirit to lead you through the healing process of each and make sure you have offered forgiveness to anyone involved. You may have to search out some books, the Bible or YouTube videos on the subject you are trying to receive freedom from in order to gain more information and understanding.

After you have received the emotional healing and know you are ready to proceed to the next subject, cast out the demon associated with the generational curse. Say something like this out loud (learn the power of praying out loud in my book, *Speak Out*, from Creation House), "Generational curse of fear (or whatever your ailment was), I cast you out in the name of Jesus Christ. I break agreement with you, and I command you to plague me no more, in the name of Jesus." Pray a prayer of proclamation declaring your victory and commanding the demonic spirit to leave.

Declare Your Freedom

When you are free of your emotional ailment, start speaking out and declaring out loud the victory you have, such as; "I thank you, Lord, I am free from fear and that Your Word says, "For God has not given us the spirit of fear, but of power, and love, and self-control" (2 Tim. 1:7). Declare the truth you know and a Scripture that correlates to your situation.

Manifest Your Physical Healing

Now that you have diagrammed your physical infirmities, go

through them and see how you can manifest your healing. You don't have to live with generational high blood pressure or any generational disease.

The healing process to physical afflictions:

When breaking and removing generational health concerns from ourselves, I do believe we have a part to play. We can't simply say, "Generational curse of diabetes, I command you to go in Jesus' name," and then eat sugar, gluten and every other food item that contributes to diabetes.

When we are attempting to break the generational curses that affect our health, we must do our part and co-labor with the Lord. What does that mean? We need to exercise, lose weight, get healthy and follow doctor's orders of what we should do. When you have changed your lifestyle and are seeing improvements in your health, it is time to attack the spiritual realm.

Proclaim and pray over your body (out loud):

- I break agreement with sickness and disease in my body and declare, "By His stripes, I am healed" (Isa. 53:5).
- I command every generational curse of sickness (list the disease by name) to go and get out of me in Jesus' name.
- I repent and renounce every participation I did to enhance or co-labor with this disease (such as hang on to stress instead of releasing it) in Jesus' name. "Spirit of stress, I command you to leave my body in Jesus' name."
- I declare and decree, "I am redeemed of the curse."
- "Body, I speak to you and command you to line up with the Word of God."
- "Health and healing are mine because of what Jesus did for me."

These proclamations will release faith over your life. Keep praying them, keep speaking them and keep believing in them.

We have been redeemed from the curse and do not have to live with it. But this doesn't mean our generational curses all left when Jesus died on the cross. If you believe that, then I ask you, "Do you not suffer from any of your parents' health ailments or emotional behaviors?" If they all went at the cross, we would be living in total victory and freedom. As we diagram them and work through each one, we can be healed, delivered and set free. In my book, *Discerning and Destroying the Works of Satan*, learn more about generational curses and the freedom you can receive, which is available anywhere books are sold or at . {eoa}

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