



Soul Care: **Overcoming** **Family Sin Patterns**

What family sin patterns exist in your family? What sinful tendencies may have been passed down to you from your culture of origin?

Where do you have family sin patterns that need more protective measures? Where can you use a no-compromise policy?

Which family sin patterns have enough pull on your soul that they demand you deal with them severely? What severe steps can you take to deal with this sin pattern?

When Kingdom culture clashes with my family of origin culture, I must choose Kingdom culture. And it is Kingdom culture to walk in the light with God and others so we can be free.

Sometimes we see our family sin and rebel against it in an effort to overcome it. But there is no victory in rebellion. We must discover the sin and stand in the light of Jesus. What vows have you made not to live like your parents or other family members? Confess them and cancel them by the Holy Spirit.

In a moment of quiet reflection with the Holy Spirit ask:

What patterns of sin in my family are affecting me?

(eg. lying, stealing, murder, abuse, fighting, gossip, abortion, breaking promises, etc.)

What spiritual disciplines can I apply that will help counteract my family sin pattern?

Consider: fasting, confession, solitude & silence, giving, etc.

What addictions or dependencies do I struggle with?

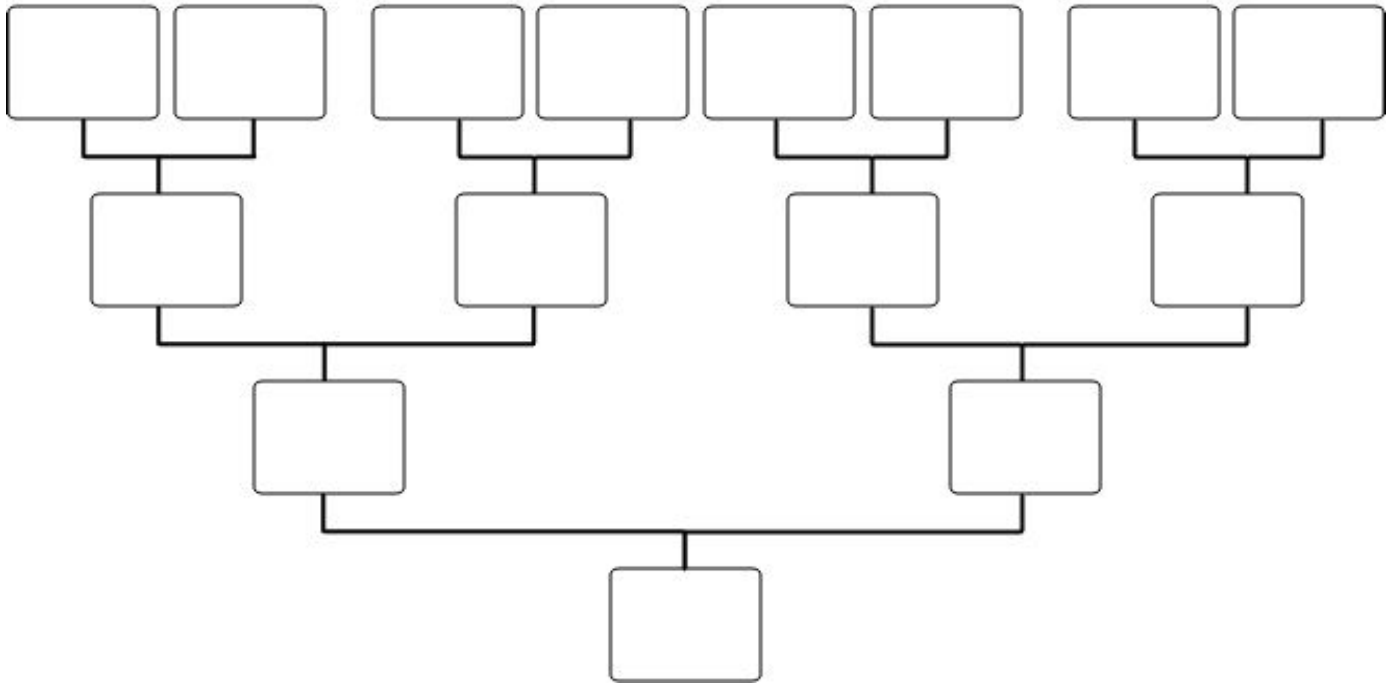
(eg: alcohol, credit cards, eating disorders, media, gambling, drugs, workaholism, materialism, smoking, idolatry, other)

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners (Isaiah 61:1)

What virtues do you need to build into your life, given your family sins? What Scriptures can you begin to meditate on and pray into your life?

“Meditation moves truth from your head to your heart. It embeds the truth of God’s Word into your heart as a core value.”

Use the Genogram template below to help you map your family history to give you better insight into your family sin patterns. You may want to talk to your family’s historian or keeper of family legends (a relative that remembers and keeps track of the members in your family).



We deal radically with sin before it deals radically with us