

PARTE VI: Confesión Del Pecado Generacional (English)

📅 Fecha @August 10, 2022

REVIEW EMOTIONALLY HEALTHY COMMUNITY

Before we start this practice, we are going to mention the guidelines for an emotionally healthy community to make sure we practice it today.

- **Be Prepared**
- **Speak for yourself**
- **Respect others**
- **Do not try to fix, save, or correct other people**
- **Don't make assumptions**
- **Trust and learn from silence**
- **Maintain confidentiality**
- **Consistency**
- **Get out of your comfort zone**

QUESTIONS ABOUT LAST WEEK'S PRACTICE

- When doing this practice, what were some patterns, scripts, traditions and values that you decided to start, stop and/or continue?
- How has this practice cultivated a spirit of gratitude for your family and your history?
- Any anecdote/story from last week's practice that you would like to cheer up the whole group with?
- Any breakthrough "aha" moments you've experienced?

READ THIS SUMMARY

We are in the final weeks of our **Dealing With Our Past** practice. We are going to take these last few weeks to “Close” some of the circles and patterns that we started at the beginning of the practice. Because as C.S Lewis said, "A sum can be corrected: but only by going back until the error is found and working again from that point, never simply continuing."

This week we will be reflecting on; 1. Specific memories and confronting our emotions and interpretations. 2. Acknowledging the generational sins of our family and repenting.

The best time to do this practice is in your Silent and Quiet time.

Then take the memory to a trusted friend who is a follower of Jesus or his facilitator and have him confirm or correct his findings.

READ THE BIBLE TOGETHER

Psalms 103:1-5

- As you read this Psalm, which line gives you the most encouragement/comfort as you deal with your past?
- What do you think the psalmist meant when he said “do not forget all the benefits of it”?
- How does the promise of redemption in this Psalm give you hope as you look to the future?

PRACTICE OF THE WEEK

Note:

- Although this is week six, the first practice of this week will be found in the genogram guide under week five.
- The second practice does not have a specific place so you can do it on a separate sheet or in one of the previous weeks (because it will be related)

Here is the practice of the week:

PART ONE

EXERCISE 1: MEMORY

- Take out your genogram workbook from last week and go to the last page. Get comfortable and quiet and put away any other distractions.
- Invite the Holy Spirit to bring to your mind a memory that needs healing. This could be a memory that you think about often and haven't been able to get rid of, or it could be something you haven't thought about in years.
- After the memory arrives, write it in the part that says "memory."

EXERCISE 2: EMOTIONS

- Next, write the emotions that are connected to that memory (or the event in the memory).
 - Remember, no emotion (positive or negative) is insignificant.
- If you have trouble identifying emotions, ask the Holy Spirit to help you and reveal the emotions you felt and feel around the memory.
 - This could include emotions like fear, jealousy, loneliness, etc.

EXERCISE 3: INTERPRETATION

- Finally, write your interpretation of that memory. What script did you hear, carry forward, or believe about yourself based on that specific experience?
 - This will include things like; how the memory impacted what you believe about who you are, who God is, what is true and what is not true, how it has impacted how you have been living, etc.
- Once again, do not be afraid to wait on the Holy Spirit and ask him to help you recognize what you have believed.
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EXERCISE 4: THE TRUTH

- Now, ask the Holy Spirit if your interpretation is true. If not, ask him to tell you which one is **the truth**.

- Write the truth that the Holy Spirit reveals to you.
- Finally, share what you have experienced.
 - Connect with a follower of Jesus that you trust and feel safe with, or with your facilitator and share the memory, the emotion and the interpretation.
 - Allow them to speak and help you interpret what is true.
 - Finally, take a few minutes to pray and thank the Holy Spirit for his help and healing.
 - Repeat this practice while the Holy Spirit brings the memory to mind.

PART TWO

- During your time of silence and solitude pray and ask the Holy Spirit to be with you during this time.
- Now, slowly, start looking at each of the sheets of the genogram guide that you have filled out.
 - Reflect on the good, and on the bad.

Now let's build our confession like Daniel did:

1. On one of the genogram guide sheets on the back, list two things:
 - Of the sins and patterns that have been in your family.
 - And of the sins and patterns that you are having at this moment.
 - Be sure to ask the Holy Spirit to be the one to show you what they are.
 - Remember that the Spirit brings conviction of sin but not guilt. Any guilt and shame belongs to the enemy.

2. Now confront those sins with the word of God:
 - Look for verses that speak clearly about that sin.

- Ex: Lying - Lying lips are an abomination to Jehovah; But those who do truth are content with him. Proverbs 12:22
- Gossip - Avoid all obscene conversation. On the contrary, may his words contribute to the necessary edification and be a blessing to those who listen. Ephesians 4:29

3. Ask the Holy Spirit to bring you conviction of sin:

- This is specifically for the sins you have committed.
- If you know that you are still practicing that sin, and you have not stopped, ask the Holy Spirit to show you and convince your heart that what you are doing is wrong.

4. Now with the list in hand, confess each of the sins and ask for forgiveness:

- Remember that it is asking for forgiveness for your sins and for what your ancestors did.
- Remember to say each of the sins, by name.
 - Don't say, forgive me for my sins.
 - Say, forgive me for telling lies. Forgive me God because I love money more than you.

Note: Remember that the first part of this practice is in the genogram guide under week FIVE.

And the second part can be done on a separate sheet or on the back of the genogram guide.