



# Legacy

Generational Patterns



Biblical examples of family legacies....

Lois, Eunice and Timothy (faith)

I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also.

Abraham, Isaac and Jacob (lying)

Gen20:2 ...there Abraham said of his wife Sarah “She is my sister”;

Gen 26:7 When the men of that place asked him (Isaac) about his wife, he said “She is my sister”;

Gen 27:32 His father Isaac asked him (Jacob) “Who are you?” “I am your son, your firstborn, Esau”



## **We have been born again into a new family....**

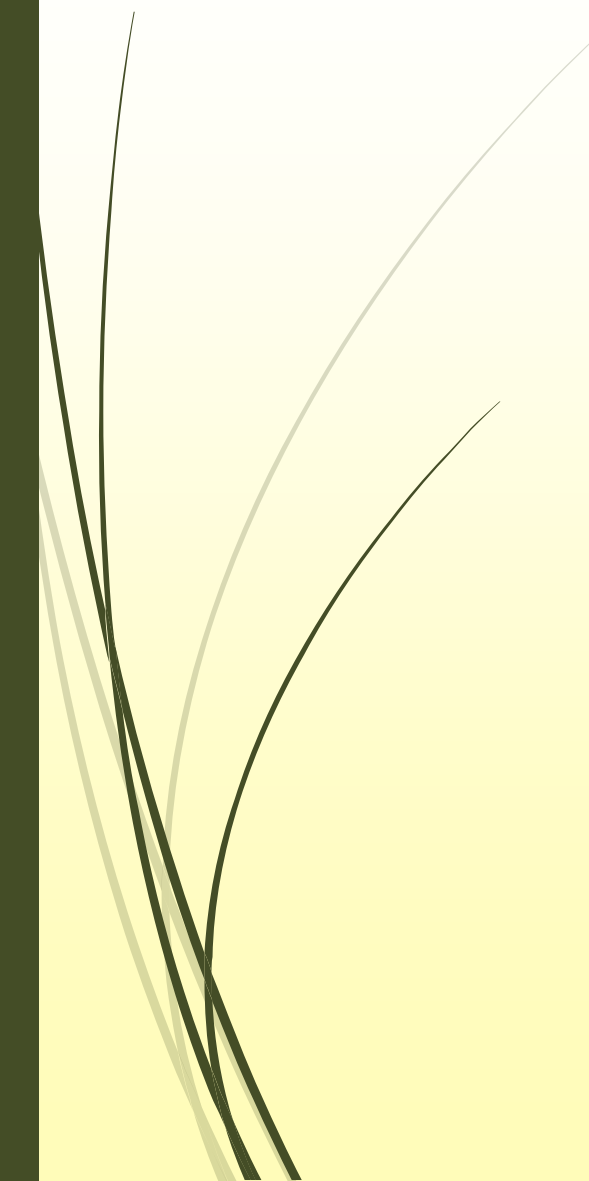

“How can someone be born when they are old?” Nicodemus asked.

“Surely they cannot enter a second time into their mother’s womb to be born!”

Jesus answered, “Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit. John 3: 5-6

## **We have a new inheritance**

For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “*Abba, Father.*” The Spirit himself testifies with our spirit that we are God’s children. Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. Rom 8: 14-17



Natural Inheritance

Supernatural Inheritance



**Child of God**

A child of God is able to choose  
what to accept and what to reject



# Our inheritance



## Natural

- Our family – biological / adoptive / other carers...Good & bad experiences and influences, genetic dispositions and behavioural patterns.
- Cultural and societal influences – positive and negative
- All experiences affected us, whether or not we have memories of them.
- Nurture / withheld love

## Supernatural

- Children of God
- Co-heirs with Christ...who has been appointed heir of “all things” Heb 1:2
- The Holy Spirit is the guarantee of our inheritance Eph 1:13-14
- Power and love are available to us to heal every wound and restore wholeness of spirit, soul (heart, mind and will) and body...“shalom”

Everything is known by God and nothing is beyond his power and love... *It is for freedom that Christ has set us free.* Gal 5:1



# Identifying Positive Patterns

For example:

- Wisdom
- Ability to show affection
- Fidelity
- Generosity
- Unconditional love
- Work ethic
- Righteous living
- Serving others
- Faith
- Practical skills
- Enjoyment of life
- Loyalty
- Self-control
- Responsibility
- Determination
- Physical care
- Freedom
- Encouragement
- Communication skills
- Patience
- Integrity
- Thankfulness



# Identifying Negative Patterns

For example:

- Arrogance
- Depression
- Short temper / irritability
- Cynicism
- Sense of entitlement
- Poverty mentality
- Unhealthy relationship with food
- Adultery
- Divorce
- Emotional instability
- Joyless
- Disconnection from emotions
- Difficulty forming close relationships
- Substance abuse
- Independence
- Lack of expression of love or affection
- Abuse
- Neglect
- Judgementalism / critical spirit
- Misogyny
- Racism / prejudice
- Control



# Taking authority over your family line

- ▶ This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. **Now choose life, so that you and your children may live and that you may love the LORD your God, listen to his voice, and hold fast to him.** For the LORD is your life... Deut 30:19-20
- ▶ As a son or daughter of God, you can exercise authority and choice over what to allow to influence your life, and to break any negative patterns that God reveals to you.
- ▶ Repent of the sins you have committed as a result of this pain
- ▶ Ask God to reveal a new generational blessing he wants to replace it with
- ▶ You need to choose to forgive family members to find true freedom
- ▶ Renew your mind – declare the truth daily
- ▶ The victory is won, not just for ourselves, but for our children, whether biological or spiritual children..... We have a legacy to pass on to the next generation





# Healing of deep wounds

- ▶ God designed for us to have full integration between spirit, soul (mind, will, emotions) and body. Emotional wounds and lack of nurture in our early years can fragment our soul and cause disintegration
- ▶ Our emotions can be shut down, or disconnected from our thinking. Or we may unconsciously seek alternative unhealthy ways of trying to fulfil unmet emotional needs.
- ▶ The good news is that God is able to rewire our brains so that we have full integration between our thinking and emotions, and between our spirit, soul and body. What we need is a love encounter with God, as well as the process of renewing our minds. Then we will be able to truly worship “in Spirit and in truth”
- ▶ *I am humbled and quieted in your presence.  
Like a contented child who rests on its mother's lap,  
I'm your resting child and my soul is content in you. (Psa 131:2 TPT)*
- ▶ *... he restores my soul (Psa 23:3)*
- ▶ *As a mother comforts her child, so will I comfort you (Is 66:13)*



## God's work of restoration

So I went down to the potter's house, and I saw him working at the wheel. But the pot he was shaping from the clay was marred in his hands; so the potter formed it into another pot, shaping it as seemed best to him. Jer 18: 3-4

We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves. 2 Cor 4:7

May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless (*whole, unbroken*) at the coming of our Lord Jesus Christ. 1 Thess 5:23

God's desire is to heal and reintegrate the broken parts of your soul through an encounter with his love and the renewing of your mind.

# Kintsugi Art



The repaired  
pot more  
beautiful and  
valuable  
than the  
original



## To reflect upon over the coming days...

- Identify some positive family patterns that were your inheritance and give thanks for these
- Ask the Holy Spirit if there is a negative pattern from your family line that he wants you to identify, take authority over and break free from in your own life
- If there are family members or others you need to forgive ask God for his help and make the choice today that you will forgive them
- If you recognise there is brokenness in your soul, acknowledge God is able to heal and restore your soul. Ask him to reveal his father and mother heart for you, to repair the connections in your brain between your thinking and emotions and to bring integration between your spirit, soul and body. Your supernatural inheritance in Christ supersedes your natural inheritance.
- Ask God to reveal generational blessings that he has given you as a legacy you can pass on to your children (whether biological or spiritual)
- Be devoted (*philostorgos*) to one another in love (*philadelphia*). Honor one another above yourselves. (Rom 12:10)