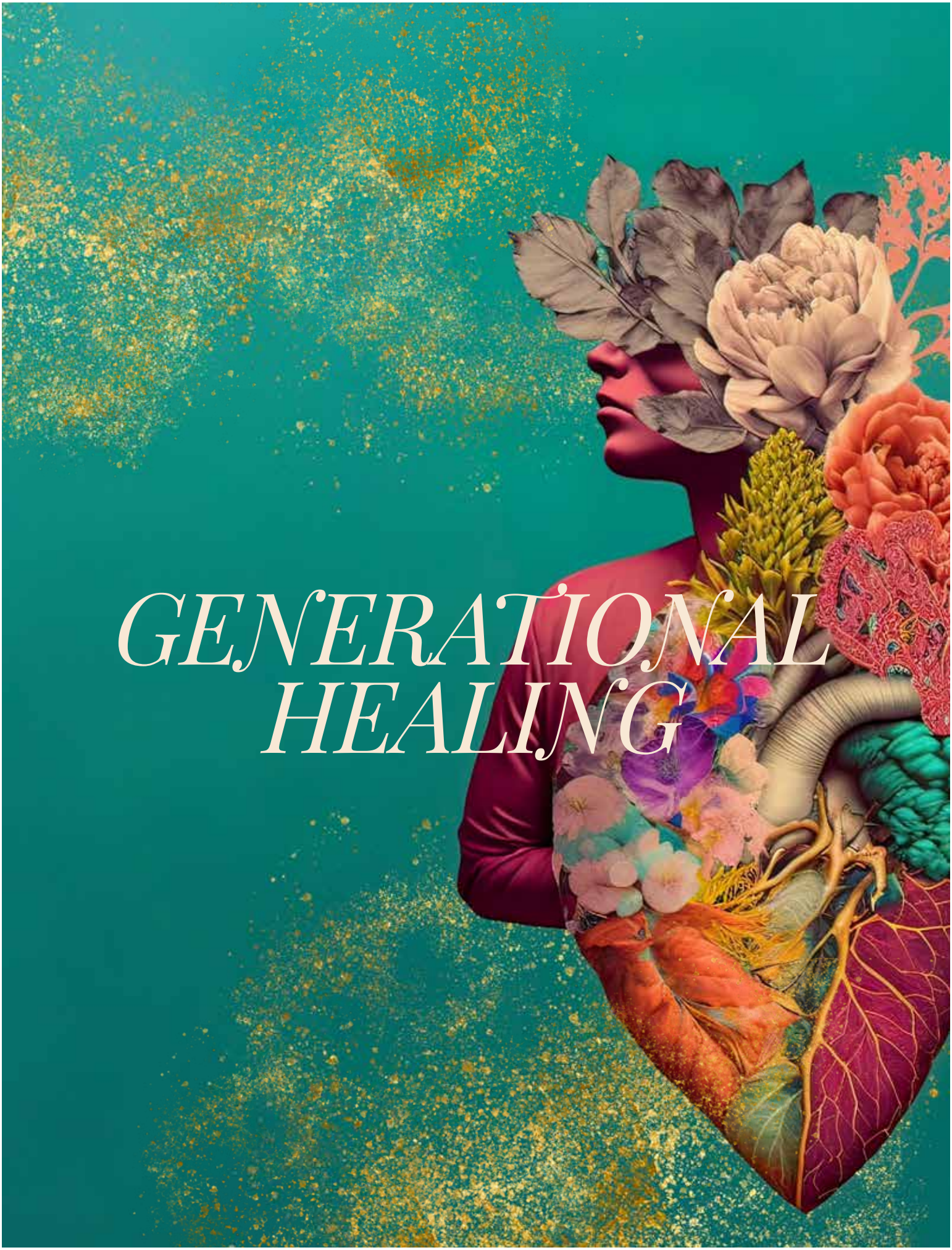

GENERATIONAL
HEALING

GENERATIONAL HEALING SERVICE

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GENERATIONAL HEALING INVENTORY

Reflecting on Family Patterns Through the Vices

A note for reflection:
The vices reveal ways we can look to something other than God and healthy relationships to provide what we MOST DEEPLY NEED: worth, belonging, security, joy, and love.

As you reflect, pay attention not only to what happened in your family, but also to the desires underneath the patterns. Ask the Holy Spirit to bring to light what God wants to heal, redeem, transform, or interrupt. A family pattern does not mean that you are destined to repeat it.

We may not know for sure if any of these patterns have a generational link, but we will simply offer them to the Lord trusting that He knows whether there is an inherent "disposition" to these or not—if there is, we welcome His freedom and healing.

Vainglory

A disordered desire to be admired, recognized, esteemed, or seen as worthy by others.

Vainglory—Possible family patterns

- Unhealthy preoccupation with what others think
- Family image more important than authenticity
- Unable to admit need, weakness, failure
- Excessive concern with achievement, appearance, status
- Pressure on children to make the family look successful
- Labeling someone as the family's "failure," "black sheep," or embarrassment, or hiding family problems because of concern about what others will think

Envy—Possible family patterns

- Chronic comparison
- Feeling diminished when someone else receives attention/ honor
- Unhealthy sibling rivalry—constant competition for parental approval
- Secret satisfaction when someone who is admired fails
- Gossip or criticism that diminishes another person's reputation—especially about someone who is perceived as better/ successful/favored
- Treating relationships as competitions for status or significance

Envy

A disordered response to another person's good in which another's flourishing feels like a diminishment of our own.

Sloth

Resistance to the demands of love; a reluctance or refusal to engage faithfully in the good that love requires.

Sloth—Possible family patterns

- Passivity in the face of problems that require action
- Avoidance of difficult conversations
- Chronic procrastination around important responsibilities/ failure to follow through
- Withdrawing when relationships require effort, vulnerability, or relational risk
- Avoiding or abdicating responsibility by waiting for someone else to act
- "Keeping the peace" rather than addressing what is true; silence when speaking truth or offering protection is needed–keeping "false peace"
- Emotional disengagement/ indifference toward the needs of others
- Refusal to seek reconciliation when love requires it
- Keeping unhealthy family secrets rather than facing what needs healing
- Becoming distracted or excessively busy to avoid what truly matters

Avarice—Possible family patterns

- Unhealthy love/ preoccupation with money
- Compulsive accumulation of possessions/hoarding
- Excessive concern about having enough—fear of scarcity
- Treating possessions as proof of success or worth
- Using money to gain power over others/ manipulating others through financial dependence
- Family conflict centered around money, inheritance, or possessions
- Refusal to release control over resources
- Sacrificing relationships, generosity, or integrity for financial gain
- Difficulty trusting God or others because self-sufficiency feels safer

Avarice

A disordered desire to possess, accumulate, secure, or control what we believe will provide for us.

Wrath

A disordered response to perceived wrong that seeks revenge, punishment, retaliation, or the restoration of honor and control through anger.

Wrath—Possible family patterns

- Explosive anger, rage, chronic irritability, or destructive expressions of anger
- Revenge, retaliation, "getting even," or a desire for others to suffer
- Contempt, humiliation, shaming, harsh criticism intended to wound
- Holding grudges/ nurturing bitterness/ refusing to forgive
- Verbal abuse, threats, intimidation, physical violence, or using fear to control others
- Blaming, domination, manipulation, or punishing others rather than taking responsibility

Gluttony

A disordered relationship with consumption in which physical pleasure, satisfaction, or relief becomes a primary way of meeting needs that cannot ultimately be satisfied through consumption.

Gluttony—Possible family patterns

- Using food/substance to escape, numb, reward, or relieve distress
- Eating habitually, rapidly, mindlessly, or compulsively beyond physical hunger
- Preoccupation with food
- Difficulty experiencing contentment or "enough" when it comes to physical pleasure
- Difficulty tolerating physical or emotional discomfort without seeking immediate relief through consumption–living from impulse rather than intention
- Teaching children—explicitly or implicitly—that food/substances are the primary way to celebrate, comfort, reward, or soothe

Lust—Possible family patterns

- Pornography
- Compulsive sexual behavior
- Sexual relationships characterized by using or objectifying rather than mutual self-giving or genuine love and commitment
- Adultery/ sexual promiscuity
- Using sexual attention to gain affirmation, power, or control
- Double lives surrounding sexuality
- Sexualized family environments or conversations that disregard appropriate boundaries
- Difficulty with faithful, self-giving intimacy—confusing sexual possession with intimacy

Lust

A disordered approach to sexuality in which sexual desire becomes detached from self-giving love and becomes primarily about possessing, using, or gratifying oneself through another person.



GENERATIONAL HEALING INVENTORY

Patterns That Do Not Fit Neatly Under the Seven Vices

Not every pattern present across generations fits neatly under one of the seven vices. Patterns may arise from trauma and the body's response to it, sin and destructive choices, spiritual oppression or curses, family dynamics, or ways of relating and coping handed down through generations. Some may have multiple contributing factors, and sometimes we may not know the source.

Not all of these patterns are evidence of personal sin or spiritual problems. Whatever their source, we can bring them before God, asking the Holy Spirit for wisdom, discernment, healing, freedom, and transformation. As you reflect, notice what may have been carried across generations and invite God to show you what He wants to heal, redeem, interrupt, or make new. You might consider listing these on the family tree provided.

Family Wounds & Trauma

- ☐ Abandonment
- ☐ Rejection
- ☐ Attachment Breaks
- ☐ Abuse- Physical, Emotional, Sexual, Spiritual
- ☐ Trauma
- ☐ Untimely death
- ☐ Suicide
- ☐ Self-harm
- ☐ Miscarriage
- ☐ Divorce
- ☐ Shame
- ☐ Depression
- ☐ Family secrets

Occult / False Worship

- ☐ Witchcraft
- ☐ Wicca
- ☐ Voodoo
- ☐ Fortune telling
- ☐ Ouija boards
- ☐ Satanic worship
- ☐ Secret societies

Patterns of Physical & Mental Illness

- ☐ Cancer
- ☐ Heart disease
- ☐ Diabetes
- ☐ Headaches/Migraines
- ☐ Arthritis
- ☐ Fibromyalgia
- ☐ Respiratory problems
- ☐ High blood pressure
- ☐ Mental health issues/ Mental disturbances
- ☐ Depression
- ☐ Nervous breakdowns
- ☐ Severe Allergies
- ☐ Fertility Issues
- ☐ Untimely deaths

GENERATIONAL HEALING INVENTORY

Diagram of Your Family Tree

A family tree is used to diagram family history so you can see where problems are in each generation. Begin at the bottom of the family tree, fill in your name and your spouse's name, and any problems you have (if divorced, insert your previous spouse's name, too). Do the same with your children, your parents and your brothers and sisters. Continue in this way up the family tree, as far as you can remember, indicating any patterns or problem areas in your family line.

Some of the problems are obvious. Others are known only to God. Don't worry about what you do not know. Jesus will reveal what you need to know, and what He reveals He will heal. If you were adopted you may have only a minimal amount of information regarding your biological family. In that case, include whatever information you have, as well as any pertaining to your adopted family.

Fill out the family tree insert provided with this booklet.

GENERATIONAL HEALING

Next Steps

MINISTRIES AT THIRD

For ways to receive ongoing prayer and care from Third Church staff please see: www.third.church/prayer-and-care.

EVENTS AT THIRD

Hope: Light in the Darkness
A service for honoring our grief
Sunday, December 6
4:30-5:30 PM | Auditorium

Untangled: Healing Our Stories from the Power of Shame
Friday, January 15 +
Saturday, January 16

CLASSES AT THIRD

Emotionally Healthy Spirituality
Winter/Spring 2027

Dare To Hope
Learning how to Lament
Spring 2027

AREA COUNSELORS

Aim Life Solutions
Karen Vanderhoff

Ashworth Therapy
Matthew Becker

Crossroads of Pella
Jim Hibma

Cultivation Counseling
Jason Van Zee

Eunoia Counseling

Family Legacy
(Des Moines)

Foundations Christian Counseling
Gina Jansen

Grace Counseling

Heartland Christian Counseling
(Pella, Des Moines)

InSpire Counseling
Darla De Haan

Life Point Counseling
Matthew Burch
Joe Graybill

Pella Counseling

The Good Tree
Mike Walsh

BOOKS

Emotionally Healthy Spirituality
by Peter Scazzero

Soul Care
by Rob Reimer

Glittering Vices
by Rebecca DeYoung

The Bondage Breaker
by Neil T. Anderson

Journey to Wholeness in Christ
by Signa Bodishbaugh
Wonderful podcast that accompanies the book

Soul of Shame
by Curt Thompson

APPS

Wild at Heart
Powerful prayers for protection, healing and freedom

Pause
Guided prayers and meditations for ongoing healing

Lectio 365
Fixed hour prayer three times a day for cultivating ongoing communion with the Lord

Prayers

Use this collection of prayers for Ongoing Protection, Healing & Freedom.

Prayer of Protection

FROM RICHARD FOSTER

"By the authority of almighty God,
I surround myself and those I love with the light of Christ,
I cover myself and those I love with the blood of Christ,
I seal myself and those I love with the cross of Christ.
All dark and evil spirits must now leave.
No influence is allowed to come near to me
or those I love but that it is first filtered
through the light and love of Christ,
in whose name I pray, Amen."

Prayer of Confession & Freedom

We don't have to wait for a service to walk out our own healing and freedom! Below is a simple model that you can use on your own or with a trusted person to continue to battle for freedom and life after our service.

CONFESS

Name before Jesus anything you are ready to bring out of darkness and into the light. This may include sin patterns, addictions, harmful coping mechanisms, shame, bitterness, or even places where you have believed lies about yourself, others, or God.

Sample prayer:

Jesus, I confess that I have participated in _____. I bring this into Your light now. I also confess that I have believed the lie that _____. I turn away from this sin or from this false belief, and I ask for Your forgiveness and cleansing.

CANCEL

After confession, you are invited to cancel any ground they may have knowingly or unknowingly been given to the enemy through these actions, agreements, beliefs, or patterns.

Sample prayer:

In the name of Jesus and by His blood, I cancel any ground that I knowingly or unknowingly gave to the enemy through these actions, sin patterns, agreements, or lies. I renounce my agreement with them, and I come back into agreement with the truth and authority of Jesus Christ.

COMMAND

Next we can command any darkness connected to these sins, lies, or patterns to leave in the name of Jesus and by the authority of His blood. This prayer is not based on personal strength, but on the finished work and authority of Jesus.

Sample prayer: In the name of Jesus and by the blood of Jesus, I command any darkness connected to these sins, lies, agreements, or patterns to go now. I sever any authority you had, I close the door to you, and I declare that I belong to Jesus Christ.

COME, HOLY SPIRIT

After confession, cancellation, and command, invite the Holy Spirit to fill every place that has been surrendered to Jesus. Ask Him to restore light, life, love, truth, peace, and the goodness of God in that person's heart and life.

Sample prayer: Come, Holy Spirit. I welcome You to fill these places afresh. Re-establish Your light, life, love, truth, and goodness in this area of my life. Heal what has been wounded, restore what has been stolen, and make me new again in Jesus.

CLOSING BLESSING

Jesus, thank You that You bring what is hidden into the light with mercy and love. Thank You that Your forgiveness is complete, Your authority is greater than the enemy's, and Your Spirit restores what has been broken and stolen. I bless _____as your beloved child, and pray that you would continue to pour out your Spirit of wisdom and revelation so that they might know you more. Continue to strengthen them to walk by the power of your Spirit into freedom and wholeness in you. Amen.

Prayer for Generational Bondage

They overcame the adversary by the blood of the Lamb,
and the word of their testimony...

REVELATION 12:11

Father, I confess that generational iniquities have found my family and me. You are faithful and just to break these bondages, forgive sins, and cleanse from all unrighteousness. Our Savior and Lord is our Advocate who pleads our case. All power is in the blood of the lamb which sealed our "not guilty" verdict.

Based on Jesus' finished work, I take back from the enemy all ground that our family has given him. I reject the enemy's influence and cover these areas with the blood of Jesus. In Jesus' name I renounce all unholy communications and relationships established by the powers of darkness in our family line. Jesus bind, cancel, and break all spirits in our family line that are keeping us in bondage. The enemy has no legal ground in our lives to continue to exploit these generational strongholds because of the power of the cross. I bring God's Word against the enemy. I submit to God and resist the devil, so he has to flee. The finished work of my Lord Jesus Christ binds powers, principalities, rulers of the darkness, thrones, dominions, and all spiritual wickedness. The name and authority of Jesus rebukes, cancels, and nullifies all wicked contracts and assignments of familiar spirits. The enemy cannot win--God contends with those who contend with us. Captain of the Lord's host, send mighty warrior angels to protect us at the command of Jesus. True and living God, send all curses back to their source. Refer the consequences to the worthy Lamb of God, who bore them by his sinless sacrifice.

We are your blood-bought children. Send angels to fill up this house so that nothing can influence us but the power of the living God. Come, Holy Spirit, into our greatest needs and reveal who God is for us. Speak grace, truth, and wisdom to us in love. As for me and my house, we will serve the Lord. The Lord Jesus Christ has all authority here. Amen.

*Prayer is from *Strength to Equal your Days – A Year of Prayers & Blessings*
by Sylvia Gunter and Elizabeth Gunter Powell

Prayers for the Generations

Leader: Jesus our Redeemer, we bring before You the patterns we have recognized in our family stories, some that are beautiful and some that are broken. Some we have witnessed; some have wounded us; some we have participated in or passed along, knowingly or unknowingly. We confess our own sins and acknowledge the ways brokenness has shaped our relationships across generations. We do not claim responsibility for every choice made before us, but as we begin to pray now, we ask that you would cut us free from any generational disposition to these patterns of brokenness.

Jesus our redeemer, we lift ourselves and the generations of our family lines to you in prayer. We begin by thanking You for all of those in our family lines who graciously passed down to us peace, love and the ability to know You and Your Son, Jesus Christ. We pause now and silently give thanks for those who blessed us.

Pause to Give Thanks

VAINGLORY

People: Name before Jesus anything you are ready to bring out of darkness and into the light. This may include sin patterns, addictions, harmful coping mechanisms, shame, bitterness, or even places where you have believed lies about yourself, others, or God.

Lord, have mercy on us and free us to know our worth and value from You.

ENVY

People: Name before Jesus anything you are ready to bring out of darkness and into the light. This may include sin patterns, addictions, harmful coping mechanisms, shame, bitterness, or even places where you have believed lies about yourself, others, or God.

Lord, have mercy on us and teach us to rejoice in the good of others.

SLOTH

People: Lord, we confess on behalf of ourselves and our family the ways we have resisted the demands of love. We have avoided difficult conversations, neglected important

responsibilities, withdrawn from relationships, and remained passive when truth needed to be spoken or someone needed protection. We have chosen false peace over honest reconciliation, silence over courage, distraction over presence, and busyness over what matters most. We have avoided facing wounds and unhealthy patterns that needed to be brought into the light. Forgive us for the ways our fear, indifference, or unwillingness to act has kept us from loving faithfully.

Lord, have mercy on us and give us courage to do the work of love.

AVARICE

People: Lord, we confess on behalf of ourselves and our family the ways we have sought security in money, possessions, and control rather than trusting in Your provision. We have feared scarcity, measured worth by material success, withheld generosity, and allowed money or possessions to become sources of conflict and division. We have used resources to manipulate or control others, and at times we have sacrificed relationships and integrity in the pursuit of financial gain. Forgive us for the ways we have placed our trust in what we possess rather than in You.

Lord, have mercy on us and teach us to live with trust, generosity, and contentment.

WRATH

People: Lord, we confess on behalf of ourselves and our family the ways we have allowed anger to become a means of punishment, retaliation, or control. We have nurtured bitterness, held grudges, sought revenge, and used harsh words, contempt, humiliation, or intimidation to wound others. We have blamed, dominated, or manipulated rather than taking responsibility for our actions. Where anger has become destructive and fear has shaped our relationships, forgive us. Teach us to seek justice without vengeance, to speak truth without cruelty, and to pursue peace without denying what is wrong.

Lord, have mercy on us and teach us the ways of Your peace.

GLUTTONY

People: Lord, we confess on behalf of ourselves and our family the ways we have turned to consumption and immediate gratification to soothe distress, escape pain, or satisfy our longings. We have sought comfort without addressing what hurts, allowed our impulses

to govern us, and struggled to receive the gift of enough. We have sometimes passed on ways of seeking relief that keep us from facing our deeper needs and bringing them to You. Forgive us for the ways we have sought lasting satisfaction in things that cannot give us the fullness of life You desire for us.

Lord, have mercy on us and teach us to find our deepest satisfaction in You.

LUST

People: Lord, we confess on behalf of ourselves and our family the ways sexuality has been separated from self-giving love, faithfulness, and the dignity of others. We have sought gratification, affirmation, or power at the expense of genuine intimacy and mutual care. We have tolerated or participated in unfaithfulness, objectification, secrecy, pornography or the disregard of appropriate boundaries. Lord, we confess the ways we have sinned by engaging in premarital and adulterous unions. Forgive us for the ways we have used others, betrayed trust, or distorted the good gift of sexuality.

Please forgive us and our family members for these sins. Lord, have mercy on us and restore our understanding of love as faithful, self-giving, and true.

Leader: Using the Sword of the Spirit, I cut you and your families free from all ungodly soul ties. I also cut you free from all ungodly sexual unions. Lord, I ask You to restore to these families all parts of themselves which may have attached to others in ungodly relationships. Lord, bless the families represented here today and strengthen all godly unions.

People: Lord, we confess on behalf of ourselves and our family all spiritual adultery committed against You. We renounce all knowledge gained from sources other than the Holy Spirit. We renounce all sorcery, divination, all forms of witchcraft, all pagan and satanic rituals, including false baptisms, false consecrations and worship of false gods. We renounce playing occult games, membership in occult organizations and religions including all Masonic organizations; and all other practices engaging spirits of the occult. Lord, on behalf of our family we ask Your forgiveness for these sins. Lord, cut us free and in Your mercy, hear our prayer.

Leader: In the Name of Jesus Christ and by the power of His Cross and Blood, I break and make null and void all evil contracts, satanic covenants, all curses, hexes, spells or harmful pacts sent against or made by the members of these families. I declare null and void all voodoo practices, witchcraft, satanic rituals, and prayers not of the true Lord Jesus Christ.

I loose from these families all occult spirits of darkness and death and command these spirits to go to Jesus now for Him to deal with as He wills.

People: In the Name of Jesus Christ, we pray that any inherited predispositions to sickness of any kind, physical, emotional, mental, would be cut off now by the blood of Jesus and would no longer be passed on to future generations. We name specifically: Cancer, Heart disease, Diabetes, Digestive issues, Migraines, Arthritis, Fibromyalgia, Respiratory problems, Severe Allergies, Fertility Issues, Mental Health Issues and Untimely deaths. We ask for your healing and freedom in all areas of sickness not mentioned here.

Jesus, we bring before You the wounds, losses, and painful patterns that have affected our families across generations, including abandonment, rejection, abuse, suicide, self-harm, divorce, shame, depression, and family secrets.

Lord, have mercy on us. By Your redeeming love, bring healing to these wounds and freedom from the ways trauma and pain have shaped our lives and family relationships. Break the cycles of harm, restore what has been wounded, and help us walk forward in Your love, peace, and freedom. May future generations experience the healing and wholeness You desire for us.

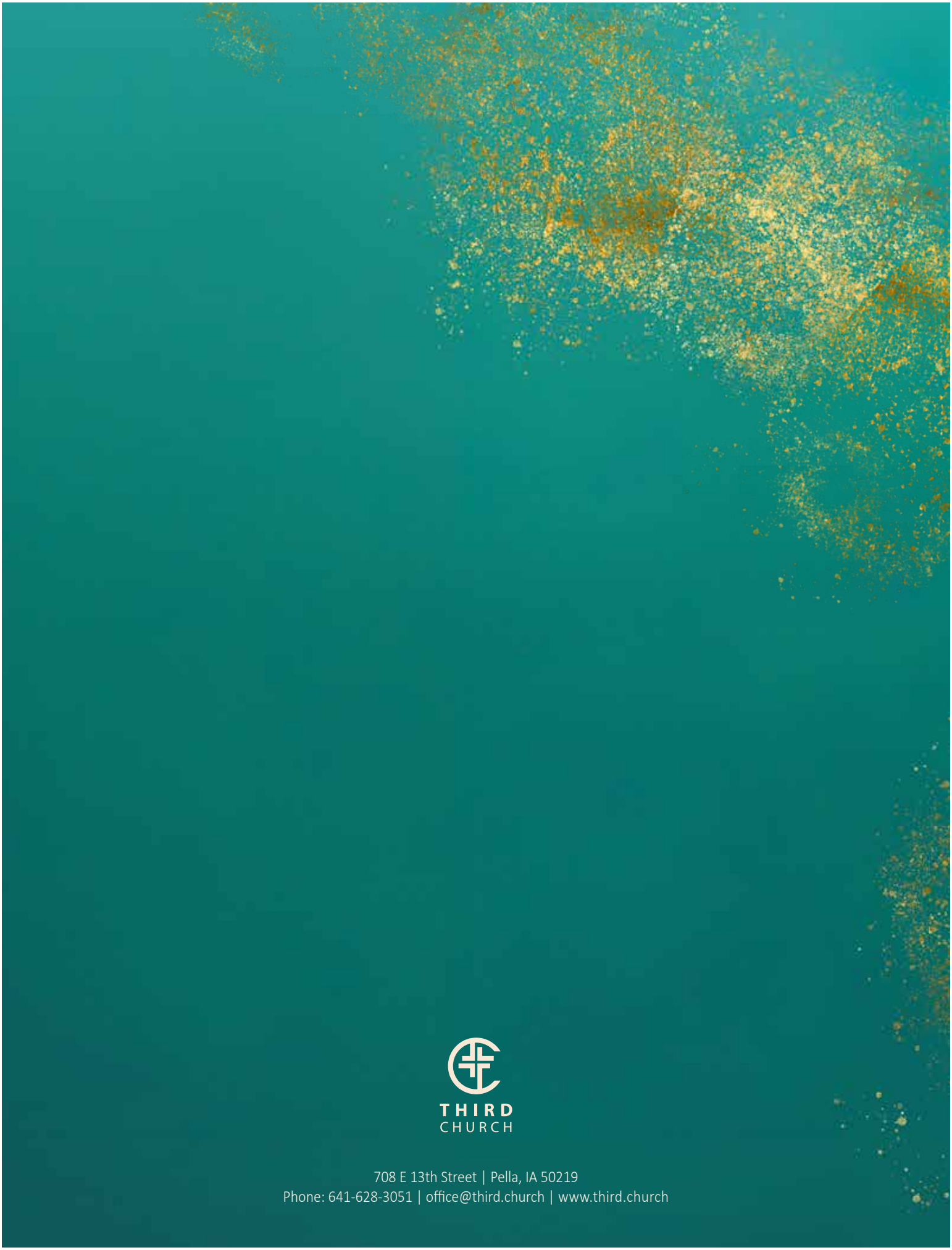
Leader: As we head towards closure we pause now and create space for anything else that you would like to personally name before the Lord. (Pause)

Now in the Name of Jesus Christ and by His authority, I take the Sword of the Spirit and cut every person free from all generationally inherited sins, sickness and brokenness. I place the Cross and Blood of Jesus Christ, the symbols of His power and authority, between past generations of these families and the present generation, cutting off any evil that could be passed down. We cancel by the blood of Jesus any ground knowingly or unknowingly given to the enemy. We command all darkness connected to these areas to go now straight to the feet of Jesus, no longer to return to these families.

We welcome the Holy Spirit to release in their place His love, joy, peace, patience, kindness, goodness, faithfulness, and self-control. Where there has been darkness, bring Your light. Where there has been shame, bring Your mercy. Where there has been fear, bring Your peace. Where there have been broken relationships and wounded hearts, bring Your healing and restoration.

Protect future generations from the continuation of these painful patterns. Help us receive the love, safety, and care we need, and give us courage to walk forward in the healing You offer. May the wounds of the past no longer define us, and may Your redeeming love transform our family stories.

All: By Your Holy Spirit, renew our minds, reshape our desires, and teach us to live in the freedom of Your kingdom. May what has been passed down no longer determine what is passed on.



708 E 13th Street | Pella, IA 50219
Phone: 641-628-3051 | office@third.church | www.third.church