

# OVERCOMING GENERATIONAL CURSES

Do you suffer from the same physical illnesses as your family members? Are your behaviors destructive and appear impossible to correct or extinguish? Do you notice the same destructive behavioral patterns in members of your family from one generation to the next? If you answered yes to any of these questions, you may be experiencing a generational curse. A generational curse is simply any ailment of the mind, body, and spirit resulting from negative behavioral patterns that are passed down throughout several generations. Some examples of generational curses are: addictions (i.e. drug/alcohol, sex), mental illnesses (depression, schizophrenia, bipolar depression), physical illnesses (hypertension, heart disease, cancer), and even poverty to name a few. In order to deal with a generational curse and destroy it completely, one must understand the origin and the dimensions of a generational curse.

Generational curses are applied and maintained on three levels. They are the genetic, environmental, and supernatural levels. Because these strongholds are three dimensional, it may be difficult to overcome them. The first is the genetic or biological level. It is important to understand that generational curses began with the fall of man in the Garden of Eden, and because of that, "we were born into sin and shaped in iniquity." Although we are made in the image of God and are genetically predisposed to behave as He would, we adapted a sinful nature because of the sin of Adam and Eve.

An example of a generational curse on the genetic level is a physical illness or disease that plagues families for generations. Medical studies continue to indicate a genetic component for many diseases such as diabetes, heart disease, and certain cancers. That is the very reason medical professionals request information about one's family history and life style when seeking treatment. Medical professionals understand that life styles or behaviors that result in illnesses will be passed down throughout several generations.

The second level on which a generational curse is maintained is through our environment. It must be understood that we acquire many of our behaviors, good and bad, from our families of origin. Remember, most of our destructive habits or lifestyles result from learned behavioral patterns passed down from one generation to the next. We absorb a lot of information about our world from our families of origin, and we relate to others in our world based on that information. Examples of generational curses on the environmental level are poverty, broken relationships, and divorces. Sociological studies have proven repeatedly that families of low socioeconomic classes have tendencies to remain in poverty for several generations. This is because of a consistent lack of exposure to environments that foster educational and financial advancement. Research on marriage and family suggests that destructive behaviors taught within each spouse's family of origin contribute to the dissolution of marriages. More

