

how does your  
**EMOTIONAL HEALTH**  
affect your **SPIRITUAL MATURITY?**

*Example Prayer for Renouncing Family Rules*

*“Father, in the name of Jesus, and as an act of my free will, I renounce and repent for my participation in any and all family teachings, standards and unspoken ‘rules’ that were not in agreement with your Word.*

*(Name any ‘rules’ the Holy Spirit has shown you)*

*While these were taught for generations as being ‘good’, I now recognize they have contributed to the destruction of family relationships and members of our family.*

*Father, I ask for your forgiveness for my participation and now purpose and choose to forgive all of my family members who furthered these teachings, standards and unspoken ‘rules’, whether in ignorance or intentionally. They owe me nothing.*

*In the name of Jesus, I break Satan’s authority over me in these sins, and break them in all my generations, as far back as Adam. I take authority over any tormenters who have been assigned to me because of these sins and command them to leave me now and go to the feet of Jesus immediately.*

*I pray, now Father, for your healing of my heart and the painful memories associated with these sins, and that you will alert me in the future when I am tempted to comply with these rules and strengthen me to remain steadfast in my resolve.*

*Thank you that because of the work of Jesus on the cross. all of this is possible.*

*In Jesus name, Amen”*

how does your  
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*Example Prayer for Breaking Generational Iniquity:*

*“Father, in the name of Jesus, and as an act of my free will, I renounce and repent for my participation in any and all family iniquity that has been handed down to me through the generations of my family tree.*

*(Name any generational sin the Holy Spirit has shown you)*

*I now recognize that these sins have contributed to the destruction of family relationships and members of our family.*

*Father, I ask for your forgiveness for my participation and now purpose and choose to forgive all of my family members who perpetuated these sins, whether in ignorance or intentionally. They owe me nothing.*

*In the name of Jesus, I break Satan’s authority over me in these sins, and break them in all my generations, as far back as Adam. I take authority over any tormenters who have been assigned to me because of these sins and command them to leave me now and go to the feet of Jesus immediately.*

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