

## Transform Your Thinking Transform Your Life!



Have you ever asked yourself the following questions: Am I going to be stuck with my parent's downfalls? Can my life really turn out any differently from my parents? Am I destined to follow their same patterns?

To understand generational curses, you need to understand spiritual laws. Spiritual laws—good or bad—become rooted in a person's life when they are put in motion on a regular basis. Once rooted, these habits and thinking patterns get passed from generation to generation because children pick up these traits from their parents.

But just because they are rooted does not mean these sins and habits of the past must remain. We can renew our minds and retrain our bodies by the power of God as we read and think about His Word: "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect" (Romans 12:2).

By studying and thinking about the Word of God, we can tell the difference between the voice of God inside us and the voices of the world that are all around us (Hebrews 4:12). Time spent in the Bible results in a new perspective on life and control of the thoughts and feelings that sway us to do wrong. If we will continue spending time

consistently in His Word, we will know the truth, Jesus said, “and the truth shall make you free” (John 8:31-32).

So when your body or mind suggests doing or thinking something which does not line up with God’s Word, bring that thought or desire under control immediately by speaking God’s Word out of your mouth. Remember, you can’t overcome wrong thoughts by trying to think good thoughts, but you can overcome wrong thoughts by speaking God’s Word.

Blessings and curses are passed from generation to generation, but curses can be stopped from being passed from one generation to the next. By speaking God’s Word, you will stop the operation of the curse in your generation. Command it to stop, in Jesus’ Name. You can start this process by saying a prayer from your heart like the following:

*“Father, I know that I have made mistakes and sinned against You, and I also know that You have set me free from all of my sins by the blood of Jesus! So, right now I choose to turn away from \_\_\_\_\_ (specific sins or habits) and leave them behind me. I ask Your forgiveness, and by faith I receive cleansing by the blood of Jesus. I receive Your empowerment to live free from the past. I declare that I am free! In Jesus Name, Amen!”*

*If you are need of prayer, we are here to help! Please e-mail us [info@transformeddaughters.org](mailto:info@transformeddaughters.org) for prayer. Please also consider joining our e-mail list and subscribing to our YouTube channel for weekly encouragement.*

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