

IT RUNS IN THE FAMILY

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Lamentations 5:7 *Our fathers sinned and are no more, But we bear their iniquities.*

Deuteronomy 28:41 *Thou shalt beget sons and daughters, but thou shalt not enjoy them; for they shall go into captivity.*

Why should the next generation suffer because of the mistakes of the previous one? Aren't we free to make our own decisions?

Lamentations 5:7 captures the very tension many people struggle with: the choices of those before us still leave their mark on us. The people of Israel felt the weight of a history they did not create, yet they were living in its consequences. How could that possibly be fair?

But we must realize something powerful: there is a spiritual truth here we cannot ignore. Generations are not isolated, they are deeply connected. Who we are today is not just the product of our own choices, but also of what has been handed down to us. Yes, biologically, but also in our patterns of thinking, in the shaping of our hearts, and most profoundly, in our spiritual inheritance.

Doctors and psychologists ask about family medical history because they are looking for family patterns. Many conditions are transmitted genetically.

Because The story of your family lives in you today.

You don't contrôle everything: Your present is a mirror of your lineage

But here is the good news: if brokenness can be passed down, then so can blessing. What we choose today has the power to shift the direction of tomorrow.

1. God operates through families.

- Noah: God told Noah: "You and all your household, enter the ark."
- Abraham: I will establish my covenant as an everlasting covenant between me and you and your descendants after you for the generations to come, to be your God and the God of your descendants after you.
- When God judged Sodom, He sent angels to rescue Lot, his wife, and his daughters; not just Lot.
- Passover: The lamb was slain "a lamb for a household" and the blood protected entire families, not just individuals.
- Because of her faith, Rahab's whole household was spared when Jericho fell.
- Cornelius: Cornelius gathered his household to hear Peter. The Spirit fell on all present; a household conversion.
- Paul and Silas told him: "Believe in the Lord Jesus, and you will be saved, you and your household." His whole family was baptized that night.
- As for me and my house we will serve the Lord.



- God didn't just call you, He called your house.
- God doesn't just see you, He sees your family.
- God doesn't just bless individuals, He establishes households.
- The covenant wasn't cut for one man, it was for generations.
- The promise isn't just for you, it's for your children, and your children's children.
- When God moves in your life, He moves through your family line.

 INTERCEED FOR YOUR FAMILY

2: Family patterns

Family patterns are behaviors, mindsets, struggles, and even spiritual conditions that flow from one generation to another.

They are the invisible threads that tie the past to the present. These patterns can be biological, as traits run through family lines; they can be psychological, as ways of thinking and responding are learned and repeated; and they can be spiritual, as blessings or bondages pass through the generations.

In simple terms: They are the cycles we inherit, often without realizing it. Cycles that shape families for better or for worse.

We call them “family patterns,” but spiritually they can become strongholds.

The Scripture tells us that Abraham lied about his wife, and so did Isaac. Jacob deceived, and his sons carried deception even further. Patterns repeat when they are not broken.

A Few Examples:

Anxiety, Fear, Depression, Bitterness, Unforgiveness, Low self-esteem, Repeated Marital conflict, Divorce, Abuse cycles, Addictions, Irresponsibility, Procrastination, Genetic predispositions, Habits, Stress responses...

3 Epigenetics

Epigenetics is the study of how our environment and life experiences influence the way our genes function. While our DNA is inherited from our parents, epigenetics acts like an extra layer of instruction, turning certain genes “on” or “off.”

Scientists tell us that genetics determines only about 10–20% of our health, but epigenetics accounts for nearly 80%. That means our lifestyle, our diet, our environment, and even our traumas can either activate or silence the expression of certain genes.

This is hopeful news: a genetic predisposition does not have to become your destiny. For example, if someone carries a gene for lung cancer, their choices, what they eat, how they live, what they breathe in, can influence whether that gene ever expresses itself.

But there’s also a sobering truth: research shows that epigenetic markers can be passed down from one generation to another. **Trauma leaves its fingerprint on our DNA, and those changes ripple through the family line.**

Imagine this: your grandmother experienced famine and developed an eating disorder. You did not live through her trauma, yet you may carry its imprint, perhaps through disordered eating patterns or an altered relationship with food, because her suffering shaped her genetic expression. In this way, unresolved pain in one generation can echo in the next.

This is the reality of transgenerational memory. Behaviors are transmitted. Emotional responses are transmitted. The way we react today is often connected to what our parents, grandparents, or even great-grandparents lived through. The inheritance can be physical, emotional, or behavioral.

Unresolved trauma from the past continues to impact our emotional, psychological, and physical well-being today. We often try to cope by compensating, just as an injured Achilles tendon forces us to lean on the other foot, creating new imbalances. But compensation is not healing. Spiritually and emotionally, denial,

silence, or replacement may feel like survival strategies, yet they pass the unresolved pain to the next generation. What is not healed is handed down.

We carry a double story: our own story, and the story of our family. There is a kind of transgenerational loyalty, we bear what was left unresolved. And here lies the great spiritual truth: when we do not transform our pain, we transmit it. Or as some have said: **unresolved trauma is transferred is trauma.**(picture)

Family secrets, injustices, exclusions, whatever was silenced in the first generation does not simply disappear. It lies dormant in the family system, waiting to be seen, acknowledged, and reconciled by the descendants.

"What is silenced in the first generation, the second generation carries in its body."

4 Breaking the Cycle:

Transgenerational patterns remain hidden until we bring them to light. To break the cycle, we must first see the pattern. We must acknowledge how past generations' unresolved pain may be affecting us today. What is silenced, denied, or ignored continues to be carried but **what is brought into the light can be transformed**. Trauma is not a permanent legacy. Your spiritual inheritance is not your destiny. Healing, positive environments, and life-giving choices can transform what is passed down. Through recognition, resilience, and restoration, you can reprogram your life.

Psalm 32:3-5 "When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the Lord.' And you forgave the guilt of my sin."

→ Acknowledgment leads to healing.

→ **Speak against it**

I choose to claim a different inheritance.

I refuse to take the baton of unresolved pain.

I break the chains of the past.

I will not carry what was never meant for me.

I release the fear, the shame, the anger.

I step into freedom, into joy, into blessing.

I forgive the wounds that shaped me, and I let them go.

I rewrite the story for myself and the generations to come.

I am not defined by the past. I am defined by God's promise.

Today, I rise. Today, I am free.

5 The Blessing of Abraham

Galatians 3:14 He redeemed us in order that the blessing given to Abraham might come to the Gentiles through Christ Jesus, so that by faith we might receive the promise of the Spirit.

Exodus 20:6

...but showing love to a thousand generations of those who love me and keep my commandments.