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Prayer for Generational Sins, Strongholds, Spirits, and Curses

(Copywrite 2005 Karl D. Lehman MD, First published 7/9/2005, Last revised 1/8/25)

This is the prayer that Charlotte and I use for generational sins, generational spiritual strongholds, generational spirits, and generational curses.

Many leaders in Christian emotional healing ministry, such as Francis MacNutt Peter Horrobin, and Paul Cox believe that psychological and spiritual patterns (including wounds, sins, spiritual strongholds, spirits, and curses) can be transmitted from generation to generation. My scientific/medical mind does not understand how these generational phenomena work, but I am hesitant to dismiss what other respected leaders teach about generational phenomena because both study and personal experience have convinced me that there are many very real, very important spiritual phenomena that I do not fully understand (for example, supernatural guidance, supernatural protection, miraculous physical healing, and demonic spirits infecting psychological wounds).

Francis MacNutt recently wrote a helpful article discussing this phenomena (*The Healing Line* Spring 2000, Vol 13 Issue 1 pp 1-2, Christian Healing Ministries, Inc. P.O. Box 9520 Jacksonville, FL 32208). Other resources we have found helpful regarding generational patterns are an excellent tape series by the MacNutt team and *Healing Through Deliverance, the Practical Ministry*, Peter Horrobin, 1995 (Vol. 2, pp. 68 & 69, 87-96, 223 & 224)

2025 update: For context, it can be helpful to remember that it was more than twenty years ago when I studied this subject in more detail and then developed the prayer below.

**Prayer for Generational Sins, Generational Spiritual Strongholds,
Generational Spirits, and Generational Curses**

If you see a pattern of pain and/or brokenness but don't perceive any sin component, you can certainly just use the rest of the prayer to address the need for generational healing but omit the confession, repentance, forgiveness, and renunciation part.

I confess the sins of _____ (*example: denial, blindness, and self deception*) for myself and especially for _____ (*example: my mother, my father*), and for my entire family tree. I repent of _____ for myself, for _____, and for my entire family tree. I ask your forgiveness for _____ for myself, _____, and for my entire family tree. I renounce _____ for myself, _____, and for my entire family tree.

In the name of our Lord, Jesus Christ, I command that the generational strongholds and any other strongholds of _____ (*example: denial, blindness, and self deception*) be torn down in my mind, body, spirit, and heart. I command, in the name of our Lord, Jesus Christ, that the generational strongholds and any other strongholds of _____ be torn down in _____ (*example: my mother, my father*), and in my entire family tree.

In the name of our Lord, Jesus Christ, I command that all generational spirits and all other spirits of _____ (*e.g., denial, blindness, and self deception*) be bound, in my life, _____ (*e.g., my mother's life, my father's life*), and in my entire family tree. In the name of our Lord, Jesus Christ, I command that all generational spirits and all other spirits of _____ now must go directly and immediately to the feet of the true Lord Jesus Christ. You will not touch or harm anyone or anything on the way. He will deal with you as He sees fit. You will never return and you will never send anybody in your place.

In the name of our Lord, Jesus Christ, I command that all generational and other curses of _____ (*e.g., denial, blindness, and self deception*) be broken, nullified, and rendered powerless, null, and void in my life, _____ (*e.g., my mother's life, my father's life*), and in my entire family tree.

Lord Jesus, I ask now that you would wash our family tree with your blood, cleansing myself, all previous generations, and my entire family tree from _____ (*e.g., denial, blindness, and self deception*). I now place the cross and blood of Jesus Christ between myself and all previous generations, between myself and all other members of our family tree, that no evil or broken thing may pass from any other member of our family to myself, that only good may come to me from past generations or any other members of our family tree.