

Getting Square with Your Folks

Eph 4:25-27 25 So put away all falsehood and "tell your neighbor the truth" because we belong to each other. 26 And "don't sin by letting anger gain control over you." Don't let the sun go down while you are still angry, 27 for anger gives a mighty foothold to the Devil. NLT

THE BIG IDEA: Granting forgiveness to those who have hurt us is the most effective way we can free ourselves from Satan's occupation in our lives. Because of their importance, the most important candidates for receiving our total forgiveness are likely our parents.

How can I become free? I must: A C T

I. ACKNOWLEDGE - that your parents probably hurt you in one or more of the following ways:

- A. They spoiled you (over-indulged or failed to discipline you)
- B. They neglected or abandoned you (invalidated you by lack of attention)
- C. They abused you (violated your soul with their words or actions)
- D. They drove you too hard (broke your spirit by manipulating you or failing to encourage you)

Eph 6:1-3 Children, **obey** your parents because you belong to the Lord, for this is the right thing to do. "**Honor** your father and mother." This is the first of the Ten Commandments that ends with a promise. And this is the promise: If you **honor** your father and mother, "you will live a long life, full of blessing." NLT

II. CONFESS - four fundamental truths about your parents:

In all probability your mother and father:

- A. loved you as much as they had the ability to love
- B. parented you as well as they were capable
- C. taught you by word or example some very wonderful things
- D. modeled to you some terrible lies about life and hurt you badly

A SELF-EVALUATION

Page 2

Do you suffer from the effects of "generational sin?"

Ex 20:4-6 *4 You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. 5 You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, 6 but showing love to a thousand [generations] of those who love me and keep my commandments. NIV*

HOW DO YOU RATE YOUR MENTAL HEALTH?

(This is often a function of your "family of origin's" ability to handle the truth)

The Kingdom of the World
(Satan's lies)

The Kingdom of God
(God's truth)

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Total Insanity

Perfect Mental Health

***If this is difficult for you to assess, honestly answer these questions:**

- **Do I frequently struggle with worry?**
- **Do I remain offended for long periods of time?**
 - **Do I often communicate in code?**
- **Do I have difficulty submitting to authority?**
- **Do I regularly control others with my anger?**
- **Do I frequently make judgments about things that do not concern me?**

Will you become that "transition" person in your family by embracing and living in God's truth and stop the downward trend of your lineage?

III. TAKE TO HEART - the following four principles

- A. Be grateful for your parents and the good they passed on to you.
- B. Forgive your mom and dad from your heart for *any* injury they have caused you (If the injury is ongoing, the forgiveness process must be ongoing).
- C. Determine to embrace and pass on only the good things they imparted to you.
- D. Then pray that your own children will be so understanding and gracious.

**A note to moms and dads: requesting forgiveness from your kids (even the adult ones) can be a powerful way to honor God and break the effects of generational sin.*

1 Thess 5:16-18

16 Always be joyful. 17 Keep on praying. 18 No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus. NLT

MY DAILY T - CHART

(To whom will I give this day?)

SATAN	!	JESUS
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Col 3:1-4

Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits at God's right hand in the place of honor and power. 2 Let heaven fill your thoughts. Do not think only about things down here on earth. 3 For you died when Christ died, and your real

*life is hidden with Christ in God. 4 And when Christ, who is your real life,
is revealed to the whole world, you will share in all his glory. NLT*