

Ps 139:23-24 NLT Search me, O God, and know my heart;  
test me and know my thoughts. **Point out anything in me that offends you,**  
and lead me along the path of everlasting life.

## ***Listening Prayer - Making the Lord Your Psychotherapist***

It is interesting to me that so many of us Americans will spend millions of dollars on supportive drugs and on employing psychiatrists, psychologists, coaches, and a myriad of other capable professionals to address our hurts, habits, and hang-ups. We will wait weeks on end to see a well regarded therapist and disrupt our daily routine to spend sixty minutes with him hoping to gain freedom from some problem that God's Word defines as "sin." Counseling and anti-depressants can and do often work, but I wonder how many of our emotional problems that ultimately affect our physical health and our personal relationships could be addressed more quickly, deeply, and inexpensively by simply spending disciplined periods of quiet time with the Lord of the Universe. This healthy activity that I call *listening prayer* can take many forms, but the thirty minute *daily quiet time* plan below can be very effective.

1. 10 minutes of thoughtful reading in the Scripture or  
10 minutes of meditation on memorized Bible passages.
2. 5 minutes of praise and thanksgiving
3. 5 minutes of confession (write down in a journal those areas of sin that you know have been un-addressed – ask God's guidance and be thorough). Determine to turn from those sins with the Lord's help.
4. 10 minutes of sitting quietly listening for the promptings of the Holy Spirit and journaling what you hear. Begin this time by asking your Heavenly Father to "*point out anything in me that offends you.*" (Hint: he will often bring to mind: 1. lies that you have believed about Him, yourself, and others; 2. people you have failed to forgive from the heart; 3. guilt over past sins that you have failed to trust have been completely covered by Jesus' blood; 4. fears you have been entertaining about the future that insult God's love for you; 5. generational sins from your family of origin that *predispose* you to those same sins. Then:

**Recognize** the sin and understand how it offends God.

**Responsibility** – take it; don't blame others for your sin. Confess stubborn sins to a trusted friend in Christ.

**Repent** - of the sins you have heard from the Lord and trust Him to deliver you from their power. **Live free in Him!**

## TRUE REPENTANCE FROM SIN

**Common areas to address: forgiveness, promiscuity, and generational sin**

Repentance - to experience sorrow for and seek to change wrong behavior

**REPENTANCE- A daily event in our life with Jesus.**

- I. (1John 1:9) **Identify the sin.** (1050 commands in the New Testament)
- II. (Isaiah 59:2) **Reflect on the way sin affects your relationship with Jesus.**  
(Write them down)
- III. (2 Cor 7:10, Psalm 10:17) **Experience sorrow.**
- IV. (Acts 26:20) **Surrender to God and repent.**
- V. **Seek the help of Godly people.**
- VI. (2 Cor 3:17, Romans 8:12) **Live forgiven!**

**YOU WILL NOT MOVE FORWARD IN YOUR RELATIONSHIP WITH JESUS  
WITH UNREPENTED SIN IN YOUR LIFE!**

**Examine these relationships. Are you holding anything against them, or them against you?**

|                 |             |            |
|-----------------|-------------|------------|
| Grandparents    | Teachers    | Co-workers |
| Parents         | Aunts       | Cousins    |
| Siblings        | Uncles      | Self       |
| Old friends     | Employers   | Spouse     |
| Old boyfriends  | New friends | In-laws    |
| Old girlfriends | Pastors     | Etc.       |
| Coaches         | God         |            |

**Break the soul-ties** that haunt you from your sexual past. We live in a promiscuous society. Most of us have yielded to the temptation to be sexually active before marriage. It is important for your mental health and for the protection of your marriage to renounce the *illegitimate sexual relationships* you have had in your mind and with your body. Ask the Lord to bring those people's faces to your mind; ask His forgiveness for violating that person; grant them forgiveness for violating you; state out loud to the Lord your intention to be free from any and all ties to that person. Believe that He has delivered you. **Take your sinful thoughts captive!**

2 Cor 10:3-5 NIV

**3 For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.**

## ***Breaking the Bondage of Generational Sin***

Ex 20:1-6 NIV

1 And God spoke all these words: 2 "I am the LORD your God, who brought you out of Egypt, out of the land of slavery. 3 "You shall have no other gods before me. 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.

A vital step in obtaining your freedom in Christ is to renounce (*to refuse further to follow, obey, or recognize*) the sins of your family. The iniquities of one generation can adversely affect future generations unless the sins of the ancestors are acknowledged and renounced, and your spiritual heritage in Christ is claimed. You are not guilty for the sin of your ancestors, but because of their sin, you may be *predisposed* to certain strengths or weaknesses and influenced by the physical and spiritual atmosphere in which you were raised. These conditions can contribute to causing someone to struggle with a particular sin. To assist you in this powerful process of prayer and discovery a list of common sin areas is given below.

**Ask the Lord to show you specifically what sins are characteristic of your family.**

|                              |                              |                                       |
|------------------------------|------------------------------|---------------------------------------|
| <b>Immorality</b>            | <b>Gluttony</b>              | <b>Materialism</b>                    |
| <b>Eating Disorders</b>      | <b>Chronic Illness</b>       | <b>Physical Abuse</b>                 |
| <b>Accident Proneness</b>    | <b>Unnecessary Surgeries</b> | <b>Grief</b>                          |
| <b>Controlling Behaviors</b> | <b>Theft</b>                 | <b>Guilt</b>                          |
| <b>Bankruptcy</b>            | <b>Excessive Spending</b>    | <b>Inferiority</b>                    |
| <b>Hoarding</b>              | <b>Selfishness</b>           | <b>Unforgiveness</b>                  |
| <b>Greed</b>                 | <b>Bitterness</b>            | <b>Worry</b>                          |
| <b>Compulsions</b>           | <b>Sugar Addictions</b>      | <b>Fear</b>                           |
| <b>Smoking</b>               | <b>Chewing</b>               | <b>Pride</b>                          |
| <b>Alcohol Abuse</b>         | <b>Drug Abuse</b>            | <b>Infidelity</b>                     |
| <b>Pornography</b>           | <b>Sexual Abuse</b>          | <b>Homosexuality</b>                  |
| <b>Incest</b>                | <b>Molestation</b>           | <b>Criminal Activity</b>              |
| <b>Astrology</b>             | <b>Spells and Curses</b>     | <b>Rebellion to Authority</b>         |
| <b>Witchcraft</b>            | <b>Gambling</b>              | <b>Blasphemy</b>                      |
| <b>Self-pity</b>             | <b>Deception</b>             | <b>Abortion</b>                       |
| <b>Secrets</b>               | <b>Cover-ups</b>             | <b>Sleep Disorders</b>                |
| <b>Rage</b>                  | <b>Self-centeredness</b>     | <b>Mental Disorders</b>               |
| <b>Depression</b>            | <b>Suicide</b>               | <b>Demon Possession</b>               |
| <b>Pagan Belief Systems</b>  | <b>Idolatry</b>              | <b>Verbal Abuse</b>                   |
| <b>Denial</b>                | <b>Co-dependency</b>         | <b>Profanity</b>                      |
| <b>Hypochondria</b>          | <b>Pessimism</b>             | <b>Illegitimate Pregnancy</b>         |
| <b>Fatigue</b>               | <b>Cowardice</b>             | <b>Divorce</b>                        |
| <b>Workaholism</b>           | <b>People Pleasing</b>       | <b>Role Reversals within the Home</b> |

Phil 3:13-14 NIV

13 Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

