



Blessings in the Family

Healing and Rebuilding a
Culture of Blessing



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INTRODUCTION

Thanks to the Taiwan National Prayer Network for producing two books with the anointing of healing, “Porcupines in the Family Line” and “Porcupines in the Home”, which became the foundation of the contents in this book.

“Blessings in the Home” is the amalgamation of the contents of these two books, having edited and contextualizing the information in the book for the Singapore context, so that you now have in your hands a copy in Simplified Chinese with English translation.

The Bible records that God’s blessings to humanity come through the family, so that blessings can continue through the generations. However, Satan seeks to cut off God’s blessings and bring the powers of darkness into the family so that the succeeding generations would experience hurt and feelings of conflict. Nonetheless, Jesus came to destroy Satan’s power and his ploys, to bring abundance to life and to our families.

Thus, this prayer booklet seeks illumination from God’s word to heal our families and to remove every one of Satan’s evil ploys and roots of poison from our homes, healing the relationships in our families and restoring God’s plan to bless each generation in our families. In the past, Chinese families tended to put our children down by belittling them, shaming them, scolding them and attacking them with our words. This has led to a “culture of cursing” in our families. May this 40-day identificational prayer of repentance turn curses into blessings and restore the “culture of blessing” into our homes.

2 Kings 13:17-19 (NIV)

¹⁷ “Open the east window,” he said, and he opened it. “Shoot!” Elisha said, and he shot. “The LORD’s arrow of victory, the arrow of victory over Aram!” Elisha declared. “You will completely destroy the Arameans at Aphek.” ¹⁸ Then he said, “Take the arrows,” and the king took them. Elisha told him, “Strike the ground.” He struck it three times and stopped. ¹⁹ The man of God was angry with him and said, “You should have struck the ground five or six times; then you would have defeated Aram and completely destroyed it. But now you will defeat it only three times.”

Honorable priests! This is a 40-day prayer battle, and we hope that you will not be like Jehoshaphat, who only struck the ground three times. May you complete the battle and destroy the enemy 40 times.

INSTRUCTIONS ON USE

- This is a booklet on 40 days of prayer for the family, and is not meant for sale. We will begin using this book in May 2020 for prayer.
- There are four parts to this book:
 1. Prayers of identificational repentance;
 2. Cleansing and healing;
 3. Declaration and victory;
 4. Blessing family members by name
- Singles, young adults or youths can pray for their parents and also seek healing and freedom for the hurts and the actions you have taken because you have been hurt.
- Parents should bless their spouses and their children by name in the last section.
- While you are at the prayer altar, take note of how the Holy Spirit is guiding and prompting you. If the Holy Spirit is leading you to reconcile with your family members or to act in love, please do not ignore His leading.

*Edited by
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FOREWORD

Since we started learning to build our prayer altars in 2015, we look forward to living a transformed life. After four years, we are finally seeing some definite results. People had been transformed and healed. Thanks and praise be to God!

Last year God showed us the importance of fostering a culture of blessing. First of all we must understand that this blessing culture must be founded upon the prayer altar because:

[Ex 20:24] An altar of earth you shall make for Me, and you shall sacrifice on it your burnt offerings and your peace offerings, your sheep and your oxen. In every place where I record My name I will come to you, and I will bless you.

The reasonable result of building prayer altars is the presence of God and His blessings. If we don't teach building a prayer altar and only teach a culture of blessing, we will evolve into teaching 'prosperity gospel'. This is because 'culture of blessing' and 'prosperity gospel' have many similarities, but the starting point, motivation and results of 'prosperity gospel' are not in accordance with the teachings of the Bible.

The culture of blessing is the culture of the Kingdom of heaven and the culture in the garden of Eden. When Adam and Eve were living harmoniously and lovingly in the garden of Eden, the whole land was blessed by God because the purpose God created men was to bless them. But man turned against God and sinned and was separated from God. By building a prayer altar daily, we deepen our confession and repentance, seek the face of the Lord and enter into the presence of the Lord. Our lives are transformed and we are restored to the image and likeness of God. We receive His blessings so that we can effectively use His authority to govern the land. The result of preaching the Gospel is that the culture of heaven is brought down on earth and the power of darkness is dispelled. Relationships between man and God, man and man, and man and earth, are healed and restored so that God's will can be done on earth as in heaven.

But it is very difficult to change culture and unless we remain resolute, we would not be able to discard the old culture and build a new one.

A culture of blessing starts from a heart filled with faith, hope and love; a heart without bitterness, anger, hatred, fornication, filth and other lusts [Gal. 5:19-21]. Such a heart will produce pure and true love, and God's blessings will then flow out from us unobstructed to the people around us and they will taste the goodness of God. How wonderful this is!

Thus, to fulfill God's destiny for you, for your family, relatives, friends, colleagues, classmates, and Singapore to all receive the blessings of God, let us unite and work together to foster a culture of blessing in our family. Glory to His Name!

Finally let me declare God's blessings on you and your family with:

Num 6:24-26

- ²⁴ “The Lord bless you and keep you;
- ²⁵ The Lord make His face shine upon you,
And be gracious to you;
- ²⁶ The Lord lift up His countenance upon you,
And give you peace.”

Rev Song Meng Liang



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01

Thanksgiving and Praise

[Psa 145:1-13]

- ¹ I will exalt You, my God the King;
I will praise Your name for ever and ever.
- ² Every day I will praise You
and extol Your name for ever and ever.
- ³ Great is the LORD and most worthy of praise;
His greatness no one can fathom.
- ⁴ One generation commends Your works to another;
they tell of Your mighty acts.
- ⁵ They speak of the glorious splendour of Your majesty —
and I will meditate on Your wonderful works.
- ⁶ They tell of the power of Your awesome works —
and I will proclaim Your great deeds.
- ⁷ They celebrate Your abundant goodness
and joyfully sing of Your righteousness.
- ⁸ The LORD is gracious and compassionate,
slow to anger and rich in love.
- ⁹ The LORD is good to all;
He has compassion on all He has made.
- ¹⁰ All Your works praise You, LORD;
Your faithful people extol You.
- ¹¹ They tell of the glory of Your kingdom
and speak of Your might,
- ¹² so that all people may know of Your mighty acts
and the glorious splendour of Your kingdom.
- ¹³ Your kingdom is an everlasting kingdom,
and Your dominion endures through all generations.
The LORD is trustworthy in all He promises
and faithful in all He does.

Oh Lord, we want to honour You, extol Your mighty name, praise Your love that is so deep and so wide. Your wisdom is immeasurable. You created all things and all creatures, and You called each of them by name. Because You are all powerful and almighty, not one of them is amiss. Thank You for having prepared fullness of blessings for each of Your creation. Thank You for creating families. Thank You for knowing each household by name, as well as for the abilities, gifts and creativity You have given us, so that we are able to multiply, manage and govern the earth!

Oh Lord, we are Your glorious people. Our lives, our actions and our very existence are in the palm of Your hands. Thank You for giving us the breath of life, so that we could be rooted in the country we live in. Thank You for prewdaining our frontiers and the length of our days on earth. Thank You for establishing the church as the priests on the earth, so that we can stand on Your covenant, receive the promises You have given to our country, work and walk together with You and bear good fruits that glorify Your name.

Oh Lord, thank You for revealing Your glory and the revelation of transforming nations these years, and for leading us into a season of spiritual renewal. We want to praise You from our hearts for Your grace and Your compassion on our country. Until Your kingdom is built on earth as it is in heaven, we will keep praying and seeking Your face.

* You can personalise the use of the Scripture above, by praying the contents and main points of the Scripture.



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
the Lord make his face shine on _____ and be gracious to _____ ;
the Lord turn his face toward _____ and give _____ peace.

02

Thanksgiving and Praise

Great and marvelous are Your deeds, Lord God Almighty. Just and true are Your ways, King of the nations. Who will not fear You, Lord, and bring glory to Your name? For You alone are holy. All nations will come and worship before You, for Your righteous acts have been revealed. [Rev 15:3-4]

Oh Lord! You are great in power. All people want to come and worship You. Our family also wants to come before You in worship. Please reveal Your acts of righteousness before our family!

Yours, LORD, is the greatness and the power and the glory and the majesty and the splendour, for everything in heaven and earth is Yours. Yours, LORD, is the kingdom; You are exalted as head over all. [1 Chr 29:11] Awake, awake, arm of the LORD, clothe Yourself with strength! Awake, as in days gone by, as in generations of old... [Isa 51:9]

Yes, Lord! All of us belong to You. You are the Lord Most High. We proclaim that You are the Head that governs our family. Arise, Lord, arise! Let Your power and strength move greatly within the many families in Singapore. Lead us to experience Your blessings!

Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable His judgments, and His paths beyond tracing out! “Who has known the mind of the Lord? Or who has been His counsellor?” “Who has ever given to God, that God should repay them?” For from Him and through Him and for Him are all things. To Him be the glory forever! Amen. [Rom 11:33-36]

Yes, Lord! Who truly understands Your heart? Who can fathom the depth of Your love? Without Your instruction, Your servants know nothing about Your heart nor Your love, much less Your ways. Lord, You have chosen us to be Your children and we have the indwelling of Your Holy Spirit. With the help and the guidance of the Holy Spirit, we can keep awake with You. By prayer and petition, we can keep watch for our country, awakening her to the way of salvation and transformation through Your wisdom and revelations. Praise God! You are unwavering in Your plans for all the families in Singapore. Your thoughts for the families are eternal and they span through thousands of generations. May all the families in Singapore revere You, Lord! You will definitely accomplish Your plans for Singapore! In Jesus’ name I pray, Amen!

* You can also continue to praise, extol and pray to God for your family.....



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
the Lord make his face shine on_____ and be gracious to_____ ;
the Lord turn his face toward_____ and give_____ peace.

03

Atheistic Value System:

Parents' Expectations of Success as Priority

Definition and Example

Since the Opium War, Chinese all over the world have grown up in an environment where the idea of “poverty” was especially frightening. The Chinese feared poverty and were faced with a similar tendency of being success-oriented. This is a challenge because for generations now, parents have been reinforcing in their children the importance of education. This emphasis reflects the beliefs and values of the culture of the society at large. Since young, Chinese parents from Taiwan, Hong Kong, Singapore and China have been anxious about their children’s success. These parents hope the best for their children and strongly believe that reputable schools are the institutions to send their children to. They want to be involved in choosing their children’s schools as well as their future professions, and would definitely sign them up for tuition classes outside school. However, parents have failed to realise that their children’s motivation for learning does not derive from passion and ambition, but from how well they are able to manage stress. Those who fall behind in class or who are unable to manage stress will be disqualified right from the starting phase of his or her life. There have also been numerous cases of youth suicide as a result of poor academic performance.

Parents:

- Some parents enforce their own goals and desires on their children, neglecting to hone their weaknesses or further develop their strengths. This results in parents holding unrealistic or unreasonable expectations of their children.

Wounded Children:

- When children fail to meet their parents' expectations, they may fall into the temptation of giving in to the atheistic belief of guilt which is detrimental to them, causing them to easily lose the zeal to improve themselves.
- When parents are conditional in their love for their children, these children, especially the adolescents, will not be able to grow in an environment of genuine love. These children may also not know how to love others genuinely when the occasion arises.

[Eph 6:4] **Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.**

[Col 3:21] **Fathers, do not embitter your children, or they will become discouraged.**

These two verses describe how parents should refrain from provoking their children, causing them to lose confidence and the eagerness to make good progress. Both education and training are important to children's upbringing, which involves both nurturing their minds and their virtues, so that they will put the education and training acquired to good use and achieve their goals.

Parents should also guide, exhort, rebuke and punish their children accordingly with their God-given authority, in order to allow the right values to be cultivated in their children. Parents' upbringing is powerful, especially the way they correct their children and guide them in setting preferences, and will leave an indelible impression on their children. The guidance that parents provide for their children should strengthen their core character, help them pursue godliness and flee from evil. This involves rebuking and punishing them when they choose to do the things that God abhors.

From the biblical perspective, the process of parenting should never be short-changed by imposing one's own expectations on his or her children.

First-Person Identification Repentance

Prayer: Acknowledging the sin of wanting to be in control due to a lack of security:

Our Father in Heaven, please forgive my ancestors and I for the sin of not revering You.

Forgive us for misleading our children to think that the purpose of their lives is to fulfil our expectations and to do as we dictate, causing them to be filled with stress and the fear of not meeting the standard; We have limited our children and caused them to feel apprehensive about attempting to develop their lives, face challenges and fulfil their God-given destinies. They have been unable to grow beyond the expectations we have set around them and have not used their gifts, passion and innate qualities.

Oh Lord, forgive us for magnifying ourselves, our experiences and our successes to the extent that Your will has become secondary to us. Forgive us for stereotyping and for using our narrow-minded lens to define good and bad, as well as success and failure. Forgive us when we get disappointed with and add negative comments on our children when they do not meet our expectations. Forgive us when we form a judgement of their value and in the process, discourage them from trying, allow negative emotions and thoughts of self-blame to fester within them, leading them to hide their hearts away from us and their hearts of flesh to turn into hearts of stone. Forgive us for snatching from You the authority only You have over our children's lives and for demanding our children to come under our control. Oh Lord, forgive us, for we are not the lord of our children. You are.

Cleansing and Healing

Prayer: Healing our children of deep hurts and fears:

Oh Lord, we humbly come before You and return the authority of our children and our lives. Please rid us of any fear within that has driven us to pursue the earthly desires, and purify our souls, so that we can quietly receive Your word and Your teaching.

Please heal us from our lack of sense of security, our tendency to possess and our self-righteousness. Come and fill every void in us with Your love that is whole, so I may understand that Your grace is sufficient for me, that You are sovereign over all things and that You have prepared all that I need, because You are Jehovah Jireh.

Please heal the hurts and pain that our children had to bear as a result of our poor guidance. By Your wisdom and teaching, our children's lives will be transformed and will return to Your path.

Proclamation and Victory

Prayer: Forsake the distorted values of atheism and show undivided dependence on God.

In the name of Jesus, I proclaim that I am free, no longer distorted. I am the child whom God delights in. My family and I are no longer bound by false expectations. We have no share with earthly values. I pray in the presence of my faithful God that I no longer feel hurt or inferior to my parents' false expectations. Instead, I will give thanks to God for my parents, as He has healed us and taught us to understand His path. My household and I will emerge victorious, and we will be His sons and daughters for the generations that follow, fearing Him, wholly depending on Him, and acknowledging Him in all our ways.



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
the Lord make his face shine on _____ and be gracious to _____ ;
the Lord turn his face toward _____ and give _____ peace.

04

Atheistic Value System: Gender Differences

Definition and Example

In the past, a large amount of manpower was required to run the agricultural society. As such, males were an asset to the family. First, males can assist with tough labour in the fields. Next, they can also inherit family businesses and shoulder the burdens of their aged parents. Females, on the contrary, are married off when they are of age and will not be of any value to the family. Therefore, it is a deeply-ingrained idea that only males can build a lineage. Once females get hitched, they become “outsiders”. This is why men are regarded as superior to women in the Chinese society.

Today, there are still differences in the way males and females are treated, as a result of these ideas in the past. For example, men have to be excellent in their studies, so that they can make a livelihood and feed their families. On the contrary, women need not be highly-educated, as they will be married off in future. Parents also often mention a lot about their sons to the extent that they neglect mentioning their daughters in public. In addition, parents or grandparents may find it easier to remember the needs of their sons or grandsons, attend to their material needs, invest time and shower care on them, compared to their daughters or granddaughters. Inevitably, these tendencies reflect the differences in beliefs of equality, or inequality, between genders in the past.

- Some parents gave birth to a daughter, even though they had wished for a son. Then, they would complain and remark in front of their daughter that it would have been better if she had been born a male. Such a remark may distort the child's belief of her gender makeup and lead her to feelings of hatred towards herself.
- In the past, the Indian and Chinese societies were similar in their belief of the feudal ideology. They would abandon or give babies that were born female away.

First-Person Identification Repentance

[1 Cor 11:11-12] Nevertheless, in the Lord woman is not independent of man, nor is man independent of woman. 12 For as woman came from man, so also man is born of woman. But everything comes from God.

Prayer: Repent of the hurt that “men have been regarded as superior to women” have brought to our children!

Oh Lord! Please forgive our family for bearing this false belief of regarding men as superior to women through the ages. We have been held in bondage by this false idea, influencing us to constantly place men before women, neglecting to treat one another in the image You have intended for us. Forgive us for being indifferent to the needs of the females at home and for belittling them simply because of their gender. We have treated the females at home unfairly and have been aloof to their needs and aspirations, because we have looked down on their abilities and do not think it is necessary for them to be given opportunities. Oh Lord! Forgive us for assuming such a belief since our ancestors' time and never bothering ourselves to reframe this belief. We have allowed such a teaching to be passed down to our children, and it has influenced them negatively to think that their lives are of no value and meaning. While they were still in the mother's womb, some of them were already affected by our many thoughts and expectations, while other female foetuses were aborted and robbed of their very lives. Even at homes, a female would be stopped and reprimanded for trying

to express just a little ideas. Forgive us for prioritising this belief over You and hindering the females at home from opportunities to develop their potential. Forgive us for taking away from them the directions and opportunities for their growth as You planned. Oh Lord! Forgive us, because if it had not been for Your illumination, we would not have discovered so many false beliefs. Please continue to reveal to us the beliefs we still have that are against Your will. Oh Lord! Please reveal any hidden veil among us.

Cleansing and Healing

Prayer: God to heal every hurt that has been caused to a female by unfair treatment:

Oh Lord! Forgive our family through the ages once more for the thoughts and actions that we have towards gender differences. Cleanse us for the contemptible words we say to one another, as a result of false ideas associated to our interaction with one another. Cleanse us from being negatively influenced by the wrong societal customs of regarding men as superior to women. Cleanse us from our ways, so that the way we treat one another will not be influenced by gender. Cleanse us for having murdered innocent lives, and help us understand Your beautiful plan and destiny for our lives. Heal us from the hurt that has been caused in the past from being treated unfairly. We long to receive comfort from Your healing.

Oh Lord! Heal us from the belittlement and the stress we suffer for not giving birth to a male. Help us so that we will not have false expectations towards the child in our womb. Heal us from all feelings of abandonment and nonchalance, so that all we see is the pearl in Your hand that is precious in Your sight. Heal our family from the hurts caused to one another as a result of our false interaction habits and beliefs. Fill us with Your love once more. Our family needs to depend on You to teach us how to respect one another despite gender differences, and how to love one another in a genuine way, so that we can live lives afresh in You. We can discover any negative interaction habits and live in the light of Your grace.

Proclamation and Victory

Prayer: Every man and woman is made in God's image, is both unique and precious.

Oh Lord! You have taught us in Your word that You have created men and women in Your image. Oh Lord, we believe that You have a unique purpose for us, whether male or female.

Oh Lord! We proclaim again that You are indeed the Lord of our family. We give You the Lordship, and pray in Your name to tear down any false value or belief that is associated to gender. We pray in Your name to break us free from the hurt and pride in us, so that we can live in a way that pleases You. In Jesus' name we pray, Amen!



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
the Lord make his face shine on _____ and be gracious to _____ ;
the Lord turn his face toward _____ and give _____ peace.

05

Atheistic Value System: Studies Above All

Definition and Example

The belief of studies as the only means to success has been passed down from generation to generation in our families. The sole purpose of our lives has been merely to study. We are successful only when we attain high educational qualifications. This belief maintains that people will definitely succeed and that we can grow to become famous by our own intelligence.

However, those who pursue studies above everything else are in fact living in deceit, priding themselves in educational qualifications, and may grow to become arrogant.

Example:

- A college student constantly repeated these words, “I want to get A...I want to get A...” to himself in the bathroom, as he was faced with stress from the school and his family. Eventually, he committed suicide due to the academic stress. (Of late, the number of youths battling with depression has grown, as a result of the academic stress they have been experiencing.)

The Bible mentioned that God created all things, a number of its own kind. When God created human beings, He also given us with the mandate to

reproduce, to multiply and to govern. However, God had not created us to be alike with one another. The 7,000,000,000 human beings on earth have been created to be unique, with no two fingerprints that are exactly the same as each other's. Someone may be gifted mathematically, while another may be gifted in music or in literature. No one is exactly the same as another person, so that humankind may learn to cooperate with one another using the different gifts, talents and potential to govern and to manage the earth.

[1 Cor 12:4-12] There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work. Now to each one the manifestation of the Spirit is given for the common good. To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. All these are the work of one and the same Spirit, and he distributes them to each one, just as he determines. Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ.

Therefore, we will cause hurt to other individuals if we fail to acknowledge that God creates human beings by His wisdom and if we impose our own expectations on others who are different from us. The belief that studies should be above all has negatively influenced many children. Many parents have determined the value and function of their children's existence by their academic performance and achievements. Children with poor academic performance tend to be neglected and fail to be accepted by their parents. This false emphasis on performance and achievements has impeded their talents, leading them to be frustrated about themselves and to feel like a failure.

First-Person Identification Repentance

Prayer: Over-emphasis on studies impeding the God-intended glory and destiny for children.

Oh Lord, please forgive our offenses for being narrow-minded to think that studies are everything and for hindering our children's development. Our children have not been able to live out Your intended purpose as vessels of Your glory. We have been self-righteous, proud, arrogant in educating our children, and have often directed them towards the wrong direction. We have imposed what we think as best on our children and coerced them to do as we instruct, distorting Your good purpose intended for them to fulfil.

We have been taken over by the evil thoughts of the world, belittling family members and relatives with poor educational qualifications and poor achievements. We have sometimes used this yardstick to judge the friends and colleagues around us and see those who are less academically-inclined as failures. Our false worldly belief of seeing blue-collared workers as inferior to white-collared workers has distorted Your desire for diversity.

We have been victims of this belief and have now also influenced our children to satisfy our expectations, instead of leading them to fulfil their God-given destiny. In the process, we have added pain to our children, and have caused them to become depressed, rebellious and wanting to run away from all these expectations. Please forgive us, Lord. Amen!

Cleansing and Healing

Prayer: Please restore the confidence in our children to exercise their God-given gifts and talents.

Oh Lord! Please cleanse our family from every value or belief that is not from You. In the name of Jesus, we pray that You will break every bondage as a result of our belief that studies is above all. Set us free, so we can enter the destiny You have intended. Oh Lord! Please also heal the hurt we have imposed on our children, and cleanse them from every feeling of depression, of rebellion and for wanting to run away. Give our children with a healthy body and mind once again. Help us and our children to be warriors of faith, walking in Your perfect plan and fulfilling the mission You have given to us. We pray in the powerful name of Jesus, Amen!

Proclamation and Victory

Prayer: The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding.

In the name of Jesus, we proclaim that our family and I will never be the same again! My family will fear the Lord. We will rejoice in the Lord and He will be the source of my family's wisdom. The Lord is mindful of us, so He will guide my family and enable us to serve Him with the gifts, talents and abilities He has blessed us with. His grace is never-ending, continuing through the generations, and never fails. We will no longer serve our pride, and our family will be blessed by the Lord. Amen!



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
the Lord make his face shine on _____ and be gracious to _____ ;
the Lord turn his face toward _____ and give _____ peace.

06

Atheistic Value System: Riches Above All

Definition and Example

Money! Money! Money! In a society where possessions are prized above all, people's minds have been conditioned to think of "riches". This is a typical belief within the Singapore society. In the eyes of any Singaporean, any job with a high-paying salary is a good and promising job. Even in love relationships, the criteria for choosing a partner includes how rich someone is. A wealthy partner makes the ideal choice.

Meaningfulness at work and the purpose of one's existence have been replaced by the pursuit of wealth. Some couples who have dated for many years delay marriage as they claim they do not have money to get married. Other couples who have been married for many years claim that raising children is expensive and thus delay having children.

- Example: It is easy to lose oneself buried in work as one overworks in the attempt to earn more money to support the needs of his or her family. In the end, they may even resent neglecting the growth and development of their children and their relationships with their spouses amidst their busy work schedule.

[Matt 16:26] What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?

Being wealthy is not an evil thing. However, when we prize riches above everything and above God, we become captives of riches. The false belief of prizing riches above all is opposing itself against God. This belief pushes us towards materialism and pulls us away from God's original divine purpose for creating human beings. A life that is priceless is now reevaluated of its value based on the amount of wealth he or she possesses. Are riches omnipotent? What can riches buy? What can't be exchanged with riches? Our nation will be in danger if our society is moved only by riches. Every wealthy person should be a blessed person if riches can buy love, marriage, children, dignity and a blessed family. However, this is not so in reality!

The culture of prizing riches above all has shaped the materialistic society that we are today. The foundation of families in Singapore today is built on the pursuit of wealth and the indulgence on materialism. However, there is a hefty price to pay for living a culture as such.

First-Person Identification Repentance

Prayer: Please forgive us for falsely relying on riches, resulting in a worn-out generation.

Abba Father! You are a God of grace, compassion and kindness. We come before You, repentant of the sins of our ancestors. We acknowledge the sins of pursuing riches above all and of measuring the value of one's life based on the wealth he or she possesses. We also acknowledge pursuing wealth as the goal of our lives. We have misused the time, talents and gifts that You have given us. We have also become corrupted in the pursuit of wealth and have become a slave to riches. We have been deceived into thinking that we are blessed because we have riches, without realising that our family has become spiritually poor and empty. Abba Father! Please forgive us. May Your face shine upon us and rescue us from the bondage of mammon. We have been foolish and we have sinned against You. Abba Father! Apart from You, who can we turn to? You are our only salvation. Please pour out Your grace and compassion, and rescue us. We need You.

Cleansing and Healing

Prayer: Save us from deriving our sense of security from the world and free us from the chains of prizing riches above all.

Lord, please cleanse the corrupted thoughts that have been passed down from our ancestors. Our thoughts have been evil all day. Unknowingly, we have been held captive by mammon. We have been deceived to think that we are on the right path, without realising that we are on the road heading to destruction. Oh Lord! Please cleanse us from the deeply-ingrained belief that riches are above all. Please guide us on Your ways and help us obey Your statutes that are pure. Heal us from the infirmity of apostasy. We pray in the name of Jesus that You break every bondage of this belief in our hearts and in our thoughts. May the Holy Spirit set us free from the bondage of mammon and give us freedom!

Proclamation and Victory

Proclamation: May the Lord be the inheritance of our generation and the generations that follow.

In the name of Jesus, we proclaim that our family will revere and serve the Lord. Oh Lord! We praise Your unfailing word. Your promise says that You will fill those who revere You with Your riches, honour them and give them life. We believe Your compassion and faithfulness over our future generations. Our family will trust You and allow You to be the Shepherd over our family in the generations that follow. We will never be in lack. In Jesus' name we pray, Amen!



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
the Lord make his face shine on _____ and be gracious to _____ ;
the Lord turn his face toward _____ and give _____ peace.

07

Over-doting

Definition and Example

The virus raging all over the globe in the 21st Century is “over-doting”. The epidemic that follows is the “Spoilt-Kid Syndrome”. It is apparent especially among those who were born in the 1980s and it has been a cause of concern for educators in the childhood development sector since 2000. Children are receiving material goods five times as much as or more than their parents did in the past. They are not satisfied with the amount of attention they are receiving, continually display negative behaviours out of pride, anger, jealousy, laziness and greed, as well as adopt unhealthy habits such as overeating and indulging. This state of mind influences the way they approach life, most of the time with an attitude that is competitive.

Through his research, Child Psychologist Dan Kindlon from Harvard University discovered that parents who were born in the later part of the Baby Boomers generation (1955 to 1979) tend to practise over-doting. This could be due to three reasons, namely, they are more well off than the previous generation, they have fewer children, and they do not use the authoritarian parenting style with their children. While the average American family has two children, the average Taiwanese family has 1.8 children. These children receive/enjoy more attention from their parents who have mostly been raised with the authoritarian

parenting style. Thus, these parents tend to question authority and choose to use a more lenient parenting style with their children, including attempting to befriend them. The democratic way to parent children includes guidance and communicating expectations, on top of warmth and support for the children. Children would then grow in acceptance of themselves and in self-control under the care and respect that their parents shower on them. Parenting without appropriate guidance and expectations would lead to over-doting.

Parents practise over-doting when they allow their children to indulge without restrain, entirely accepting their desires and actions, regardless of whether they are lawful or lawless, fail to set boundaries for their children, and teach them respect for others. Parents also practise over-doting when they over-protect their children, robbing their children of the opportunity to learn from their mistakes when they proactively solve problems on behalf of their children. However, the society we live in is one that requires teamwork. A child cannot develop in isolation. He or she needs coordination, social and communication skills which cannot be acquired apart from working in a team. Children who have been spoilt by their parents tend to be self-centred, get into conflicts easily, have negative work-relations with others, and eventually become left out. Over time, they will even grow to feel increasingly terrible about their poor relationships with others, which can lead to anxiety, depression and refusal to learn. They may even show signs of committing suicide or aggressive behaviour. Moreover, they need to be instantly gratified and take what they receive for granted. When things do not go their way, these children will also display negative behaviours that deviate from the norm or that break the law.

First-Person Identification Repentance

[1 Sam 2:29] **Why do you scorn My sacrifice and offering that I prescribed for My dwelling? Why do you honour your sons more than Me...**

Prayer: Please forgive me for prioritising my children over God.

My Beloved Heavenly Father, thank You for giving me the role of being a parent. Forgive my ancestors and I for the sin of not knowing You and for belittling You. Please forgive me for failing to be faithful and for being unkind,

prioritising my children, their preferences and needs, over Your word. I have also idolised my children, failed to exalt Jesus as King of my household and to teach my family members to put You first, hindering my children from living a life of surrender unto You. Oh Lord, my family and I have sinned against You. Please forgive our rebellion and ignorance. As You have mentioned in the Book of Proverbs, “Whoever spares the rod hates their children, but the one who loves their children is careful to discipline them.” We have mistaken that Your love is without boundaries. You said, “Do not withhold discipline from a child; if you punish them with the rod, they will not die. Punish them with the rod and save them from death.” Oh Lord, please forgive me for allowing my children to depart from Your intended purpose and for leading them away from Your destiny!

Cleansing and Healing

Parents’ Prayer: Heal me from the iniquity of wrongly mistaking the role of a steward for the role of the head of the household, and restore my partnership with You.

Oh Lord, please cleanse my heart and heal me of apostasy. Help me Lord to understand that children are a heritage from the LORD, offspring a reward from You. Teach me to nurture and manage the heritage You have given me with wisdom. Help me Lord to constantly seek You and not to be over-possessive of my children. Help me to teach my children to have a heart of gratitude for Your creation and blessings, for their parents who raised them and provided them with education, for their teachers, as well as for the opportunities and environment that their country and society have provided for them... Please heal my children and I from our narrow-mindedness and self-centredness. Cleanse us from false beliefs. Oh Lord, please heal and cleanse every member in my family. We have failed to understand the authority of our parents because we do not understand Your word. Our family is not functioning in the order You have intended. Oh Lord, please place Your righteousness and Your wisdom in us. Heal and cleanse my family, guiding us in Your path of righteousness and enable us to enter Your destiny. Rid our generation of the sin of over-doting and loose our children from the bitter roots that have entangled them due to the sin of over-doting.

Youths' Prayer: Heal us from bossing others around and of being self-centred, from the negative relationships we have built with those around us and from ill habits, etc... as a result of over-doting.

Proclamation and Victory

Prayer: The order in families to be restored as God had intended and purposed in the beginning.

Oh Lord, we praise You! We believe that You will restore our families to Your intended order. I proclaim in the name of Jesus that Jehovah You are the God of my family through all generations. We will delight in the fear of the LORD and exalt You as King. Parents will have Your wisdom in raising our children according to Your word and will be a role-model to them. Children will obey Your statutes and depend on Your word for victory. Our family will be restored to the original beautiful purpose You have intended in the beginning. Amen!



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
 the Lord make his face shine on_____ and be gracious to_____ ;
 the Lord turn his face toward_____ and give_____ peace.

08

Unforgiveness

Definition and Example

The original word “forgiveness” is defined as deliverance. Forgiveness is not being calculative of the evil of others, forgiving, loving, accepting and extending forbearance towards them... Beyond merely a one-time act, forgiveness is also an attitude towards life. It enables us to enter every promise of Jesus Christ.

The last thing we want to do when we are severely hurt is to forgive those who have hurt us. In reality, forgiveness is crucial to set us free from the pain of our past and is mandatory for the health of our spiritual and emotional well-being. When we are willing to squarely face our past and forgive those who have hurt us, we will experience true freedom in our hearts. On the contrary, our hearts will be poisoned by unforgiveness when we are unwilling to face our past and to forgive those who have hurt us. The hurt will constantly haunt us wherever we go.

Joseph had thorough knowledge and reverence for God. He said, “You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.” Without God, mere human beings like us will not be able to understand God’s perfect plan. We will also be unable to walk out

of pain, be released from pain, and forgive those who have hurt us.

First-Person Identification Repentance

Prayer: Cry out for God's mercy for the bondage of unforgiveness and of inner vows.....

My Beloved Jesus, I acknowledge that my ancestors and I have ever been exploited and been raised in a harsh environment. We have since picked up such unscrupulous methods and treated our family members unkindly. We have also learnt to hide away the unforgiveness in our hearts, allowing it to fester as the dark forces dominate over our hearts. The attitude of unforgiveness has also blinded our hearts, as well as the hearts of our family members. In our state of hopelessness, we seek to hurt our hearts and the hearts of our family members. Our hearts are furiously vengeful and in pain as a result of being rejected by others. I tend to focus on the humiliation and pain I suffer, neglecting the deep love of Jesus that went to the cross for my family and my sin of unforgiveness, because I love myself too much and care too much for my own feelings. I also neglect that You can turn curses into blessings and mourning into dancing, because You do not delight in us being harmed but promises to work righteousness and justice for all the oppressed. You are omnipotent. Please teach me to wait patiently on Your righteousness and give You sovereignty over all. Lord Jesus! Forgive my ancestors and I for the sins of unforgiveness and of doing as we please. I need a breakthrough. We are willing to forgive. Please strengthen us and send Your healing upon the generations of my family, Lord!

Cleansing and Healing

Prayer: The infilling of the great love of Jesus Christ, so that I will not calculate the evil of others.

Lord Jesus! I confess that my family needs Your healing. We give You the pain that has been inflicted on our family through the generations. Let Your blood cover us and enable us to be cleansed and healed! Abba Father, we need Your love to fill us, envelope us and deliver us to be free from the bondage of

unforgiveness. Give us strength to transform our hearts and minds, so that we will be thankful in everything and will not remember or calculate the evil of others. Instead, we will constantly meditate on Your grace and place our trust in You even in devastating and difficult times. Amen!

Proclamation and Victory

[Psa 86:5] You, Lord, are forgiving and good, abounding in love to all who call to You.

[Luke 6:37] Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.

[Luke 17:3] So watch yourselves. "If your brother or sister sins against you, rebuke them; and if they repent, forgive them."

Proclamation: Emerge victorious by the blood of Jesus and enter the peace of God!

In the name of Jesus, I proclaim that my family and I want to obey the ways of the Lord through the generations, seek His face and receive the grace of forgiveness. We forgive because God first forgave us. We love because God first loved us. By the power of God, we will take the first step towards transformation. In the name of Jesus, I proclaim that God will give the grace of repentance and of complete healing to the family members who seek Him with a genuine heart. Amen!

[Num 6:24-26]

The Lord bless_____ and keep_____ ;
the Lord make his face shine on_____ and be gracious to_____ ;
the Lord turn his face toward_____ and give_____ peace.



09

Bitterness

Definition and Example

What is bitterness? In Greek, it is “pikria” which means arrow, signifying that bitterness itself hurts others, as an arrow does. Bitterness is the result of grievances from being wronged, accused, tormented or condemned and not being able to explain or to be understood. When bitterness festers in the heart, it grows to become complaints and curses in the heart.

We are vulnerable to thinking negatively and complaining, especially when certain events lead us to regress to some parts of our memory that may be unpleasant. However, we seldom manage these unpleasant memories in an appropriate manner, until the next time we encounter it again. Such a cycle leads to bitterness which further grows bitter roots that eventually brings devastation.

[Hebrews 12:15-16] “See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. See that no one is sexually immoral, or is godless like Esau, who for a single meal sold his inheritance rights as the oldest son.” The original meaning of the word “trouble” is importunity, which means persisting to the point of annoyance. Simply put, a lot of sins are borne from the root of bitterness, such as jealousy, licentiousness, unbelief, etc... When a family is entangled by the root of

bitterness, the members of the family are defiled. For example, if something happened at work and parents came home discussing about it, their children will hear these words of bitterness. When parents often complain, gossip, make hurtful and derogatory remarks about others, children will also hear these words of bitterness. These words defile the children. Since the root of bitterness can infect the innermost parts of our hearts, influence and spread to the people around us, the issue of bitterness should not be taken lightly.

First-Person Identification Repentance

Prayer: Acknowledge that we have hidden hurts that have bred bitterness.

Oh Lord! I acknowledge that my ancestors and I had severe issues of extreme bitterness. When we are oppressed by people in authority, we bury the hatred in our hearts. As a result, our family is often jealous of others and gets into disputes with others easily. We have hardened our hearts, turned to our own ways and failed to see our Abba Father's grace and mercy. Our enemies have gained a foothold over our lives. Lord, please forgive my family and I. Our actions are a result of a culture that has been built on hurts and bitterness. While communicating with one another, we tend to withstand others, battle with feelings of anger and even release curses onto others from our hearts. Lord, please have mercy on us, give us the strength to return to You and eradicate these roots of bitterness from our lives.

Cleansing and Healing

[Eph 4:31-32] **Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.**

Prayer: Rid the roots of bitterness with forgiveness.

Dear God, You are Jehovah Rapha, the greatest healer. I acknowledge that my ancestors and I have lived in the pain of bitterness. Please come and heal me

and my ancestors. Let Your blood heal my pain and cleanse both my ancestors and I. Please save us from the bitterness that we have accumulated from the past, give us the resolve to return to the knowledge of Your salvation, and help us to walk out of this darkness that we have been living in for so long. Please lead us to reconcile with Christ and restore Your intended order for families.

Proclamation and Victory

[Isa 53:4-5] Surely He took up our pain and bore our suffering, yet we considered Him punished by God, stricken by Him, and afflicted. But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.

Proclamation: Our family is healed by the stripes of our Lord Jesus.

Lord Jesus! By Your great love for us on the cross, we can manage the bitterness in our lives courageously. There is no fear in love. We believe that the losses and pain that have been caused by bitterness will be eradicated by the salvation on the cross. In Jesus' victorious name we proclaim that all sins that were borne from bitterness, such as complaints, depression, unbelief, etc..... are entirely cleansed and forgiven, by the blood of Jesus! There is complete healing and deliverance from all pain afflicted in our spirit and in our flesh! This I pray in the name of Jesus, Amen!



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
 the Lord make his face shine on _____ and be gracious to _____ ;
 the Lord turn his face toward _____ and give _____ peace.

10

Accusation

Definition and Example

There are times we carry a critical and judgmental tone to express the bitterness and dissatisfaction within us, whether through words or actions, when communicating with our family members. What we say may even deviate from reality. Blame and severe criticism may follow a very small blunder, in a case where there is no right or wrong. In such situations, the scapegoat may accidentally utter a word of accusation out of self-defense. What results is people hurting one another. Ironically, the ones who leave the deepest hurt in us are the kins who are closest to us.

Often, there is a pattern to accusing others. This pattern is observable in the ones who hold the most authority in the family, or in one's spouse. Accusations and words of dissatisfaction uttered from them get easily-ingrained in the minds of those who are reprimanded. Occasionally, those accused recall these thoughts and end up accusing or welling up in bitterness themselves as well as others.

Phrases of accusation include, "You ruined my life!" and "How did we raise a child like him (or her)? It's either you're down on luck or I am!"

First-Person Identification Repentance

[Job 4:8] *As I have observed, those who plow evil and those who sow trouble reap it.*

Prayer: May God calm the vicious cycle of hurting and of accusing one another.

Oh Lord! I come before You with a repentant heart, acknowledging that my family has held on to the wrong model of accusing one another and has hurt every member in the family. The hurt has been passed down to the next generation, as our children have also adopted the wrong model. Oh Lord! Forgive my family and I for our offenses and our weaknesses. We have not kept a tight rein on our tongue, but have condemned and accused our family. To protect our dignity, we have hardened our hearts, used accusatory words to attack our family members, and caused them hurt. I often resent having thrown tantrums. Oh Lord! Forgive our family for having unclean lips, for being malicious and for causing disputes among the members. We have offended and hurt one another with our words. Forgive us for not treating one another with love and acceptance. This has caused our family to lack the warmth that our children so desire and have caused them to reek of the poison of accusation. There are disputes and division within our family because of our foolishness. Lord, please forgive the sin of the tongue that my family and I have committed.

Cleansing and Healing

[Hos 10:12] *Sow righteousness for yourselves, reap the fruit of unfailing love, and break up your unplowed ground; for it is time to seek the LORD, until He comes and showers His righteousness on you.*

Prayer: Please heal and transform our hearts of stone into hearts of flesh.

Oh Lord! Please cleanse each of the tongues in our family with Your blood. By Your great love, please have compassion on my family and I, forgetting our offenses according to the riches of Your compassion. I acknowledge that

we have been unable to overcome this weakness by our own strength. Lord, please help us and give us the grace of forgiveness, break our hearts of stone in exchange for hearts of flesh. Enable us to confess our sins to one another and to intercede for one another, so that our family can be completely healed. Tear down every wall we have built up against one another in the family, so that we can reconcile with You and with one another. Lord, please also destroy the roots of bitterness in our family that have grown through past generations. Deliver the thoughts of our hearts and minds from disturbances and eradicate every negative thought we bear towards ourselves and our family members. Enable us to enter perfect peace and freedom!

Proclamation and Victory

Proclamation: God will watch over and protect those whom He has chosen.

[Rom 8:33-34] Who will bring any charge against those whom God has chosen? It is God who justifies. Who then is the one who condemns? No one. Christ Jesus who died — more than that, who was raised to life — is at the right hand of God and is also interceding for us.

We proclaim that we are chosen by God, we are His treasure, and God has already called us righteous. Our family is governed by God! We proclaim that His statutes and decrees will be the yardstick of our family. We will exalt God's grace and truth with our lips, and will speak what is useful for edification, for comfort and for admonishment. We will seek to build one another up with our words. God's victory will be evidently on display in our family. We pray in the almighty name of Jesus Christ, Amen!

[Num 6:24-26]

The Lord bless _____ and keep _____ ;
the Lord make his face shine on _____ and be gracious to _____ ;
the Lord turn his face toward _____ and give _____ peace.



11

Rejection

Definition and Example

Hurt inflicted on someone from the time of conception, during birth, or during infancy... even from adolescent stage to adulthood, could cause him or her to reject or to be rejected. Rejection could happen at any phase of one's life from birth to death. One will feel rejected or be afraid of rejection if he or she was rejected during conception and whose birth was not anticipated, or was rejected during infancy and not cuddled often whenever he or she cries, or if he or she was born into a poor family. One will also feel rejected or be afraid of rejection if he or she lost his or her dignity or success due to illness. Periphally, one may feel rejected when he or she starts schooling when he or she is age-appropriate for school life. There may be frustration from school work or from social relationships. Another source of rejection may stem from one's marriage. For example, wife feels rejected by her husband, or wife feels rejection of her family from her husband, etc... Hurt that is caused by such rejection in the family are at times passed down from one generation to the next. One who has been rejected can grow to become disobedient, and even to the extent of resisting others. He or she may also self-exclude and battle issues of low self-esteem. Eventually, he or she may grow to be afraid of being rejected in life.

First-Person Identification Repentance

Prayer: May God rescue me from the chains of being rejected.

Oh Lord! I want to acknowledge that I have had a lot of feelings of rejection attached to me since young. I do not know whether this feeling came from my parents, teachers, friends, or classmates... I do not know where this feeling is from and I do not know how to walk out from the hurt of such rejection. Out of fear of rejection again, I have chosen to be in control of all the relationships in my life. I will feel depressed, vengeful, jealous, angry, lonely... when I find out someone rejects me. I do not know how to develop close relationships that are built on mutual trust and understanding with my friends, buddies and spouse. Oh Lord! Please forgive me for hurting my family because of the hurt that has been accumulated in the past by my ancestors. I have also been unable to forgive my biological parents for rejecting me. I have sinned greatly against You. Now, I cry out to Your name. I pray that You will save me from my self-centredness, and enable me to forgive, to overcome feelings of rejection, as well as to live a life that is free from the hurt caused by rejection.

Cleansing and Healing

[Isa 49:15] **Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!**

Prayer: May the love of the Abba Father huddle me, and remove the feelings of animosity and disappointment.

I cry out to You, my beloved Abba Father! Even though my parents leave me, You remain constant in my life. Oh Lord! I want to say that I can be cleansed and healed by Your promises, and not allow the roots of bitterness in my life to hurt my family. I believe that You are the Father who accepts my family and I. Your word protects. I am no longer a burden, because of Your great love. You are able to remove any feelings of animosity and disappointment I bear towards my family members, and help me to love people again, without feeling rejected and lonely. You enable me to forgive those who have rejected me in the past, as well as give me faith and courage to accept the rejection of others, so that I can

live out Your intended purpose in my family. Amen!

I want to forgive my father(s) and my mother(s)... in the name of Jesus. Amen!

I want to forgive my brother(s) and my sister(s)... in the name of Jesus. Amen!

I want to forgive my _____ ... in the name of Jesus. Amen!

Proclamation and Victory

[John 17:23] I in them and You in Me — so that they may be brought to complete unity. Then the world will know that You sent Me **and have loved them even as You have loved Me.**

Proclamation: Abba Father loves Jesus and I the same.

I proclaim in the powerful name of Jesus Christ! May God's word, the sword of the Holy Spirit, destroy every bitter root of rejection from my ancestors and from my family. By the precious blood of the Lamb, all hurt, depression, self-abasement, animosity, addiction and provocation be cleansed and removed. My family and I proclaim victory in the love of Christ. We are all beneficiaries of God's redeeming grace. He has enabled us to be victorious over rejection. Christ in us has overcome it all. Amen!



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
 the Lord make his face shine on _____ and be gracious to _____ ;
 the Lord turn his face toward _____ and give _____ peace.

12

Over-Protection

Definition and Example

The term “over-protection” is often closely-related to family education. The issue of parents over-doting and over-protecting their children has been around for a long time. It is evident in the Old Testament of the Bible in the case of Isaac’s family. Rebekah over-protected her child and taught Jacob how to deceive his father in exchange for his blessings. We witnessed Jacob learning to cheat and lie in the process of attempting to gain his father’s blessings. At the same time, Rebekah also played the role of hiding the truth from her husband. Eventually, it resulted in broken relationships in the family.

This is also happening in the society today. There have been frequent news of people cheating their very own family members of their money, occasionally even to the extent of engaging appalling acts, such as killing their own parents in exchange of money. These are the consequences that follow family education that has gone wrong, in which parents over-dote on their children, over-protect them, or sweep things under the carpet. As a result, children may often resort to using a variety of methods to deceive their parents into giving them what they want, in order to satisfy their personal needs and desires. If parents ignore

these behaviours displayed by their children, they will be faced with feelings of disappointment and hopelessness, as well as the reality of a divided family. As God's word has taught, "Do not withhold discipline from a child; if you punish them with the rod, they will not die." (Proverbs 23:13) Our society will very quickly be ensnared by sin, if we do not educate our children with God's standards, and if we act indifferently to this issue.

First-Person Identification Repentance

[Prov 19:18] Discipline your children, for in that there is hope; do not be a willing party to their death.

[Prov 22:15] Folly is bound up in the heart of a child, but the rod of discipline will drive it far away.

Prayer: I admit that I have over-protected my children, sowed weaknesses and ill habits on them. I repent of my ignorance.

Oh Lord! Forgive the sins of my ancestors, my family and I. Forgive me for over-doting on my children. Forgive me for being unwilling to educate them according to Your word. My children have become slaves to money and to their personal desires. My children have cultivated bad habits of lying and of deceit because I have allowed them to indulge without restraint and have over-doted on them. Forgive me for belittling the authority You have given me to govern my family. I have failed to educate my children in the right way. Oh Lord! Forgive me for not confronting the wrong actions in my family, for not acknowledging the severity of the mistakes committed by my children, and for not being courageous in disciplining them. I have also loved my family more than You, failing to bring to light the lies my children have said even when I was well-aware of them, and for being reluctant in disciplining them. Forgive me, Lord! My children have become my God. Forgive me, Lord for prioritising my children's requests over Yours, for choosing to accede to their weaknesses more than I revere Your commandments, and condoning their evil ways at the expense of obeying Your standards.

Cleansing and Healing

[Prov 15:32] Those who disregard discipline despise themselves, but the one who heeds correction gains understanding.

Prayer: Please discipline my children, remove the roots of bitterness from their hearts, and sow Your word in my family altar.

Dear God, from this generation onwards, I pray that You cease all tendencies within my family to over-protect our family members and those whom we love. Oh Lord! I need Your blood to cleanse my family and I for the mistakes that we have committed. Your word tells me to apply my heart to instruction and my ears to words of knowledge, not to withhold discipline from a child; if I punish them with the rod, they will not die. Punish them with the rod and save them from death. Oh Lord! Please cleanse the foolishness and blindness of my heart. Oh Lord! I am willing to surrender to Your teaching and to Your instruction. Help us to become parents who do not over-dote on our children and guide us to become a good teacher-friend to them, correcting them from the wrong paths. Oh Lord! Rid us of timidity and give us discernment in the way we assess situations. Heal us from fear and apathy. Help us to be courageous in facing the weaknesses and the wrongs of children, as well as enable us to lead them back onto the right path with Your love. Oh Lord! Rid us of any worldview that is not of You. Oh Lord! Heal my family of all the wrong values and wayward parenting styles that we have practised through the generations. Please cleanse our thoughts, so that we will know how to teach the inheritance You have given to us, and my family will be delivered from death.

Proclamation and Victory

[Heb 12:10] They disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in His holiness.

Proclamation: The discipline of the Lord grafts us in His holiness.

Oh Lord, You are most deserving of praise! Father, I praise You. You have led our family to be spiritually-awakened and to walk in righteousness for

Your name's sake. Oh Lord! Lead my family on Your path of righteousness. I proclaim that You will be sovereign over my family. Help my entire family to often keep Your word in mind, and to rely on the great power of Your word for transformation in our families. Rid our family of the spirit of over-doting and of over-protection. Oh Lord! My children, grandchildren and I want to live to praise You and have You as the Lord of our lives. I proclaim that our entire family will depend on Your word and the strength You have given us to overcome our weaknesses through the generations, so that we will not be vulnerable to the attacks of the enemy. Oh Lord! I want to proclaim that my family will dwell in You and regularly meditate on Your word day and night. My family will be victorious as we continually depend on You. All lies and weaknesses will be removed, as Your truth leads my children and I into freedom. Amen!



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
 the Lord make his face shine on_____ and be gracious to_____ ;
 the Lord turn his face toward_____ and give_____ peace.

13

Indulgence

Definition and Example

One who indulges is one who is indifferent to the consequences and who persists in doing something to the point of losing control. One may indulge in gambling, alcohol, drugs, sex, the internet, or shopping, etc. The consequences can be extremely detrimental.

A renowned psychologist named Gerald May shared some insights on indulging behaviour. He defined indulgence as an act that is mandated and done out of habit, restricting the freedom that anyone would desire. Indulgence is a façade of freedom, when it in fact causes one to lose the freedom of loving God and of loving people.

Acts of indulgence is detrimental to our lives and to the lives of others. Most of the time, they involve gambling, drinking, sex, etc. However, there are many ways indulgence can be defined. We indulge in an item or an act when we are unable to stop ourselves from thinking about it or from doing it, even though we may not want to do it. Thus, we may even indulge in television programmes or on eating, etc.

One may also indulge in “love”. If the person whom I love wants to leave me and I do not wish for him/her to leave, I may try all means to keep him/her, “loving” him/her to the point of wanting to control him/her. This is an example of indulging in love. Some parents also over-dote on their children and help them with everything. These parents tend to control and dominate the responsibilities of their children. They may find it difficult to let go even when their children have become grown-ups themselves. This is also an issue of indulgence.

First-Person Identification Repentance

Prayer: Repent of greed, for giving in to the flesh and for giving the devil a foothold over our lives.

Dear Lord Jesus, I repent before You on behalf of the paternal side of my family and for my ancestors through the generations. I confess that the paternal side of my family and I have been held in bondage by alcoholism, gambling, drugs and gaming, etc. through the generations. Oh Lord! Please forgive the paternal side of my family and I for the sins we have committed thus far and for our lack of self-control. Oh Lord, You said that everyone who competes in the games goes into strict training. Oh Lord! Forgive us, for we have indulged in all kinds of desires and have been unable to free ourselves from the powers of addiction that have clung tightly to us, likening Hades tormenting us. We have been ignorant about these bondages, allowing them to hold us captive. We have been proud, living in a world of our own and neglecting our family. Please forgive the paternal side of my family and I for the sins we have committed through the generations. We have resorted to controlling, dominating over our family members, and have hurt them, just so that we could satisfy our false indulgence of love. Oh, God of Holiness! Please save the paternal side of my family and I from all these sins and release Your salvation unto the souls of my household! I admit that we are incapable of overcoming the problems of our addictions, of exercising self-control, of managing our lives. Our lives have been led by our desires, which have hindered us from experiencing freedom, and we have lost our willpower.

Oh Lord! Also forgive my ancestors, my family and I for choosing to indulge in various addictions and for running away from the realities of life through the generations. We have feared interactions, and have lied to others as well as to ourselves. We have also indulged in the pleasures of sin, because we have loved our flesh to the extent that we would do anything to satisfy our fleshly desires. Oh Lord, forgive us for sinning against You, for hurting ourselves and our families, and for bringing shame, pain as well as worry upon the entire household, such that we live in oppression. Oh Lord! Forgive us.

Cleansing and Healing

Prayer: I want to yield to the Spirit of self-control in my heart and in my thoughts, and rid the sin of indulgence in my household.

Oh Lord, my household wants to turn back to You. Please teach my entire household and I how to leave this abyss of sin! Please lose the hold addictions have over our lives and save us from being ensnared by the sins through the generations. Please heal my household and I from being ill-disciplined. Cleanse our hearts and fill the void in our hearts, so that we can have a pure heart and a steadfast spirit within us. Sweet Holy Spirit, please come and awaken our souls. Heal our spirit, soul and body, so that we can return to our Lord Jesus and let Him be the sole satisfaction of our hearts. Draw us to You, and lead the eyes of my household and I to set our gaze solely on You. Help us to love You and to serve You with all our heart and with all our mind. In Jesus' name we pray, Amen!

Proclamation and Victory

[Eph 4:21-24] when you heard about Christ and were taught in Him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

Proclamation: The freedom and victory of the truth are in my family.

Dear Lord Jesus, I want to proclaim that the authority of Jesus will be sovereign over the paternal side of my household and my household. We are victorious over every fleshly desire and every indulgence by the power of God who loves us. By His power, the minds of the paternal side of my family and I have also been transformed. I proclaim that God will restore us to His original design! Because of the compassion and the power of our Lord Jesus Christ, we will be able to put on the new self, created to be like God in true righteousness and holiness. I proclaim that Jesus Christ will cover and protect the paternal side of my family and I, so that we have self-control and are able to understand the frontier that God has gifted to each of us. We will also be able to fulfil His will. We pray in the victorious name of Jesus Christ, Amen!

**[Num 6:24-26]**

The Lord bless _____ and keep _____ ;
 the Lord make his face shine on _____ and be gracious to _____ ;
 the Lord turn his face toward _____ and give _____ peace.

14

Indifference

Definition and Example

“The opposite of love is not hate, it’s indifference.” (Jewish American writer Elie Wiesel, 1986 Nobel Peace Prize winner). Indifference is a scary response. An indifferent attitude causes relationships among one another to grow cold, to the extent that it destroys the other party. Indifference is one of the causes of family violence that is very detrimental, even though it seems to be harmless on the surface. According to research, the brain development of children is impeded when they are neglected or ignored by their mothers, which could possibly hinder their personality development in the long run.

There was a case of a young man named Zhou Kehua (convicted of murder), who upon witnessing his parents’ intense quarrels, wanted very much to escape out of helplessness. However, he chose to hide in a corner all by himself and to bear all that was going on with an indifferent attitude, because he had no friends. He did so to protect himself from getting hurt. If little Zhou Kehua had received more attention from his parents, he might not have become a vicious villain.

Indifference was the attitude he chose to adopt in order to survive. Apart from himself, Kehua did not know how to love others, which led to him

belittling and disrespecting life. Such indifference can also be termed as “cold-bloodedness” that is cultivated in an indifferent family environment. Especially in the traditional Eastern/Chinese society, family members are not inclined to expressing love and care for one another. They are also unaware of the detrimental effects of indifference, allowing such an atmosphere to permeate in the generations. Eventually, they are unable to restore relationships that were destroyed in the process.

First-Person Identification Repentance

[Rev 3:15-16] I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! So, because you are lukewarm — neither hot nor cold — I am about to spit you out of my mouth.

Prayer: Acknowledge that indifference has blinded familial love relationships and break the ice by repenting.

Lord, You who have laid Your life down for me! I want to repent on behalf of my household through the generations and also myself for the indifference we have towards life. Lord, You have laid Your life down for us, so we may know what love is. However, my household and I have closed ourselves up involuntarily, have rejected our family members' love and care, and do not express love to them enough. We have even attributed such indifference to be the attitude of the Chinese society. Lord, please forgive my ancestors and I for our ignorance and stupidity, as well as for having been deceived. We do not know that love should be expressed in speech, in deed and in truth, rather than kept in the heart. There will always be quarrels and conflicts, and there is no perfect family. My family and I have chosen to treat one another with an indifferent attitude, more than we choose to communicate with and forgive one another. We often express our anger by being indifferent towards one another. On the surface, it seems that we are protecting ourselves from getting hurt, but we have unknowingly destroyed the love shared with our kin, and have given our enemy a chance to destroy our relationships. This does not happen overnight, and could lead to devastating consequences. May God forgive my household through the generations and I for belittling the sins committed by our family members. We are sorry for not putting in time and

thought to nurture our relationships. Our emotions have gotten the better of us and we have lived for our own goals, more than loving, accepting and caring for our family members. We have departed from Your will for our families, and have caused our families to be apathetic and lifeless. May God forgive my sins and the sins of my household through the generations!

Cleansing and Healing

Prayer: May the love of our Lord Jesus warm my family and heal our brokenness.

Oh Lord, we are a household imprisoned by indifference. There is alienation among family members. Neither do we know how to express love, nor do we feel loved by our family members. This attitude of indifference has led us to be unable to feel the love of Christ. Lord, please save and rescue my family. Lord, please heal every member in my household. Restore our ability to love one another that has been lost through the generations. Oh Lord, our entire household desires for the power of Your love! We need Your love that lays down Your life to cause indifference to dissipate from among us and to break down every barrier, so that our love for one another is rekindled. By the power of Your blood, wash me and my household through the generations clean from the hurt that apathetic treatment has caused us. Heal thoroughly all the wounds that have led me and my household through the generations to lie to one another in order to protect ourselves.

Proclamation and Victory

Proclamation: The great love of our Lord Jesus Christ is inseparable and ever faithful.

I proclaim in the name of our Lord Jesus Christ that “neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord” [Rom 8:38-39].

My family wants to respond to Your love and we want to fulfil Your command of loving one another. I proclaim that God will reveal the love of Christ to my household and to the world by His means, through me or through others. God You have told us not to "repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing." I proclaim in the name of Jesus that my entire household and I will not repay evil with evil or insult with insult, much less repay indifference with indifference. On the contrary, we will be kind, compassionate and forgiving one another, building a culture of blessing. I proclaim that my entire household will overflow with the love of Jesus and will experience healing, joy, as well as heavenly blessings. I proclaim in the name of Jesus that as we build the family altar and depend on the work of Jesus Christ on the cross, the dark spiritual forces of indifference will be completely destroyed. The laid-down love of Jesus will cause our enemy to be ashamed and flee. In the victorious name of Jesus I pray, Amen!



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
 the Lord make his face shine on _____ and be gracious to _____ ;
 the Lord turn his face toward _____ and give _____ peace.

15

Family Violence

Definition and Example

Family violence refers to family members infringing physically or emotionally on one another. There are many plausible reasons to family violence but it is largely influenced by one's biological family background, especially in the way the biological family disciplines the children, for example, placing overly-high expectations on academics and performance. Victims of family violence during their early childhood years are often the ones who are guilty of practising family violence themselves when they are older. The hurt brought upon their family is a result of a vicious cycle and has detrimental effects.

People who have come from a dysfunctional family, i.e. who have been raised by a single parent, lost a loved one, or raised by their grandparents, are vulnerable to practising family violence. A dysfunctional family lacks family education and does not teach members how to effectively manage their emotions. Violence hinders trust and communication in relationships within the family. When faced with seemingly unsurmountable tasks, family members may display violent behaviours that are negative and conveyed in a furious manner towards one another. More vulnerable individuals in the family, such as children or females, usually become targets of attack.

First-Person Identification Repentance

[Matt 5:21-22] "You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court. And anyone who says, 'You fool!' will be in danger of the fire of hell."

Prayer: Repent from the violent behaviour that has its roots of anger, bitterness and hatred.

I acknowledge that my ancestors and I, as well as our society today, have been deeply entrenched in a culture of violence. All along, I have been deceived to think that I can escape from such a vicious cycle by my own strength. However, I have myself been ensnared by violence today. Oh Lord! Please forgive me for permitting fear and violence to govern my family, and for using violence rather than rational means to educate. This has brought hurt into my family. Oh Lord! You have established the constitution of family and have given me the authority to govern it. However, I have misused the authority and have deeply hurt my family. Oh Lord! Forgive my violent behaviour that is unreasonable. Oh Lord! Forgive me for neglecting the pain and the cries of my family. I have always thought that asserting violence was the right and appropriate way of education. Oh Lord! My beliefs have been distorted by anger, bitterness as well as hatred, and have become deeply-ingrained in me. I have always believed that violence was the only way that could change my family. Oh Lord! I acknowledge that I am wrong, since Jesus is the only way for change in my family. Oh Lord! Forgive my father's family generation for their unforgiveness. Forgive his family for sowing the seeds of violence and of hatred, that have negatively influenced the generations that followed. Lord, please have compassion on my family. May the blood You have shed cleanse my violent tendencies and my false belief system. Lord, free my family from this sin.

Cleansing and Healing

Prayer: May God heal the hurt and panic that my violent behaviour has brought upon my family.

Oh Lord! Please cleanse my heart and my mind, so that I am gentle and patient with my family and never resort to violence in managing household affairs. Let Your love heal my family from the broken relationships that have resulted from violence. We no longer love nor trust one another. Please send Your healing and comfort, so that we gain freedom in Your love. Since love covers a multitude of sins, forgiveness will bring peace into our lives, so that we can support one another in the family rather than focus on our imperfections.

Oh Lord! Please let Your blood cleanse the sins I have committed as a result of family violence. Please cleanse me from all my sins, as well as heal the hurt and panic I have brought upon my wife and my children. Oh Lord! Let my hands be used to love and to accept. Please lead me to teach the next generation in the right way, and to help me understand the kind of relationships I need to build with them for them to develop healthily. Enable me so I will not resort to violence in educating them. I acknowledge that I have limitations in the way I love and that my family is also unable to shower perfect love on my children. Oh Lord! Let Your love be sufficient in all these weaknesses, and stop the negative cycle of violence at my generation. In Jesus' name I pray, Amen!

Proclamation and Victory

[Col 3:13] **Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.**

Proclamation: In Christ, the relationships in my family will be restored and we will love one another genuinely.

Oh Lord! I thank You that even before we knew You, You have already first forgiven my sins and the sins of my father's family. Today, You have given us grace so that we can forgive one another. I proclaim that every kind of anger be

gone from my family. I proclaim that my family wants to forgive one another and rebuild our relationships with one another. My family wants to abide in Your love that has first loved us and we want to build better relationships with one another. Oh Lord! I praise You for Your works. The power of Your resurrection has entered my family and has given us freedom from the cycle of violence. My family is able to enter Your kingdom of love and of fulfilment. Abba Father, I thank You for the great things that You have done for us.



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
 the Lord make his face shine on_____ and be gracious to_____ ;
 the Lord turn his face toward_____ and give_____ peace.

16

Anger

Definition and Example

Anger is an emotional reaction that is usually elicited when someone is offended, mistreated or rejected. It is a self-defense mechanism and a fight response. When one is angry, his or her heart will beat faster, and both his or her blood pressure as well as adrenaline level will increase, etc. Some negative behaviours that accompany anger include indifference, escape from reality, compulsive repetition, prejudice and self-harm, etc, anger expressed in a radical way includes destruction, violence, distortion of facts and revenge, etc.

Anger is a common emotion seen in families, especially after a conflict or a quarrel. When one member in the family is angry, it may be the spark of a conflict, as it elicits revengeful anger from another family member. Thus, anger is highly contagious. It is also one of the causes of one's isolation. When we completely reject communicating with and sparing a thought for others, and fail to relieve the anger, we are vulnerable to growing roots of bitterness and hatred within us which distort our personality.

First-Person Identification Repentance

Prayer: Acknowledge and repent before Lord Jesus, asking Him to destroy the forces of anger.

Oh Lord Jesus, I come before You on behalf of my household, and acknowledge that both my ancestors through the generations and I have been a family filled with anger. We often use anger to draw attention to ourselves, and attack our family members with our angry attitude and tone. Lord, please forgive my father's family through the generations and I, for our lack of self-control, and for causing deep hurt to one another when we throw tantrums and behave erratically out of anger. We have wounded the inter-generational relationships in the entire household and have gone against Your desires for the families You have constituted. Oh Lord! Your word says, "**An angry person stirs up conflict, and a hot-tempered person commits many sins.**" I confess that my father's family through the generations and I have been unable to guard our hearts. We become angry, hurting our family and friends, when things go against our will. We are inclined to hurting others the same way we were hurt, as an act of revenge. Lord, please forgive my ancestors through the generations and I for the sins we have committed and for getting angry so easily, hurting our heart, mind and soul in the process. We have treated one another with anger, violence and indifference, as well as attempt to control our family members so that they will act according to our will. There are times when we bring home the anger we suffered at our workplace or at school, and vent it on our family members. Lord, please forgive my ancestors and I for being self-centred. Forgive us for tormenting and intimidating our family members when we are angry. Forgive us for using anger to dominate the entire family and household.

Cleansing and Healing

[Prov 15:1-2] **A gentle answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise adorns knowledge, but the mouth of the fool gushes folly.**

[Prov 29:11] **Fools give full vent to their rage, but the wise bring calm in the end.**

Prayer: Renounce the spirit of anger and receive the Spirit of gentleness and of self-control.

Oh Lord, I am crying out for Your salvation and healing! My family members and I have allowed anger to reign in our hearts. We no longer know how to express ourselves truthfully before our family members and we do not genuinely understand how they feel. Anger has become a barrier between my family members and I. Oh Lord, our household has been distorted and controlled by anger, and we need Your healing! My family through the generations and I need You to dissipate the anger within us! Please cleanse us from the bondage, filth and destruction that anger has brought upon our family. Please forgive my entire household through the generations and I for having been enslaved by the spirit of anger, and free us to return to Your will. Cleanse us and heal us by the power of the blood of Jesus Christ, restore and rebuild our relationships to have Your comfort, admonishment, healing, recovery and edification which were amiss previously in the presence of anger.

Proclamation and Victory

[Jas 1:19-21] **My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.**

Proclamation: The fruit of the Spirit of gentleness reign and govern my heart and my family.

In the Holy name of Lord Jesus Christ, release my family ancestors through the generation and I from all the bondages of anger! May the blood of Jesus Christ abolish all strongholds from my entire household through the generations, and free us from the vicious cycle of carrying anger in our communication. In the name of Lord Jesus Christ, I command every evil spirit that has been hiding and entrenched in the hearts of my family members through the generations to flee from my entire household! In the name of Jesus, I proclaim that my entire household will no longer be controlled by

anger, but will be drenched in the joy of the anointing oil of Jesus Christ. The Lord has said, “The soothing tongue is a tree of life” and He has also said, “Blessed are the meek”. I proclaim in the name of Lord Jesus that all the generations of my household and I will be filled with gentleness and will speak with a soothing tongue. Our family and household will speak with the love of Lord Jesus words of comfort, edification, admonishment and wisdom, and be pleasing to Him. In the name of Jesus we pray, Amen!



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
 the Lord make his face shine on_____ and be gracious to_____ ;
 the Lord turn his face toward_____ and give_____ peace.

17

Neglect

Definition and Example

Since the antonym of “value” is neglect, the opposite of being valued is to be neglected. There will be occasions when we feel valued and others when we feel neglected at home. This is especially apparent for the middle child, in a family where males and females are treated differently or where children are treated according to how well they match up with their parents’ expectations, etc.

Since there are other younger children who require parental attention, parents will often give most of their attention to the youngest child, while the eldest child has been the most attended to by the elders since birth. Hence, the one who tends to be neglected and treated indifferently is the middle child. Neglect and preferential treatment are closely-related. In a family that values males more than females, parents are biased towards their sons and daughters are easily-neglected. This is especially so when the family has many daughters and only one son. In parenting the children, parents often put in more effort in meeting the needs and desires of their sons, as compared to daughters. In the modern fast-paced society, children hardly have time for their parents at home because life is so hectic for them. As written in a news

article, “One elderly who was staying alone died when her heart froze due to the cold weather. However, it was only after one month after the death of the elderly that the son who was working abroad came to be notified by the social bureau of the death and rushed home immediately.”

Children who have been neglected can easily fall into the following two categories:

The first category is closing oneself up in his or her social relationships with others, feeling that one is unworthy to be loved and will never have the opportunity to be loved. When love comes knocking, he or she would respond by rejecting it, or appear independent and not in need of love. He or she may seem indifferent to the gesture of love, in order to conceal his or her desire for love. In this process, he or she often hurts those who genuinely care for him or her, and they have no choice but to leave him or her be. On the contrary, the other category is completely open to any social relationship and does not set boundaries for himself or herself. He or she would invest a lot in relationships to fill the void in his or her heart and to feel loved. Even when hurt, he or she would muster himself or herself to continue loving even more.

For example, someone who has been neglected would keep giving in a relationship and continue giving despite getting hurt, while awaiting for a response to his or her love, in order to fill the void in his or her heart. After a long process of unrequited love, he or she may crumble out of disappointment and depression. Should the person who is hurt not discover the issue of him or her ever feeling neglected by her biological family, or should the person continue to choose to neglect the hurt he or she suffered, his heart and soul will never be genuinely healed. He or she will also be unable to build healthy social relationships with one another, and the model of being neglected will continue in the generations that follow.

First-Person Identification Repentance

[Ps 127:3] Children are a heritage from the LORD, offspring a reward from Him.

Prayer: Forgive us for utilitarianism, preferential treatment and murder towards the children.

Dear Lord Jesus Christ, we praise You for You are a God who is impartial, just, full of righteousness and compassion. Your word says, “For God does not show favouritism.” (Rom 2:11) Lord, please forgive my father’s family and ancestors through the generations, as well as I, for all the neglect and snubbing that we have committed against our family members, due to preferential treatment. We have only valued our children and treated them well when they fulfil parent’s expectations. Yet, we display disappointment and neglect them when they do not meet these expectations. Lord, please forgive my family through the generations and I for having followed our ancestors’ culture of valuing males over females, for loving one at the expense of another. As their parents and elders, we are sorry for expecting less from children we belittle. Lord, please forgive us for being partial, unjust and unrighteous in treating our children. Each person is precious and honourable in Your sight. Lord, please forgive my ancestors through the generations and I for murdering the glorious plan and will You have designed for every child.

Oh Lord, You said that our partners are the bone of our bones and flesh of our flesh. Lord, please forgive my ancestors through the generations and I for neglecting our partners’ needs due to our business and the ill management of our emotions. Oh Lord! Please forgive us for not considering the needs of our parents and for our lack of filial piety towards them. We do not consider nor care for our parents and our grandparents enough. Lord, please forgive our neglect and indifference towards our elders, grieving them in the process. Oh Lord! I also want to seek Your forgiveness on behalf of my family through the generations and I for the sins we have committed. We have failed to see that we are one of a kind, valued and loved by You, our Creator God. Forgive my family through the generations and I for belittling, failing to love and to value ourselves. We are fearfully and wonderfully made, yet we keep giving and we feel that we are unworthy to be loved. Lord, please forgive my family through the generations and I for allowing ourselves to be deceived by these lies all this while.

Cleansing and Healing

[1 Cor 12:25-26] so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honoured, every part rejoices with it.

Prayer: May Almighty God heal the relationships in our families and restore His glory in our relationships.

Almighty God, El Shaddai, please heal us with Your love. Restore to my family the warmth and enthusiasm that has been lost through the generations. Heal us of the neglect and indifference. “Can a mother forget the baby at her breast and have no compassion on the child she has borne?” Oh Lord! Please heal and restore the relationships of our entire household, so that we no longer treat one another in an indifferent manner and cause hurt to one another because of the issue of neglect. Let love be rekindled in spouses and let children no longer be neglected or having to bear unrealistically-high expectations. Instead, let children be filled with Your love and Your truth. May every family member know their position and value in You. May husbands love their wives, wives obey their husbands, and children be filial to their parents. May everyone live in the likeness of God’s glory and may the entire family enter the destiny You have prepared in advance for us. Lord, please cleanse us by Your blood and do not allow neglect to tear our family apart or indifference to hurt our family. God of Abraham, Isaac and Jacob, You are a covenant-keeping God, full of compassion, a God who has a will and a plan for families. May my entire household and I love one another, obey one another and care for one another. Lead us in our relationships with our spouse and with our children as we parent them. Heal us, so that the next generation will not repeat our mistake.

Proclamation and Victory

[Jn 1:4] In Him was life, and that life was the light of all mankind.

Proclamation: The light of the Lord Jesus wants to shine on the relationships in our families.

In the victorious name of Lord Jesus, I proclaim that healing and restoration are unfolding in my household! In the victorious name of Lord Jesus, I proclaim that all hurt suffered from neglect, all the lies that neglect has brought, all dark forces passed down from generations from the time of my ancestors and from the culture of my household, be completely revoked! In the name of Jesus, I proclaim that every member of our household values his or her life and enter the destiny that God has created each of us for. I proclaim that we value and fulfil our family members by caring for the needs of our family members and relatives, instead of only caring for ourselves. I proclaim that my entire household and I are a household filled with love and respect where the love of Lord Jesus flows in each life. In the name of Lord Jesus Christ I pray, Amen!



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
the Lord make his face shine on_____ and be gracious to_____ ;
the Lord turn his face toward_____ and give_____ peace.

18

Promiscuity

Definition and Example

The topic of “sex” is commonly-forbidden, especially in the Chinese family. In the family of origin, parents themselves also have no idea how to teach their children what “sex” is or do not draw boundaries for themselves in the area of “sex”. In our culture, we too, maintain a conservative view of “sex”. However, when a child is being restricted and forbidden from discussing such a topic, they are deprived of the understanding of certain boundaries when faced with exposure to visual stimuli. This has an adverse effect on children and leads to greater temptations that produce bad fruits from their beliefs about sex. Most young people in today’s society also feel that nothing is impossible, and that “sex” before marriage is acceptable, as long as there is mutual agreement and consent. This leads to abortion and problems related to sexual partners becoming more prevalent in Singapore. As “sex” is widely-promoted online, some people get addicted to fictional characters and pornographic websites, causing young people to be exposed to mature content and have sexual fantasies. If we fail to rectify this problem, our future generations will live immoral lives that do not observe boundaries in “sex”.

First-Person Identification Repentance

[1 Cor 6:18-20] **Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies.**

Prayer: Repent of promiscuity, masturbation, offending one's body and sinning against God.

Oh God! I come before You on behalf of the ancestors from my father's family and I, seeking for my cry to be heard. I need You. I know that You are a holy and compassionate God. I commit my entire household and I before You. Oh Lord, please forgive my father's family and I for indulging in one relationship after another. Forgive us for not offering our bodies as a holy sacrifice and for filling our minds with promiscuous thoughts. We do not feel ashamed of ourselves, do not exercise self-control and do not observe boundaries. Forgive us for allowing our children to follow in our steps as well. I acknowledge the sins of lust committed by my ancestors and I. We enjoy being stimulated in our flesh and rely heavily on our sexual relationships to satisfy us. Oh Lord! Forgive us for we have sinned against and disobeyed You. We do not know that our bodies have been created in Your image and likeness. Our body is a temple of Your Holy Spirit and is not our own. My ancestors through the generations and I have lived promiscuous and corrupted lives, and we have been unable to extricate ourselves from this lifestyle. Oh Lord, please forgive my ancestors through the generations and I for hurting ourselves, our children and for sinning against You. We have even been living in the deception of engaging in shameful acts with people of similar gender (male and male, female and female), and indulging in our sexual desires.

Lord, please forgive my ancestors through the generations and I for not respecting the constitution of marriage and for defiling our marriage bed. We have not been vigilant and have committed adultery. Lord, please forgive

my sins and the sins of my ancestors through the generations, for getting ourselves pregnant through wrong sexual relationships and for belittling young lives for our own benefit. The blood of abortion has tarnished the earth and we have sinned against our God, the Giver of Life. Lord, please forgive my ancestors through the generations and I for our ignorance and foolishness. Save my ancestors through the generations and I from the chains of promiscuity, free my life and the lives of my entire household!

Cleansing and Healing

[Jn 8:31-32] **To the Jews who had believed Him, Jesus said, "If you hold to My teaching, you are really My disciples. Then you will know the truth, and the truth will set you free."**

Prayer: Heal us from replacing "true love" with the flesh and sexual desires.

Dear Lord! I praise You for never giving up on my entire household. We need Your healing to shine upon our hearts, so that every heart that is void of love may know what true love is. Only the Lord Jesus can help my entire family walk out of the abyss of suffering. Help all of us know that only Your love is whole and satisfies us more than our flesh or sexual desires can. Oh Lord! Let Your precious blood cleanse my ancestors through the generations and I of promiscuity. Purify our lives that have been defiled by our sexual desires through the generations. Oh Lord, I praise You for I know You are not giving up on my household because of Your love. Oh Lord! I thank You for I know how precious life is because of Your healing. Oh Lord! I praise You for You refresh my soul and guide me along the right paths for Your name's sake. Oh Lord, I thank and praise You for giving my entire household true freedom from the bondages of promiscuity through the generations by Your healing and great power. I have freedom in my body and I can now worship You freely in Spirit. Thank You, Lord!

Proclamation and Victory

Proclamation: We are God's holy people because God is holy.

Oh Lord! You said, "Be holy, because I am holy." Therefore, in the name of the Lord Jesus, I proclaim that my entire household and I can break the chains of promiscuity through the years, by the power of Jesus Christ. We want to continually depend on the name of our Lord in overcoming the corruption of sexual desires. I proclaim that my entire household and I are holy people belonging to God. I proclaim that we will worship and serve the eternal God with purity in our minds and in our bodies, and seek to be a holy nation. I proclaim Jesus' victory in our household and in the life of every person in the generations that follow. With God, we can overcome every weakness in our body, heart and soul. I proclaim that every person in my entire household will yield to the Holy Spirit, be led by His leading and walk in His light, as we clothe our hearts with the banner of love. I want to proclaim that my entire household and I will follow the Lord with holiness and we want to dwell in the house of the Lord till eternity. In the name of Jesus Christ we pray, Amen!

[Num 6:24-26]

The Lord bless_____ and keep_____ ;
the Lord make his face shine on_____ and be gracious to_____ ;
the Lord turn his face toward_____ and give_____ peace.



19

Curses

Definition and Example

A curse is a broken cycle in a person's life, or in a family or household. Some families have a history of unnatural or early deaths as a result of unfortunate accidents through the generations. A village or region continually seeing cases of accidents, and a family or household battling with inexplicably long-term poverty, sickness or suffering are examples of curses. Curses may permeate the generations, manifesting themselves in different ways and forms, due to sins and strongholds in our lives. In Genesis 3:14-19, our ancestors were tempted by the serpent and failed to obey God's command. Eventually, to the woman God said, "I will make your pains in childbearing very severe; with painful labour you will give birth to children. Your desire will be for your husband, and he will rule over you." To the man God said, "Because you listened to your wife and ate fruit from the tree about which I commanded you, 'You must not eat from it,' 'Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life.'"

We have brought a lot of broken cycles upon our lives because of our disobedience towards God. These curses have opened greater strongholds in the lives of our households, and have given the dark forces a foothold in

our families to steal, kill and destroy! Despite being Christians ourselves, we may still be living in curses. Some curses include continuous relapse of diseases (including diseases that are hereditary), inter-generational poverty, unforeseen accidents, continuous early deaths of the eldest son through the generations, inter-generational psychological illnesses and personality disorders, inevitable promiscuity and adultery or problems of alcoholism, gambling and various addictions in the household, etc. “And He passed in front of Moses, proclaiming, “The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet He does not leave the guilty unpunished; He punishes the children and their children for the sin of the parents to the third and fourth generation.” (Exodus 34:6-7) The existence of broken cycles in our bloodline and in our family of origin has its relation to our offenses towards man, sins against God, or attacks from witchcraft or the powers of the dark forces.

First-Person Identification Repentance

[Gal 3:13-14] Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: “Cursed is everyone who is hung on a pole.” 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.

Prayer: Repent of our household and ourselves for worshipping idols and of the customs of sinning against God.

God of Abraham, Isaac and Jacob, we cry out to You, Jesus. Please have compassion on us! You have seen the promiscuity and adultery our household has committed, the psychological disorders, poverty, gambling, incurable diseases that have repeated and passed down through the generations, the addictions and problems with alcoholism in our household, the various customs that go against Your truth, etc. Oh Lord! We have lived in curses. Let Your Holy Spirit shine upon us and reveal the sins that we have

committed through the generations, causing You to be angry and for the enemy to profane Your name by attacking our family. Lord, please forgive us. Oh God! We live in a fatherless generation that is broken. You see how our families are distorted, how we have been crushed and continue to live in fear, worry and hopelessness of the future. Oh God! Without Your healing, our future generations will diminish and be destroyed. Lord, please heal us and we will return to You. Let Your face shine upon us and we will be saved. Thus, I repent before You on behalf of my ancestors and I. Forgive all the sinful thoughts and acts of my household. Cleanse and cover us by Your precious blood and help us to reconcile with You again. Amen!

Severance and Proclamation

Prayer: Lord Jesus has borne all curses on the cross, nailing every family curse _____ on the cross, severing all broken cycles.

In the name of Jesus Christ and by His precious blood, we sever all powers of curses, death, diseases, promiscuity, adulterous and ungodly lifestyles, as well as all kinds of curses. Today, we are victorious because of the work that Jesus Christ has fulfilled on the cross. We proclaim that Christ's precious blood has "cancelled the charge of our legal indebtedness, which stood against us and condemned us; He has taken it away, nailing it to the cross." (Col 2:14) By the power of the Holy Spirit, we want to sever all powers with curses. Let the curses leave my household and I, so that we can experience freedom in our worship with God. Let the glory and power of God be manifested in our household and remove all customs and practices, such as witchcraft, idolatry, promiscuity and all kinds of filth that evoke God's wrath. Raise a godly generation that lives out Kingdom power and prosperity, free from the powers of poverty, diseases, adultery, addictions and death. May this generation also be free from unforeseen startles and accidents, all kinds of psychological disorders, defects, powers of depression, as well as ungodly customs and practices, etc. Amen!

Proclamation and Victory

[Ps 145:3-4] Great is the LORD and most worthy of praise; His greatness no one can fathom. One generation commends Your works to another; they tell of Your mighty acts.

Proclamation: May the kingdom and will of the Father fall upon our families.

In the name of Jesus, I proclaim that our household will live in the light of holiness, godliness and power. Your kingdom will be manifested in our household, so that we may never forget You and Your works. Generational curses will discontinue. Your laws and Your works will be passed down through the generations in our household. Lord, You will prepare us to be Your holy priesthood, serving You out of reverence and honouring You daily. Oh Lord, we welcome Your presence and intervention in our household. Come and reign among us. May Your kingdom come, and may Your will be done on earth as it is in heaven! In the name of Jesus Christ I pray, Amen!



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
the Lord make his face shine on _____ and be gracious to _____ ;
the Lord turn his face toward _____ and give _____ peace.

20

Ingratiation

Definition and Example

One who is a “people-pleaser” often treats others cordially. He or she does as others please to protect himself or herself. He or she finds it difficult to turn people down for fear of offending others or of causing tension in relationships. People-pleasers may sacrifice themselves to earn significance from others, sometimes even at the expense of many boundaries and principles. Households of people-pleasers often put on their best front and do not have the courage to turn people down. They usually live for the purposes of others and do not have their own judgment.

For example, Little Flower has been taught since young to be a well-behaved child who follows well, meets the requirements set by others and who performs well, in order to be well-liked. Little Flower grew up looking to be identified, approved and loved by others, never once declining any kind of request. She only slept five hours a day, and she eventually crumbled!

First-Person Identification Repentance

[1 Thes 2:4] On the contrary, we speak as those approved by God to be entrusted with the gospel. We are not trying to please people but God, who tests our hearts.

Prayer: Repent of the idol of self-centredness due to the need for approval and due to poor self-esteem.

Lord! I acknowledge that my ancestors and I have been people-pleasers and have lived our lives meeting the expectations of others. We have since lost the courage to turn people down, suppressed our emotions and freedom of choice. Though we appear to be cordial outwardly, but in reality, my household and I have been pushed to our limits. We are not honest about our feelings and stand about things, do not set clear boundaries with others, and allow anyone to expect of us beyond our capabilities. We are physically-exhausted. Oh Lord! Please deliver my household from the bondages due to our blindness and fear. We have allowed the expectations of others to be Lord over us. Lord, please forgive my household and I for our fear of rejection. Help us to be readjusted by You and restore our confidence.

Cleansing and Healing

[Eph 4:23-24] to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

Prayer: May our desire for the acceptance of others be transformed into the desire for unconditional love from our Heavenly Father.

Oh Lord! Please heal my household and I for our fear of rejection. Let Your unconditional love heal my entire family, so that we no longer pursue the expectations of others. Heal the relationships in our household, so that we can develop healthy social relationships and not earn the acceptance of others by being people-pleasers. Heal the suppressed emotions and self-centredness in the life of each person in my household, so we will learn to express ourselves in a healthy manner. Heal our interpersonal relationships,

so that we are willing to love one another, and will build our relationships on mutual trust and genuine affection, as You have first loved us.

Lord, please cleanse my household and I for always conforming to the ideas of others. Lord, help us to understand the right path using Your truth. Let Your word cleanse the way my entire family acts, restore the boundaries that we have lost, give us the courage to know how to reject expectations that cross our boundaries. Lord, please also give my household and I hearts that revere Your truth, so that my entire family has wisdom that is borne out of reverence for You, and will not allow expectations that cross the boundaries we have set for ourselves.

Proclamation and Victory

[Jn 14:6] Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through Me."

[Jn 17:17] Sanctify them by the truth; Your word is truth.

Proclamation: Lord Jesus is my way, my truth and my life.

Oh Lord! I proclaim that Jesus has given my household and I true freedom. We no longer need to be people-pleasers to improve our self-image. Since You are our Creator, You have already destined the best plan for my household. Oh Lord! I want to draw near to Your word and draw close to Your heart. You are the way to eternity and in You there is eternal joy, so my family wants to live to please You. You are the source of our lives. Draw our attention towards You, so that we will live in Your truth and my household can become a testimony for You, rather than be people-pleasers who live for the expectations of people.

I proclaim that I want to be a testimony in my family for Jesus. My family will become a testimony in the society and in the household for Jesus. The beauty of Jesus in me will surpass my self-image and every other good thing. In the name of Jesus Christ I pray, Amen!



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
the Lord make his face shine on_____ and be gracious to_____ ;
the Lord turn his face toward_____ and give_____ peace.

21

Irresponsibility

Definition and Example

Irresponsibility: There are two main definitions of responsibility: 1) One's duties, tasks and mission. 2) An attitude that responds to and fulfills his or her duties, being willing to bear full responsibility for his or her own tasks and mission. It is an attitude that displays self-respect and respect for others.

On the contrary, being irresponsible means being unwilling to take up duties, tasks and mission. Being unwilling to take up the mission and duties for one's role in the family as well as evading them would cause other family members to have to bear additional duties.

There was a case of two lovers who were preparing for marriage. As the date of their wedding draws near, they disappeared out of the blue without any explanation. In another case, a man had left his wife shortly after marriage also without explanation. Even his family, relatives and friends did not know the reason for his sudden disappearance.

There has also been other cases where the wife acts as the head of the family and the husband follows. The husband did not provide financially for the family, as he was lacking in discipline and was unstable in his job. His

contributions to the family were minimal, his wife was constantly worried about many matters and had to borrow money from other places in order to provide for the family.

First-Person Identification Repentance

[Ecc 9:9-10] Enjoy life with your wife, whom you love, all the days of this meaningless life that God has given you under the sun.....Whatever your hand finds to do, do it with all your might, for in the realm of the dead, where you are going, there is neither working nor planning nor knowledge nor wisdom.

Prayer: Repent of over-relying on and for overly yielding to the flesh, as well as for being unwilling to take up responsibilities.

Lord Jesus! Please have compassion on me and on my father's family by Your grace. I have not built a family according to Your will. Instead, I have run the family based on the world's standard and practice. I have not given You first place and have not done everything at home by faith. I am no different from the pagans on earth. I have been eating and drinking, marrying and giving in marriage, satisfying the lust of the eye and feasting, yet not storing up treasures in heaven. Lord Jesus, please forgive me for my ignorance and foolishness. Lord, please let Your compassion shine on me, so that I will be transformed by the renewing of my mind, and Your good, pleasing and perfect will can be established in my family as in heaven. In this way, I will be able to bear the responsibility of being fruitful and increasing in number, filling the earth and subduing it.

Cleansing and Healing

[Eph 5:25, 28] Husbands, love your wives, just as Christ loved the church and gave himself up for her... In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself.

Prayer: Heal my selfishness, break my weaknesses and stretch my commitment for my family.

Dear Heavenly Father, please fill us with Your wisdom and Your Spirit of revelation, help me to be able to test and discern the things that are against Your will in my family of origin. Send Your power, so that I can put an end to all the things that cause my family to experience loss and hurt. Lord, please have compassion and heal my entire household and I, and relieve the pain caused by the enemy. Cleanse my heart of paganistic worldviews and help me to build healthy family altars that burn continuously for You. Let the presence of the eternal God be drawn to the altar, push away and destroy the powers of the dark forces that are shrouding over my household.

Proclamation and Victory

[2 Tim 1:7] **For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.**

Proclamation: I have strength, love and self-discipline from the Heavenly Father.

In the name of Lord Jesus Christ, I proclaim that I will take up the responsibility at home with strength, love and self-discipline. We want to obey the teaching of truth and love our wives as we love ourselves. I want to lay down my life for my family and take up the responsibility of leadership. I proclaim that Lord Jesus Christ is my Lord and the Lord of my household. He is in charge of my family, will guide my family to leave sin, to understand the truth and to serve Him together. I proclaim the glory of the Almighty God in my family from generation to generation till forevermore. Amen!



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
 the Lord make his face shine on_____ and be gracious to_____ ;
 the Lord turn his face toward_____ and give_____ peace.

22

“Debt-Collector Mindset”

Definition and Example

Someone with a “Debt-Collector Mindset” feels uneasy when others commit an offense or blunder. He or she will constantly remind others of their debt from the past and “keep old scores”, calculating the price he or she has paid and the loss he or she has suffered as a result of the offenses of others. This robs the one who committed the offense or blunder of genuine forgiveness and of his or her dignity. The one who has been reproached will find it difficult to face others, or may feel that the debt is too hefty to pay.

Someone with a “Debt-Collector Mindset” is unable to walk out of his or her past hurt and let it go, despite the other party’s apology. On the other hand, he or she may keep reminding the other party of the debt for fear that history would repeat itself. However, constant reminders lead to tension and cause the relationship to become estranged. The one who committed the offense or blunder will keep a distance, as far away as possible, as an act of self-defense and to escape from being reproached by the “debt-collector”. This further provokes the “debt-collector” to pursue the offender at all cost out of anger. It seems like a tug of war, with both the “debt-collector” and the “debtor” being fearful of intimate relationships and wanting to get away

from each other. This is rather typical and commonly-witnessed in one's family of origin.

As written in The Lord's Prayer, "And forgive us our debts, as we also have forgiven our debtors..." Without "forgiveness" towards one another from generation to generation in a family, the pursuit of "debts" will continue to oppress one's body and mind. It is miserable for both the "debt-collector" and the "debtor" to be in such a relationship in the long run. Family members deprive themselves of respite and eventually risk losing close-knitted relationships with the kin most important to them. Inter-generations will continue to suffer deep hurt in their relationships with one another, should the behavioural pattern of "debt-collecting" not be severed.

First-Person Identification Repentance

[1 Cor 6:7] *The very fact that you have lawsuits among you means you have been completely defeated already. Why not rather be wronged? Why not rather be cheated?*

Prayer: Repent of unbelief in the justice of God and of the defense mentality out of fear of being taken advantage of.

Our Father in Heaven who is both kind and merciful, I come before You acknowledging that my father's family, ancestors through the generations and I do not know how to love our household. We have violated Your truth. Please forgive my ancestors through the generations and I for the sins. The Lord has said, *"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails."* Oh Lord, please forgive me for boasting. I have often given credit to myself for every contribution I have made to the family, for fear that I do not receive the appreciation I deserve. Oh Lord! Forgive my sin and the sins of my father's family as well as ancestors. I have pursued my gains and have calculated the evil committed by my family. Oh Lord! Forgive me for constantly keeping count of the

momentary blunders my family members committed and for repeatedly emphasising on them. I have brought hurt upon my family members. They have been intimidated by me and have distanced themselves from me. I have been ignorant to think that I have done right all this while. Oh Lord! Please forgive me and have mercy on me. Oh Lord! You said, “**Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law.**” Oh Lord! Forgive my sins and the sins of my ancestors through the generations. We do not know what it means to love one another. Out of the fear of being taken advantage of, we have often reminded ourselves of what our family members still owe us and wish to be compensated as well as to be appreciated. However, love always protects, always trusts, always hopes, always perseveres. Love never fails. Lord, please forgive my ancestors through the generations and I for the “debt-collector mindset” we bear towards our family members. Forgive me for taking the love and providence of my parents and elders for granted. I have ever begged for, demanded for, cried for and even raised a ruckus for something I wanted but did not get. Lord, please forgive my father’s family through the generations and I for being proud and for our discontent. Also, forgive me for being unable to let go of my children completely and for not completely entrusting them into Your hands. I have repeatedly calculated their offenses and have condemned them, failing to give them opportunities to grow from their mistakes. Lord, please forgive my sins and the sins of my ancestors through the generations.

Cleansing and Healing

[Matt 18:32-35] **Then the master called the servant in. ‘You wicked servant,’ he said, ‘I cancelled all that debt of yours because you begged me to. Shouldn’t you have had mercy on your fellow servant just as I had on you?’ In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed. “This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart.”**

Prayer: Ask the Lord to forgive and heal my weakness of being calculative of the offenses of others.

Dear Lord Jesus, by the power of Your blood, smear and cover the hurts of biting and devouring one another, as well as of calculating and complaining about one another, as a result of the “debt-collector mindset” in my family. Lord, please cleanse the broken relationships among my family members. In the name of Jesus, I cut off every heavy yoke that loves to boast and that is proud, that loves to keep record of wrongs, and that is unable to forgive the debts of others, from me and from my ancestors through the generations. Lord, please heal the hearts of my ancestors through the generations and I for being blind and ignorant about forgiving one another and our debts, being contented with all that we have, and genuinely bless our family members. May the precious blood of our Lord Jesus cleanse my entire household of the hurt caused by wounds, disappointment and shame among my family members. Lord, please heal my entire household, nurse each of our hearts, comfort each of us, and release the power of Your truth, so that my entire household will grow to be a household that knows how to love.

Proclamation and Victory

[Heb 1:9] You have loved righteousness and hated wickedness; therefore God, your God, has set you above your companions by anointing you with the oil of joy.

Proclamation: God anoints me with His joy.

Dear Lord Jesus, You are the source of love. We will be able to walk in true love when we abide in You. In the name of Lord Jesus, I proclaim that my household through the generations and I want to abide in the power of Lord Jesus and walk daily in truth. I proclaim that all the debts that we have owed one another through the generations have been forgiven by the power of the cross. My entire household has been completely released and freed from calculating and complaining, from unforgiveness, from the “debtor mindset” as well as the “debt-collector mindset”. In the name of Jesus our Saviour, I proclaim that every person in the entire household will understand that every day is a gift from God. The Lord has said, “For My thoughts are not your thoughts, neither are your ways My ways,” and He has also said, “For I know the plans I have for you are plans to prosper you

and not to harm you, plans to give you hope and a future.” Our hearts will be filled with gratitude, whether we are on the high mountain or in the low valley, in the good times or in the bad, when we are right or when we are wrong. In the victorious name of Lord Jesus, my entire household through the generations and I will walk in God’s truth. Amen!



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
the Lord make his face shine on_____ and be gracious to_____ ;
the Lord turn his face toward_____ and give_____ peace.

23

Injustice

Definition and Example

It is every person's desire to be fairly-treated. However, it is common to witness injustice in our relationships with one another. Injustice refers to different people having different yardsticks. In our interactions with one another, the stronger person uses his yardstick on the weaker person. The victimised commonly feels unfairly and unjustly-treated. Some even feel resentful and bitter. Often, complaining and revengeful behaviour would follow, resulting in losses on both ends and a lot of wrongful treatment.

The losses suffered from injustice by the generations of one's family far exceeds the lashes suffered by other familial hurts. The only way that can restore and heal the victims of injustice is to replace the unreasonable yardstick of human beings with God's standard.

First-Person Identification Repentance

[Ps 37:7-8] Be still before the LORD and wait patiently for Him; do not fret when people succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret — it leads only to evil.

Prayer: Repent of doing evil out of grievances and push back the cycle of darkness.

Dear Heavenly Father! I acknowledge that I have been deeply hurt by my family members. I am strongly dissatisfied with the unfair and unjust way my family members have treated me. I acknowledge that my heart is filled with grievances, bitterness and resentment towards them, due to the excessive family burdens my parents have placed on me and the partiality they have towards my siblings. I have been bound by all these hurts and have not been able to get along with my family members cordially. These hurts have hindered my relationship with God and have destroyed my relationships with others. I have resisted God's work in my life because of the bitterness within.

Dear Father God! Forgive me for being judgemental of the words and the actions of my family members. Outwardly, I seem to have obeyed the instructions of my parents and elders, yet inwardly, I have done so grudgingly. I have merely pretended to obey outwardly, causing my heart to be even more rebellious, and I grow increasingly defiant within, each time I obey out of reluctance. Oh Lord! I do not wish to put on a mask any longer. Lord, please forgive me for my filthy motives and for being hypocritical. Lord, please also give me the strength to forgive my family members. Oh Lord! My family members and I have sinned in our actions because neither had we known You nor how full of grace and mercy You are. We did not know that You could save and help us. Lord, please forgive my father's family and I for having governed our family using unjust means. As a result, we have caused hurt to one another. Lord, please forgive my parents for using different standards to discipline the children, allowing them to be vulnerable to corruption. We have sinned greatly against You. Oh Lord! Please rescue us from all the bitterness and hurt in our hearts, as well as the poverty and corruption due to injustice.

Deep Cleansing and Healing

[Ps 145:17] **The LORD is righteous in all His ways and faithful in all He does.**

Prayer: May the Lord do “spring cleaning” in my heart and cleanse my soul.

Dear Heavenly Father! I am crying out to You on behalf of my family and I! I have been hurt, oppressed, burdened with pain and bitterness, due to unjust thoughts and deeds. Lord, please heal all my scars, release me from the bondage of sin, give me a heart that is pure and a spirit that is upright. Help me not to resent my family members and help me to forgive the family members who have hurt me with Your love. Oh Lord! Forgive my family members for hurting one another with our false beliefs and for allowing our lives to be filled with deceitful acts. Lord, please forgive our evil deeds of oppressing, making use of and exploiting our family members. Cleanse us of the disgust of malice, deceit and pride, and give us a heart of love, joy and faithfulness towards our family members.

Oh Lord! Please judge us. Lord, please forgive us for being self-righteous and for using our selfish yardstick on others. Lord, You are the only just judge of our lives, there is no injustice in You, and those who place their trust in You will never be ashamed or humiliated. Lord, help me to depend wholly on You. Lord, please restore our confidence in You, trusting that vindication comes from You and withholding arguments for our own sake. Oh Lord! Only You can wipe away our tears of grievance. Please cleanse our hearts and minds with Your law of justice, heal us by Your kindness and Your mercy. Oh Lord! Please give me faith. Help me to trust completely in You just as Abraham did and help me to have no doubt about Your righteousness, believing that You would rescue us. You shall be Jehovah our Righteousness.

Proclamation and Victory

[Ps 37:3-4] Trust in the LORD and do good; dwell in the land and enjoy safe pasture. Take delight in the LORD, and He will give you the desires of your heart.

Proclamation: Feed daily on the faithfulness of God.

Heavenly Father, we lift up the precious and holy name of Your son! We proclaim that all hurt, poverty, resentment and deceit that have been brought upon our family through the generations because of injustice, be completely removed! You are the Lord who vindicates my family. By the blood of Jesus, we proclaim peace over our family. From this day forward, we want to obey Your word, read the Bible and pray daily, so that Jehovah's law of justice will be established in our family and all works of the enemy will be destroyed. We proclaim that Your impartiality and Your righteousness will reign in my family through the generations. Those family members who have been hurt will receive Your healing and those who grieve will be bestowed with Your crown of beauty. There will be the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. Therefore, we proclaim that our family wants to be rooted in the temple of Jehovah, so that we can be called trees of righteousness that Jehovah Himself plants and glorify His name! Amen!



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
the Lord make his face shine on _____ and be gracious to _____ ;
the Lord turn his face toward _____ and give _____ peace.

24

Heavy Yoke

Definition and Example

According to the Bible, the term “heavy yoke” was originally defined as a long-term yoke, which means having been spiritually oppressed for a long period of time by emotional setbacks suffered due to external factors. A person carrying a “heavy yoke” live in torment and frustration, as he or she is spiritually-bound for a long period of time, hindering his or her ability to feel and to think. For instance, he or she will constantly encounter crises that wear her out physically and emotionally, or he or she may end up in a negative cycle in which nothing works out regardless of what he or she does. A frequent report on the news likens the case of a family whose parents or whose children are critically-ill, causing every member in the family to feel ashamed and depressed. This same family may also have incurred debts as a result of failed businesses and is labouring under a double burden, causing the family to be faced with negative stress and little chance of being liberated from it (as described in Deuteronomy 28:16-68).

Negative stress (bad stress): One would feel vexed and would have to pay a hefty price both physically and mentally when he or she is unable to cope with insurmountable negative stress for a prolonged period of time. The main cause of physical and mental disorders, such as digestion problems,

too much gastric acid, loss of appetite, headaches, insomnia, weak immunity and hormonal imbalances, etc. can be attributed to excessively high levels of negative stress. Those who have been exposed to prolonged excessive stress may find it challenging to focus, organise and craft long-term plans, or be deluded and disconnected from reality, leading them to easily experience emotional instability, and to feel worried, depressed or helpless often. They may also lose their dignity, zeal and interest for people and things as time goes by. A person suffering from more severe effects of prolonged negative stress would even need to rely on medication, in order to carry out his or her normal daily routine.

[Deut 28:15] “However, if you do not obey the LORD your God and do not carefully follow all his commands and decrees I am giving you today, all these curses will come on you and overtake you.”

Signs of heavy yoke are identified as follow:

First, in the area of finance,

1. Job instability, changing it every one or two years for various reasons, ranging from bad company to change in job location, not building good work experience and not having a good salary.
2. Constantly having to empty accumulated wealth to be guarantor for others, for family’s critical illnesses, and for compensations for accidents, etc.
3. Frequently making ends meet, Haggai 1:6 “You have planted much, but harvested little. You eat, but never have enough. You drink, but never have your fill. You put on clothes, but are not warm. You earn wages, only to put them in a purse with holes in it.” Deuteronomy 28:33 “A people that you do not know will eat what your land and labour produce...”

Second, in emotional affairs,

Having the phenomenon of divorce, fornication and adultery, as well as regularly changing of partners, two-timing and willingly being a third-party in relationships in the household from the father’s generation to the grandchildren’s generation. Deuteronomy 28:30 “You will be pledged to be married to a woman, but another will take her and rape her.” Deuteronomy

28:33-34 "...you will have nothing but cruel oppression all your days. The sights you see will drive you mad."

Third, in the area of physical health,

Early and young deaths accompanying congenital diseases, cancer, hereditary diseases, depression, bipolar disorder and other mental disorders, as well as major traffic accidents, etc. Deut 28:21-22 "The LORD will plague you with diseases until He has destroyed you from the land you are entering to possess. The LORD will strike you with wasting disease, with fever and inflammation, with scorching heat and drought, with blight and mildew, which will plague you until you perish." Deut 28:27-28 "The LORD will afflict you with the boils of Egypt and with tumours, festering sores and the itch, from which you cannot be cured. The LORD will afflict you with madness, blindness and confusion of mind." Deut 28:67 "In the morning you will say, "If only it were evening!" and in the evening, "If only it were morning!" — because of the terror that will fill your hearts and the sights that your eyes will see."

First-Person Identification Repentance

[Gal 6:7-8] Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.

Prayer: Repent of the corruption and the vicious cycle of sin.

My Father in Heaven who loves me, You are the Saviour who is both holy and righteous. I want to confess that my ancestors and I have sinned against You. I have carried sin when I was still in my mother's womb and have worshipped idols with my family members since young. I was born with sin. Oh Lord! My ancestors and I have really sinned against You. You are righteous, even if You send Your judgment and wrath on us. But Lord! Do not harbour Your anger forever. Please send Your grace of salvation upon my household by Your grace and compassion. Lord, we do not know how long we can hold on. Please deliver my household from this heavy yoke. Oh, Father God! Please forgive our rebellion and our stubbornness in yielding to You. Please forgive

my household for sinning against You when we broke the covenant before we knew Your statutes and Your laws. Lord, please forgive our sins and our trespasses. Father God, please shine on my household and I continuously through Your Holy Spirit, so that I have the ability to repent and can represent my household to repent in both heart and deed.

Cleansing and Healing

[Matt 11:28] Come to me, all you who are weary and burdened, and I will give you rest.

Prayer: Please help to lay down my heavy yoke and that of my household, so that we can have peace in You.

I want to cry out to You Jesus to protect and cover my household and I. I also want to cry out to the Lord Jesus for Your grace of salvation to fall upon my household and to deliver us from such a heavy yoke as this. Lord, let Your precious blood cleanse my entire household for our sins that have been passed down through the generations. Let Your precious blood cleanse my household for the curses that have been passed down through the generations. Lord, please come and heal the spirit that have been crushed in me as well as in my household since young. My household needs the help of Your Holy Spirit and Your love to fill my family, so that my household will have the power of true love. Holy Spirit, my household really needs You! My household really needs Your love to be healed and renewed.

In the name of Jesus Christ, I cut off the negative thoughts and actions of my family, the unbearable heavy yoke within me that has been passed down from my ancestors, and bind the power that keeps leading my family and I astray. Holy Spirit, please shine Your light on my family, so that the dark forces that have been deeply-planted in my household will no longer stand. Cut off the roots of sin that have been deeply-planted in my household, so that our relationship with our Heavenly Father can be renewed and every member of my household can experience complete freedom! Amen!

Proclamation and Victory

[Ps 68:19] Praise be to the Lord, to God our Saviour, who daily bears our burdens. (Selah)

Proclamation: The God who saves us is the Lord who daily bears our burdens.

Lord Jesus, I thank You for filling, healing and renewing my household with Your power.

By the precious blood of Jesus Christ, I proclaim cleansing of the sins and the trespasses of my household, so that every person in my household will be Your holy vessel. My household proclaims that Jesus Christ is the God who turns curses into blessings. Jesus Christ is the victorious Banner that has triumphed over all the powers of darkness. We proclaim that every person in the household is in Christ and is a new creation. The old has gone, the new is here. By faith in Jesus Christ, I proclaim that my entire household will return to the eternal covenant that God has established with Abraham. I want to proclaim that my household and I are walking away from the power of satan and on the path towards the glorious kingdom. I proclaim that God's blessings will be showered upon my household and I. My household will be blessed when we come in and blessed when we go out. Whatever that my household does, regardless of male or female who does it, will prosper. Praise the Lord! In the name of Jesus Christ I pray, Amen!



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
 the Lord make his face shine on _____ and be gracious to _____ ;
 the Lord turn his face toward _____ and give _____ peace.

25

Greed

Definition and Example

[Gen 3:6] When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

The Bible tells us that God placed the tree of the knowledge of good and evil in the garden of Eden and instructed human beings not to eat from it. However, Eve was covetous towards the fruit and eventually ate it. She also caused her own husband to be enslaved by the power of greed. As a result, the first family ever mentioned in the Bible allowed sin entry into their lives. The sin of “greed” starts from human “desire” and is accompanied by the act of sinning against both God and man. We are acting in greed when we take more money or accumulate more wealth than we need. When this desire grows, we become lost in our desire for more. There is a certain power behind this confusion to pursue more. The power of greed magnifies wealth and leads us to sin unknowingly against God.

However, as written in Deuteronomy 8:18, “...remember the LORD your God, for it is He who gives you the ability to produce wealth, and so confirms His covenant, which He swore to your ancestors, as it is today.” God is reminding us through this verse that He is the giver of the wealth of a household and of the ability to produce wealth. Liberalism has become the principle of civilisation among people today with human social development and with the decay of the ancient feudal system. Capitalism as a result of liberalism has led people to advocate the market in a free and open manner. Many people position themselves to compete in the free market for personal gains and to satisfy their desire for wealth. To date, wealth has become our way of life, without which, our families cease to run. However, capitalism has led many families in the society to be enslaved by the power of greed, as wealth gets overly-magnified.

[Jer 6:13] “From the least to the greatest, all are greedy for gain; prophets and priests alike, all practice deceit.” Under the power of greed, the desires these families have for wealth are intense, with generation after generation coveting out of greed for wealth, regardless of the cost. Households like these are generally greedy for money and for inheritance. Out of excessive greed, they could have sinned in the following ways, such as accepting bribes, forcefully misappropriating money, inheritance, and practising corruption, etc. They are also constantly looking for ways to take advantage of others and to seek personal gains.

In Apostle Paul’s words, “You shall not covet,” and whatever other command there may be, are summed up in this one command: “Love your neighbour as yourself.” This tells us that greed and the lack of love for our neighbours are closely-related. In a society that promotes capitalism and the attainment of wealth by one’s power, God’s unchanging truth is His standard. He is the God of the past, present and the future, and He continues to remind us till today “...remember the LORD your God, for it is He who gives you the ability to produce wealth, and so confirms His covenant, which He swore to your ancestors, as it is today.”

First-Person Identification Repentance

Prayer: Repent of wrong value systems towards riches, of being tempted and of departing from the Way, that have brought us sorrow.

Oh Lord! Forgive our household for choosing to serve mammon and to be its slave, rather than to serve You enthusiastically. We have used various means, including those that are out of Your will, to attain wealth and to earn more money. Lord, please forgive us for not being holy in our use of money. [1 Tim 6:10] **“For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.”** Oh Lord! Please forgive my father’s family and I for deviating from Your way. We have been inculcating wrong values in our children and grandchildren. Oh Lord, please forgive my father’s family and I for equating the possession of wealth with the possession of power and of influence. We have been ignorant, have lived in wrong value systems and lifestyles. We have resorted to unlawful means and have taken profit from others to satisfy our evil passions, by cutting corners, practising corruption, accepting bribes and using illegal methods to earn money. We have also taught our next generation to do the same and have not stopped them from doing what is evil in Your sight.

[Ps 10:3] **“He boasts about the cravings of his heart; he blesses the greedy and reviles the LORD.”** Oh Lord! Please forgive us for belittling You. We have boasted about our ability to earn a lot of money without understanding that it is Your grace which gives us “the ability to produce wealth”. Lord, please forgive my father’s family and I for prioritising our love for money over our love for You. We too, have not loved our neighbours as ourselves. Lord, please forgive our family for the lack of love. Forgive us for forgetting that the inheritance that You have given us is sufficient for us. Oh Lord, forgive us for withholding money from You and for keeping it for ourselves. My father’s family and I have done what You detest. We have been like thieves who have stolen from You. Oh Lord, forgive the sins of my household, help us to guard our hearts and help us not to sin against You.

Cleansing and Healing

Prayer: Heal the gap of discontentment, lead me to believe Jehovah as my Shepherd and the One I trust.

[Isa 57:17] “I was enraged by their sinful greed; I punished them, and hid My face in anger, yet they kept on in their willful ways.” Oh Lord, please heal my father’s family through the generations and I for our disease of apostasy and cut off all curses that are controlled by mammon. Lord, please cleanse what my household sees as important. Lord, rather than having our eyes turned upon wealth and money, please help us to enter Your healing, so that we can be content and the void in our hearts can be filled by You. Oh Lord, since You are the God who fills the heaven and the earth, only You can meet the financial needs in my house and in my father’s house, enable us to find life’s satisfaction in You rather than in money and in wealth, as well as help us understand that Your grace is sufficient for us. Oh Lord, please cleanse the value systems of my father’s family that have been corrupted through the generations, o that we will discontinue to sin before You and will act in a way that is not influenced by the greed for money and for wealth. Oh Lord, I pray that my father’s family and I will come before You in repentance and will depart from all temptations! Amen!

Proclamation and Victory

[Lk 12:15] Then He said to them, “Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.”

Proclamation: God’s grace is sufficient and I want to desire life to the full in Jesus Christ.

Oh Lord! You are the God who increases power upon those who are weak and who strengthens the weak! By Your strength, we proclaim that my father’s family and I have the ability to cut off our weaknesses through the generations and emerge victorious from all the bondages of money as well as all the evil hearts of greed. Oh Lord, Your word is the lamp unto the

feet of our household and the light unto our path. Your word says that life does not consist in an abundance of possessions. We believe that You will help every member of our household to be firm. As we depend on You, my father's family and I, as well as my children and grandchildren, will walk in Your ways. Hallelujah! Amen!



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
the Lord make his face shine on_____ and be gracious to_____ ;
the Lord turn his face toward_____ and give_____ peace.

26

Hatred

Definition and Example

Hatred: Other terms for hatred include resentment and antipathy. Hatred is an emotional response that expresses one's discontent. This means intense animosity and dislike. "Hatred" is also defined as "antipathy caused by hostility".

Typically, fear, anger, disgust and being hurt or offended can lead to feelings of hatred. It is the opposite of "love" and is a response to being hurt in one's relationships with others or in one's dignity.

Hurts in familial relationships, as well as hurts that were left unsettled and passed down through the generations from the ancestors contribute to feelings of hatred. Feuds in the household could have been a result of painful memories passed down from one generation to another. For example, Romeo and Juliet came from two households that had long been at feud with one another. In addition, children during the time of political persecution often have to undertake the painful memories of hurt and go through the hate complex.

First-Person Identification Repentance

[Ps 143:9-10] Rescue me from my enemies, LORD, for I hide myself in You. Teach me to do Your will, for You are my God; may Your good Spirit lead me on level ground.

Prayer: Repent of rationalising my hurt and for allowing hatred to have legal rights over me.

Lord Jesus, we thank You for the salvation of Your cross. Your perfect love has rid me of fear, so that I can come before the throne of grace of the eternal God. I acknowledge that my father's family and I had unresolved hatred. We have allowed self-pity and bitterness to grow in our lives, giving the enemy legal rights. Furthermore, we have been deceived to think that it is reasonable to have such an attitude towards life. Lord, please let the salvation of Your cross shine on us, so that we uncover the hidden roots of hatred. Lord, please forgive me for not taking care to forgive people who have hurt us, especially our kin. I also represent my family of origin in repenting before You. We have rationalised our wounds because of the hurts we suffered. We are filled with hatred to the extent that we think God owes us justice and expect to be vindicated. However, contrary to our belief, we have in reality become tools that the enemy uses to cause harm to others, implicating our family members as well, regardless of our intentionality or lack of. We have allowed the enemy to steal, kill and destroy our family as he pleases. Lord, I know deep down in my heart that only You can give my family and I an opportunity of recovery. I am willing to seek Your presence according to Your laws. I trust that Your salvation can turn the hearts of the fathers to their children, and the hearts of the children to their fathers, dissolving and eradicating all enmity and curses!

Cleansing and Healing

Prayer: God's love to eradicate the bitter roots of hatred and God's word to bring comfort as well as to heal hearts

Lord Jesus Christ my Saviour, hatred has brought hurt and damage upon me. I am crying out for Your precious blood to redeem and to rescue me. I believe

with all my heart that the salvation power of the cross is sufficient to restore the relationships, such as kinship, romantic relationship and friendship, that the enemy has robbed me of. Nothing is impossible in You, because You are the Risen Saviour. You can restore the relationships in my family and eradicate the source of hatred in my house and in my father's house!

[Lk 6:35-36] "But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because He is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful."

Proclamation and Victory

[Matt 5:43-44] "You have heard that it was said, 'Love your neighbour and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you,"

Proclamation: My victory derives from my trust in the Lord's forgiveness and from praying for those who persecute me.

Oh Lord! I am willing to obey Your teaching and confront hatred with love, since hatred stirs up conflict, but love covers over all wrongs. I believe with all my heart that I will have the ability to love my neighbours as myself, including those who have hurt me deeply, when I love You with all my heart and with all my soul and with all my mind. I praise You for Your precious blood that was shed for me and established a new covenant with me. In this covenant, I am able to live a victorious life.



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
 the Lord make his face shine on _____ and be gracious to _____ ;
 the Lord turn his face toward _____ and give _____ peace.

27

Extramarital Affairs

Example

Childhood sweethearts Qing and Mei got married, started a family and ran a factory for a living. Within a short span of eight years, they earned enough money to buy a flat and they also had two adorable children. One day, Mei received a call from a female stranger who sniffled over the phone, claiming that both Qing and her have been together for four years and they even had a daughter together. The female stranger could not believe that Qing had “betrayed” her for another woman. By the end of the phone call, Mei was both shocked and baffled. She thought it was impossible, since both her and her husband have been so affectionate towards each other for years. Later, Mei confirmed the stranger’s claim to be true after asking Qing. Qing was in tears as he sought Mei’s forgiveness, saying that he would change his ways and asking for her to accept the child from his extramarital affair. Mei was crushed and did not know what to do. However, she eventually relented to accepting the child from the extramarital affair, because she was unwilling to lose her family just like that. Initially, she had thought that Qing had been seduced by “the bad woman” and had committed the extramarital affair out of momentary confusion. To her horror, Mei discovered that Qing had another extramarital affair five years later, and this time, it involved

four women. Mei felt like a blind fool and contemplated suicide a few times in the hope of ending her suffering. However, she was reluctant to give up on her family and career. With kind advice and help rendered by her friend, Mei decided to go to church together with her to seek help.

[Jas 1:13-15] When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does He tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

Identification Repentance, on behalf of the person who committed extramarital affairs.

[Rom 13:13-14] Let us behave decently, as in the daytime, not in carousing and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.

Prayer: Repent of having allowed lust to develop into sin, and seek God’s forgiveness for being unfaithful, hurting the spouse and children in the process.

Oh Lord! Please rescue and deliver me from the morbid state of lust. I have been held bondage by the addiction of lust, and I have fallen ill. I have deceived my wife (or husband) and children, failing to take up any responsibility. Oh Lord! I live in the vicious cycle of self-deception and deception towards others. Lord, please forgive a sinner like me. Forgive me for causing hurt to my family members because of my disloyalty and betrayal. Forgive me for indulging in lust, causing my family to be where it is today. My family is broken and full of scars. I do not know how to save the situation. Oh Lord! Forgive me, have mercy on me and help me walk out of the snare of lust. I have been promiscuous and corrupted in the way I live. My heart needs to be cleansed and my soul needs to be healed! Please rescue my family and I, restoring us to Your original design. Give my family and I an opportunity to start afresh. Amen!

Cleansing and Healing

Prayer: Lord, please shine on the bondage within that has been caused by lust. Heal and deliver us from it. (Youths can keep watch and pray for parents' marriage.)

Dear Heavenly Father, I have lived in the lies of the enemy and have deceived myself by relying on myself to walk out of these lies. Lord! I cry out for Your mercy and power to cleanse my filthy life. You are the God who loves me. Please let Your word transform my thoughts and beliefs. I invite You into my life to remove all promiscuity and addiction. Only You can restore me to the original design You intended of me, having the ability to live a life that is holy and faithful. Heavenly Father! I need Your healing. Forgive me for my rebellious sinful nature. Heal and deliver my heart that has been held bondage by lust. By Your kindness and compassion, cleanse me completely of my sins and transgressions. Recreate in me a clean heart and restore within me pure love. Heal my family, so that You can restore in us what the enemy has stolen and destroyed. Amen!

Proclamation and Victory

[1 Cor 10:13] **No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it.**

Prayer Declaration: The Lord will pave the way for me and I will experience victory as I depend on Him. (Youths can proclaim this on behalf of parents' marriage.)

Our Father in Heaven! You have saved me and I no longer live in lies and in lust. The powers of darkness have completely left me and the family members who have hurt me. You have said to the Samaritan woman at the well, "...you have had five husbands, and the man you now have is not your husband..." Lord, please give me that kind of courage to not hide from You nor to trust any other lie. Teach me what it means to worship You in spirit

and in truth, and how to have a heart that reveres You. I want to know this God who saves, and who can tell me all that I have done all along. I want to depend on the omniscient and omnipotent Jesus Christ because in Him, there is eternal life and living water, giving me hope. By Your word, which is the Way, I can cut off every soul tie, obey Your will and participate in Your work. Oh Lord, only You can heal my heart within completely, so that I will no longer desire for lust. I desire the power of the living water of Your Holy Spirit. Oh Lord! Let Your victory reign in everything that is related to me. I pray all these in the holy name of Jesus Christ, Amen!



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
 the Lord make his face shine on_____ and be gracious to_____ ;
 the Lord turn his face toward_____ and give_____ peace.

28

Divorce

Example

Jia Mei tears silently. It dawned upon her recently that she has been tearing whenever she is alone. She felt lost and abandoned, without any appetite nor colour in life. She thought to herself, how did she end up like this? Long before, she has been overwhelmed by the discord with her mother-in-law, while her husband Guo Wei does not know better and has been sandwiched between her and her mother-in-law. Both Jia Mei and Guo Wei has only been married for a short period of three years, yet she was already tired physically and emotionally because she could no longer feel her husband's support and protection. Later, the news of her husband's extramarital affair made the marriage even more unbearable. Jia Mei felt like a kite whose string was broken, duckweed that had lost its roots, having nothing and no one to depend on.

From the moment Jia Mei decided on divorce, she resolved to be courageous in facing her situation and to restore her elegant demeanour during her singlehood. Confidently, she returned to work and did not allow herself to

collapse. However, she continues to battle with sadness and misery. For a long time, she could not rid herself of sorrow and self-pity.

First-Person Identification Repentance as Wife

[Matt 19:4-6] “Haven’t you read,” He replied, “that at the beginning the Creator ‘made them male and female,’ and said, ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh’? So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.”

Prayer: Please forgive me for not understanding the biblical perspective of marriage, for accepting the world’s methods, and for deciding on marriage as I please. (Youths can pray for your parents’ relationship.)

Oh Lord, please forgive me for belittling the “marriage covenant”, for not understanding marriage. Marriage should be honoured by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. The marriage covenant has been ordained by You for us to keep. Lord, please forgive me for compromising to the world’s methods and for treating marriage lightly, staying together only if we are compatible and leaving the marriage if we are not. I have called the shots by allowing my soul and emotions to control my marriage, and God has no place in my marriage. Oh Lord! Please rescue and deliver me from the blight situation I am in as a result of having belittled the marriage covenant and for rebelling against You. Forgive me for not obeying Your word and for not considering the consequences. My family is broken and my children have been wounded emotionally because of me. Oh Lord, forgive me for being selfish, and for failing to obey, respect, love and show compassion for my spouse. Oh Lord! Forgive us husband and wife for abandoning each other and for abandoning You. We have exhausted all means to evade Your protection and covering. Please forgive our sin!

Cleansing and Healing

[1 Pet 5:6-7] **Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you.**

Prayer: Please remove the hurt as a result of the broken marriage, come heal and transform us. (Youths can pray for parents' marriage.)

Dear Lord Jesus! Only Your blood can cleanse my family and I of all injustice. You are with us whether we are on the high mountain or in the deep valley. Come and heal us with Your unfailing love, so that we can be delivered completely from the pain of divorce and our souls can rejoice in Your comfort. Lord, please rescue and deliver us from the corrupt customs and the powers of darkness of this generation that have caused promiscuity to perpetuate in and to destroy marriages. Oh Lord! Teach me to understand the true definition of love and restore the beauty of marriage as You designed. Lord, please heal and help my family and I to remove all hurt as a result of the broken marriage. Lord, please transform me to take marriage seriously and to build a marriage that is pleasing to You. Help me to pledge loyalty to my spouse, abstain from seductions and temptations, as well as not give up on marriage. Oh Lord, there is no fear nor lie in Your love. Teach us to be patient and to endure in all things, being able to enjoy the sweetness of marriage.

Proclamation and Victory

[Prov 12:25] **Anxiety weighs down the heart, but a kind word cheers it up.**

Proclamation: God's word makes me glad and brings hope to my family. (Youths can proclaim this on behalf of parents' marriage.)

In the holy name of Jesus, I proclaim that Jesus Christ is my Lord and the Lord of my spouse! Lord, please come and reign as King in my relationship with my spouse. Even though people here on earth may abandon us, but

You will never abandon us. You will lavish us with Your rich love. The curse of divorce will be broken and will no longer have any authority over my descendants and I. Teach us to obey Your word and to be led by Your wisdom. I want to do my best in keeping Your covenant and in receiving the ability to stay faithful, committed and obedient. Let Your Spirit of Truth lead my spouse and I into the land flowing with milk and honey, and enable us to witness the glory of Your faithfulness and Your power. In the name of the Lord Jesus Christ, I pray for Your gentleness, goodness, righteousness, kindness and compassion to always be with us, Amen!



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
 the Lord make his face shine on _____ and be gracious to _____ ;
 the Lord turn his face toward _____ and give _____ peace.

29

Psychological and Verbal Abuse

Example

Qi sat before the pastor's office desk. She was depressed as she tried to keep her tears in her eyes. Finally, she let out a shout, "Pastor, I can't put up with this any longer. My husband keeps reprimanding me, "...You are such a fool...You don't even have a Master's qualification..." As long as things do not turn out as he desired, he would comment, "How lousy, having no education is as good as having no brains." Throughout seven years of marriage, Qi has constantly been negated, snapped at and humiliated with words. She was always in tears, as her husband uses emotional dissatisfaction to control her. In tears, Qi said, "I really think that I am not as good as him and not good enough for him. Often, I have to complete tasks with fear and trembling, for fear of what he may say next that will cause hurt to me." The husband also often said that he had married wrongly in front of their children and even attributed challenges faced in family career to his wife. He would say, "My son! Do not grow up to be a fool like your mum, or the wife you marry will definitely be more foolish than her!" Though Qi was not beaten up and there was no quarrelling in the marriage, every word from the husband would crush Qi's self-confidence. His harsh words terrified and ensnared her. She felt like an animal that was caged up each time he spoke.

First-Person Identification Repentance as Abuser

[Prov 18:21] “The tongue has the power of life and death, and those who love it will eat its fruit.”

[Lk 6:45] “A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.”

Prayer: Acknowledge that there is the power of darkness in my heart and put to death bitterness, the need to control and the lack of the sense of security.

Oh Lord! We have all been created in Your likeness, and all was good in Your eyes. You are the God who established marriage and the One who prepared the other half for me. In all things, You have a beautiful will. But Lord, please forgive me for belittling Your will. I have hurt my spouse and family members with my words. I have instilled anxiety and fear in my family. The tongue has the power of life and death, and those who love it will eat its fruit. I have abused the power of words and have brought negativity and death into this family. We have also eaten the evil fruit produced by the evil words we spoke. We have allowed sin to enter our family and have become objects of ridicule by the devil. Lord, please have mercy of me and forgive my sin of the tongue. You meant for us to love and accept one another. However, we have despised the inheritance You gave us and have greatly humiliated Your creation made in Your likeness. Oh Lord! I have sinned against You. I have not loved and covered up the weaknesses of my family members with Your love. On the contrary, we have found one another burdensome. Lord, please forgive me. You have taught us to love our neighbours as ourselves, but I have been selfish and self-centred. I have put the blame on others and have not been willing to support my family members. Lord, please have mercy on me.

Cleansing and Healing

[Eph 4:29] Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Prayer: Please cleanse my heart and heal my lips so that they edify and comfort.

Oh Lord, please heal the disease in my heart and the unhealthy mindsets within me. Lord, please heal the hurt, psychological torment and destruction of self-image that I have brought upon my family members. Lord, please restore the identity and image for each life once again. Lord, please destroy the strongholds that had their roots in self-abasement, in giving up on self, in distorted self-image and in inner vows as a result of psychological and verbal abuse. Lord, please guide us to have Your word as our foundation, by learning Your statutes and ordinances as well as by rebuilding the beautiful image and likeness You have created for us to embody. You are our Greatest Doctor. Lord, please take in every heart that has ever been rejected and restore our broken relationships once more. Let Your peace permeate my family and attend to every wounded heart in my family. Let Your name be glorified through our relationships.

Proclamation and Victory

[Isa 9:6b] ...He will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace.

Proclamation: Proclaim the governance of the Prince of Peace over my heart and my family.

Glorious King, You are Wonderful Counsellor, Mighty God, Everlasting Father and Prince of Peace. I welcome You to reign over my family. As You reign, there will be peace amidst us. I proclaim Your complete healing over every hurt. I proclaim that my family will respect one another in kindness

and in truth. We are all precious in Your sight. With Your strength, I want to do my best to guard the image You have given to each of us and to live a life that glorifies You. Oh Lord! I also commit my tongue to You. Let my lips be used to serve You only, speaking words that praise and edify others. Help us to speak the truth to one another. Holy Spirit, we welcome You. Help us to possess Your wisdom in getting along with one another, to accept one another's weaknesses and to boast solely of Your power in our weaknesses. In Christ, I proclaim that we will truly love one another and allow the power of love to take us on wings like eagles. In the name of our Lord Jesus I pray, Amen!



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
 the Lord make his face shine on _____ and be gracious to _____ ;
 the Lord turn his face toward _____ and give _____ peace.

30

The Controlling Family

Example

Mei Fang is a very emotional person. As much as her daughter Zhen could recall, her mother's emotions likened the barometer of the entire family. Whenever Mei Fang felt emotional, her entire family will be depressed too. Her husband Tian Cai would physically punish his children in his attempt to pacify Mei Fang and to cope with stress. At the same time, Mei Fang also controls the finances of the household. She would mock and be cynical towards Tian Cai, as he silently put up with her. Zhen wiped her tears as she recounted her relationship with her mother in the counselling room. Words that her mother has ever said to her continue to linger in her ears, "...you won't be able to do it", "...you are useless!", "...you are just like your irresponsible dad". Even though Zhen is already married and no longer lives together with her mother, but the words of her mother continue to be engraved on her heart like a chant she could not forget. Whenever she was faced with a life crisis, Zhen would remember her mother's words that she was useless and would be angry at her mother's harshness towards her. Zhen's world is grey, as she carries a heavy heart wherever she goes.

First-Person Identification Repentance as the Controller

[Isa 14:5-6] The LORD has broken the rod of the wicked, the scepter of the rulers, which in anger struck down peoples with unceasing blows, and in fury subdued nations with relentless aggression.

Prayer: Forgive me for controlling my family members with my emotions and self-harm, as well as for passing darkness down to the next generation.

Oh Lord! Please forgive me for being a mother and a wife who is ignorant, without love, wilful, self-centred and without the ability to manage my emotions. I do not know the true definition of love and how to truthfully express my real needs. My emotions and negative words have attacked my family members. Forgive me for the words that I have used on my husband and my children. My words have been like a sharp sword. Forgive me for being controlling over my emotions and the finances of my family, due to my lack of trust towards others and my lack of the sense of security. I have judged my family members with bitterness and with curses. I have despised my spouse and my children. These evil deeds have caused deep hurt to the dignity of my family members and made them feel powerless. Oh Lord! Please have mercy and forgive me for bringing suffering upon my husband and my children because of the roots of bitterness that I have planted! Forgive me for not fulfilling my duties as a wife and a mother. Forgive me for failing to respect my husband as the head of the household as well as for wilfully doing and controlling as I please. This has destroyed the authority and order of my family. Forgive the offenses I have committed against my family members. Oh Lord, please forgive me!

Cleansing and Healing

[Prov 15:1-2] A gentle answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise adorns knowledge, but the mouth of the fool gushes folly.

[Psa 119:133] **Direct my footsteps according to Your word; let no sin rule over me.**

Prayer: Please heal my anger, eradicate my ignorance and renew my thoughts.

Lord, please cleanse and heal my heart and the hearts of my family members. Remove every lack of confidence as a result of controlling relationships. Help me to walk out of being harsh. Lord, please cut off every bitter root of anger and of unforgiveness as a result of controlling, so that I can be wise by the reading of Your word. Cleanse and soften my lips and my heart, so that confidence can be restored to my family. Oh God! We need Your beam of righteousness and Your healing grace to visit our family, so that we will be willing to lay down every prejudice by the power of Your love. Since You have borne our sins on the cross, we also want to commit the anger we have accumulated over the years to You, knowing that You love us. Oh Lord! Come! We long for You to do Your work of purification, eradication, healing, renewal and rebuilding in our family. Amen!

Proclamation and Victory

[Rom 8:21] **that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God.**

Proclamation: In Christ, I have the freedom, hope and joy that truth gives.

God, we proclaim by the precious blood of the Lamb that our entire family will enter Your covenant and relearn what it means to be a person who is God-fearing and full of wisdom. Your word is the source of all wisdom. You said, **"The tongue of the wise adorns knowledge, but the mouth of the fool gushes folly. The eyes of the LORD are everywhere, keeping watch on the wicked and the good."** Oh Lord! You are a God full of grace, mercy and compassion. You will accept our tears of repentance, for You do not despise a broken and contrite heart. You are the covenant-keeping God who is compassionate and You are faithful to Your word. Oh Lord! We also

proclaim Your healing over our family members who are hurt this year. We proclaim that the captives will be set free, You will bestow on us the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. This year, all that the enemy has stolen, killed and destroyed in our family will be restored to us, so that every member in our family have complete freedom, true peace, contentment and joy in You! Amen!



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
 the Lord make his face shine on_____ and be gracious to_____ ;
 the Lord turn his face toward_____ and give_____ peace.

31

Poor Self-Esteem

Example

Zi never enjoyed studying since young. She only loved singing and dancing. However, Zi grew up in a big household where everyone is knowledgeable and talented. Her parents and the elders in her family often reprimanded her, “Only worthless people like You will choose to go singing and dancing. True talents who can contribute to the society are those who know how to study.” Zi’s siblings took in the words said by the family, were industrious and had outstanding results. Zi was also very industrious but her results were bad. Her family members often made sarcastic comments with a sneer, such as “What do you know?” Since young, Zi has been mocked at by her elders, “You are too lousy! You are not a bit like me. Did I carry the wrong child home? How did I give birth to a child like you?” As such, Zi grew up with very poor self-esteem, did not accept herself for who she was, and denied for having any talent in singing or in dancing. She thought poorly of herself and felt that she was a good-for-nothing. In addition, she often thought that others looked down on her and had even denied the purpose of her existence. She would always respond by saying, “I am not that good. The officer had done this out of compassion,” whenever she was commended. Zi would often want to escape the scene due to the discomfort of being praised. She would appear to be mincing with her head hung low.

First-Person Identification Repentance as the One with Poor Self-Esteem

[Gen 1:27-28a] So God created mankind in His own image, in the image of God He created them; male and female He created them. God blessed them...

Prayer: Reject all kinds of words and thoughts that are negative and that denies God's image.

Lord Jesus! I frankly come before You. I am one who has a very low level of self-esteem of myself. Since young, I have been despised for not knowing how to study. All my life, I have felt like a failure. I acknowledge that I lack confidence, do not have the courage to face the person I am, and often feel useless. Lord Jesus, please rescue and deliver me from the bondage of self-denial, of oppression and of belittling myself. Let my confidence be restored to have the beauty of Your intended design from the start and help me to understand that You have a beautiful purpose for creating me, so that I can live a life that is powerful. Amen!

Cleansing and Healing

[Jn 1:12-13] Yet to all who did receive Him, to those who believed in His name, He gave the right to become children of God — children born not of natural descent, nor of human decision or a husband's will, but born of God.

Prayer: Lord, please restore Your image, Your likeness and Your confidence to Your children.

Lord Jesus! There is great authority and power in Your precious blood. I believe I am cleansed and healed by the precious blood of Jesus. Lord, please give me heavenly faith, so that my spirit within can be renewed in You again. Heal the slave heart within as a result of self-denial since young. Restore in me the heart of being a child of our Lord Jesus Christ. Help me to know that You are the God who bestows on me the crown of glory and honour, and who lifts my spirits. In the name of Jesus Christ, I cut off the

bondage of looking down on myself and the curse of self-accusation (of being a failure). Lord, please deliver me so that I have freedom in Your Spirit. Holy Spirit, let Your life-giving living water fill me! Come, heal and renew me. Amen!

Proclamation and Victory

[Eph 2:10] For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

[2 Cor 4:6-7] For God, who said, "Let light shine out of darkness," made His light shine in our hearts to give us the light of the knowledge of God's glory displayed in the face of Christ. But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us.

Proclamation: Lord Jesus is the treasure in this jar of clay and I too, am a vessel fit for the Heavenly Father's use.

I want to praise You. I believe that I am God's masterpiece. I have been fearfully and wonderfully made. Deep down, I know that God cares for me more than everything else. I proclaim that God's revival is taking place. I will encounter His restoration and the beauty of His creation as He intended in the beginning. I want to proclaim that I am Your handiwork. From this day forward, I will start to learn to appreciate, accept, love and see myself as God sees me. I want to build my life on the foundation of God's word. I want to proclaim that God is my source of joy and the hope of my eternal life. I want to proclaim that the victorious Banner has already been raised. As I depend on God, I will live a victorious life and bless others with the gifts that God has bestowed on me. In the victorious name of Jesus Christ I pray, Amen!

[Num 6:24-26]

The Lord bless _____ and keep _____ ;
the Lord make his face shine on _____ and be gracious to _____ ;
the Lord turn his face toward _____ and give _____ peace.



32

Disrespecting Parents

Example

Su Kai had been unemployed for a long time. He also drank excessively and took part in gambling, spending all the money that he had. On several occasions after drinking with his friends, he had wanted to do business but had no money. He would then run home to ask his elderly parents for money. He would growl and smash the things at home each time he was unsuccessful at his request. Once, he brought a barrel of gasoline and threatened his parents with the gasoline, saying that he would blow up the house. His parents were so frightened. Later, the police had to break the door and they managed to inhibit Su Kai in the nick of time. His family had no choice but to apply for Personal Protection Order to protect themselves from family violence. Su Kai persuaded his parents to move out because he had plans of renting the house out. However, when his parents turned him down, he set the house on fire the next day so they would be forced to move out. His elderly mother was awakened when she choked on the thick smoke. Since her legs were weak, she pushed the resource recovery vehicle, using it as a walking aid, and headed downstairs to seek rescue. When Su Kai saw her, he turned his back against her and escaped, without rescuing her. Later, when he was arrested, he did not stop talking but exclaimed

arrogantly, “The fire was set by me!” He still seemed indifferent even after the insurance fees were paid for. His parents felt powerless about their son’s lack of filial piety. They had no choice but to leave him to be dealt with by the authorities.

First-Person Identification Repentance as the One Disrespecting Parents

[Eph 6:1-4] Children, obey your parents in the Lord, for this is right. “Honour your father and mother” — which is the first commandment with a promise — “so that it may go well with you and that you may enjoy long life on the earth.” Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

Prayer: Forgive us for often provoking one another and for setting unreasonable expectations for others to fulfil.

Oh Lord! Please forgive me for thinking that it is only right for parents to fulfil the needs of their children. When my father fails to meet my expectations, I get angry and contradict what he says. I have spoken evil, beaten up and killed my parents. These bad behaviours have caused You to be enraged and have hurt my parents deeply. Lord, please forgive me for putting on a mask. My heart has been hardened. I am hypocritical and arrogant towards my parents. Oh Lord! Please forgive my sins. I have looked down on my parents’ knowledge and their way of doing things. When they make a mistake, I correct them using an unkind tone and a bad attitude. I do not show them any respect at all, neither do I acknowledge that they are the parents who have raised me all these years. Oh Lord, forgive my rebellion! Oh Lord, forgive me for allowing my thoughts and emotions to reign over me. I have spoken evil with my parents and have been unfilial towards them. Oh Lord, help me! I want to be truly repentant before You.

Cleansing and Healing

[Jn 13:34] A new command I give you: Love one another. As I have loved you, so you must love one another.

Prayer: Lord, please let Your great love that forgives sins soften my hardened heart and ignite the love in my heart.

God, You who are completely holy! I am a sinner before You! Oh Lord, forgive me for disrespecting, for being unfilial, and for mistreating my parents. I have not honoured them, but have upset them by acting according to my carnal desires. I do not deserve to be forgiven. Lord, please cleanse and heal my sin of apostasy. I know that I was born with sin. Jehovah Rapha, please heal my heart that had been hurt by my parents in the past. Release the power of forgiveness within me and cleanse me of the bitterness I have towards my parents. Oh Lord, please cleanse and heal my parents. I have caused hurt to them in the same way they have caused hurt to me in the past. Oh Lord, my parents need You! Lord, please heal my parents who are depressed. Lord, please cleanse my sins and the sins of my parents, so that we no longer hurt one another nor be angry at one another. Oh Lord! Please heal my family of all the scars and wounds. Dear Abba Father, help us to learn to love one another with Your love.

Proclamation and Victory

[Jn 13:35] By this everyone will know that you are my disciples, if you love one another.

Proclamation: I am a true disciple of the Lord Jesus who can show love, consideration, forgiveness and acceptance to my family members.

We proclaim that we have become children of God in Christ Jesus. With Your strength, we can be victorious over our weaknesses, and put away with the sin of disrespecting our parents. Give us an obedient heart and teach me to fear and to obey You first. You said that You will draw near to

us when we draw near to You. Teach me to be humble before You so that You can exalt us. Praise the Lord! You are the God who reigns over my family! You said that when one person is saved, the entire household will be saved. We proclaim that we will be saved by Jesus. He will save our family. There is great power in Your precious blood that can wash us clean from all transgressions and destroy the walls of severance in our family, so that we can triumph over the enemy. Hallelujah!



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
the Lord make his face shine on_____ and be gracious to_____ ;
the Lord turn his face toward_____ and give_____ peace.

33

Vanity

Example

Xuan finds that her mother is very vain. When Xuan was still studying, her mother would send her to private elite schools. Since young, her mother has often compared her with her cousin An An on who was prettier, whose results were better, who was more talented, and who received higher education, etc. When Xuan was in University, she followed her mother's instructions to learn personal grooming and social etiquette. Furthermore, she also took part in the campus' beauty contest and came in second. Later, when Xuan was searching for jobs upon graduation, her mother kept nagging at her and giving her suggestions on how she could be as successful as her. Xuan's classmates were envious of her having a mother who helped her in career planning. However, Xuan often found herself feeling inexplicably mad at her mother and she was getting impatient with her mother's philosophy of success. She was ordered around by her mother and felt as if she had become her mother's doll. She constantly had to please her mother, choosing the courses that her mother expected her to pursue, and becoming the beautiful, talented as well as highly-educated princess everyone would admire and whom her mother would brag about before the household and her friends. It was as if she was living for her mother. Xuan no longer knew who she was. Her unhappiness grew as days go by and she was tired of living life this way.

First-Person Identification Repentance as the Mother Who Is Vain

[Prov 31:30] Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.

Prayer: Repent of idolising vanity and mammon and cut off these bondages with a repentant heart.

Dear Lord Jesus, I come before the God of holiness to acknowledge the weaknesses and sins in my heart. Since young, I have been raised in an environment that values outward appearances. I do not believe that “charm is deceptive, and beauty is fleeting, but a woman who fears the LORD is to be praised.” As I continually please others as well as my mother, I have grown increasingly vain. I have been deceived to believe that the success of one’s life is determined by how beautiful, how multi-talented and how highly-educated one is as well as how luxurious one’s life is. Since young, I have allowed vanity to be the Lord over my life and have neglected Your destiny as well as Your plan. I have been proud and have depended on my outward appearance to please others and to gain favour with them. I frequently do up my hair and adorn myself with gold and expensive clothes. In my pursuit of outward appearances, I have unknowingly become a servant to mammon and become materialistic.

Holy Spirit, thank You for revealing my sins to me. I acknowledge that I have sinned greatly against You. I have been self-righteous and have feared men more than I fear You. I have blindly been a pleaser of men and have completely disobeyed the purpose You created me for. Holy God, have mercy on me and forgive my pride and my vanity. Forgive me for not revering You, for exalting riches and material comfort over You. I have been serving two masters all this while. Lord, please forgive me.

Cleansing and Healing

[Ps 119:10-11] I seek You with all my heart; do not let me stray from Your commands. I have hidden Your word in my heart that I might not sin against You.

Prayer: May God's word cleanse my vanity and may the bondage of materialism be cut off by prayer.

Lord Jesus, I need Your salvation and Your precious blood to wash me clean of my sins and my transgressions, as well as those of my mother's and my household's. In the name of Jesus, I cut off the inappropriate link that my household and I have with materialism, and my dependence on vanity and on materialism. Heal my heart of comparison and of pleasing others. Lord, please heal my wounded heart as a result of failure in my expectations of others. Let the power of Your Holy Spirit heal me and restore my relationship with You, God. Cleanse the thoughts of my heart and cut off all corrupted values of the world. Lord, please let me be guided and renewed once more by Your word. Enable me to live in the light of Your glorious holiness. Amen!

Proclamation and Victory

[Gal 5:24-26] Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.

Proclamation: Do all things by the Holy Spirit and adorn ourselves with the fruit of the Holy Spirit.

Holy Spirit, thank You for filling me with Your great power. I proclaim that Jesus Christ is holy. I proclaim that I choose to do right and will guard myself by clothing in a decent manner. I also proclaim that I will act justly, love mercy and walk humbly. I proclaim that God's word will be my daily bread and the compass of my life, enabling me to live a life according to

His will. My household and I want to renew our covenant with the holy and righteous God, as well as enter Your holy way and proclaim that You are the Lord of my family and I. I proclaim that Jesus Christ has won the victory and will continue to reign victoriously. Hallelujah, praise the Lord!



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
the Lord make his face shine on_____ and be gracious to_____ ;
the Lord turn his face toward_____ and give_____ peace.

34

The Impoverished Family

Example

Even before completing his studies, You Cai who is the head of his household left his hometown at a young age to make a living in the city, in the hope of striking rich and returning to his hometown with honour. In order to become rich, he worked earnestly and earned a meagre salary. He also saved up and eventually managed to accumulate some small savings after several years of hard work. He had two children after starting a family. Even though his family was not wealthy, he was able to provide for his family of four. “Money cannot buy everything, but you cannot buy anything without money.” With this belief and the experience of having been poor for a long time when he was young, You Cai endured hardship to earn money. Desperate for a financial breakthrough, he also scrimped and saved. His entire family was also influenced by him and they too, tried to save whenever they could. The fear of “insufficient money” gripped him and he kept investing, loaning to finance, as well as gambling to “get-rich-quick”, even though his entire family did not have urgent need for money. He did all these to ensure that money would be sufficient, but through it all, he lost the hard-earned money for good. Then, he gambled once more in order to earn back what he had lost. Unfortunately, this further impoverished his family.

[Prov 28:22] The stingy are eager to get rich and are unaware that poverty awaits them.

First-Person Identification Repentance as the Impoverished Family

[Prov 21:5-6] The plans of the diligent lead to profit as surely as haste leads to poverty. A fortune made by a lying tongue is a fleeting vapour and a deadly snare.

Prayer: Forgive my greed for getting rich quick that has impoverished me.

Oh Lord! Please forgive our value system that has been corrupted by our material needs. I thought that affluence would make my family members and I happy. As such, we have prioritised money over everything else and used money as the yardstick for everything in our family. Oh Lord! We are completely wrong! We have been living by completely wrong beliefs. Lord, please forgive us for running our lives and for educating our children with the wrong beliefs. In reality, we have been living in the fear of lack and have become slaves to money. We are also ashamed of our poverty and are in the bondage of fear and humiliation daily. Oh Lord! On behalf of my family and I, I am crying out for transformation to take place in us. Please teach me how I can be delivered from all the days of darkness and how I can have freedom. Rescue us from the wrong way of managing our finances, so that we will be content. Listen as we implore. Forgive and save us! In the name of Jesus I pray, Amen!

Cleansing and Healing

[Ecc 5:10] Whoever loves money never has enough; whoever loves wealth is never satisfied with their income. This too is meaningless.

Prayer: Heal the bottomless pit of “discontent” and plant “Your grace is sufficient” in my heart.

Dear Heavenly Father, please heal my poverty and my low self-esteem as a result of poverty. The world thinks that getting ahead by abandoning one's scruples is better than suffering poverty. However, You see it differently. We do not know that a life that is lived by the world's value system is a life that does not please You. Lord, please rescue and deliver me from the worry and fear about the financial situation. It is You who has given me the ability to produce wealth, and Your grace is sufficient for me. I do not wish to worry about tomorrow's finances. Lord, please cleanse me of negative thoughts due to worry and fear of not having sufficient finances. Heal me and teach me to walk on paths of righteousness. You bestow a rich inheritance on those who love You and make their treasuries full. You have said, "Because the poor are plundered and the needy groan, I will now arise...I will protect them from those who malign them." Oh Lord, You are a God who listens to prayers and who shows mercy to the poor. We desire for Your healing. Restore the trust Your people have towards You.

Proclamation and Victory

[Prov 30:8-9] **Keep falsehood and lies far from me; give me neither poverty nor riches, but give me only my daily bread. Otherwise, I may have too much and disown You and say, 'Who is the LORD?' Or I may become poor and steal, and so dishonour the name of my God.**

Proclamation: By God's strength, I know what it is to be in need, and I know what it is to have plenty. (Phil 4:12)

Oh Lord, please let falsehood and lies depart from me, so that I will be neither poor nor rich. Give me my daily bread. Oh Lord, I am just afraid that I may have too much and disown You and say, 'Who is the LORD?' Or I may become poor and steal, and so dishonour the name of my God. There is power and authority in Your word. Only the truth can set people free! God is righteous and impartial, and will rescue those who love Him with an undivided heart. My family wants to depend on You to live out Your truth and be victorious over all the temptations of money and of material comfort. Oh Lord, Your will is for people to be prosperous so that the poor can praise Your name. Only You can teach my family to be delivered from

all poverty and lack. We praise You Lord for being a God who gives us richly and who never abandons us! Lord, You will keep my family free from the temptations of money. I can depend on the Lord to enjoy safe pasture and to live in the light of the true freedom He gives. Christ is the head of my household. He has won the victory and will continue to reign victorious! In the holy name of Jesus Christ I proclaim, Amen!



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
the Lord make his face shine on_____ and be gracious to_____ ;
the Lord turn his face toward_____ and give_____ peace.

35

Long-Term Indebtedness in the Family

Example

Both Jing Kun and his wife started a family together out of love for each other. They were living rather well-off lives when they first got married. Unfortunately, Jing Kun got laid off after three years of marriage due to an economic crisis and the family finances took a dip. As the husband, Jing Kun wanted to bear the burden of providing for his family, and thought of doing stock investments, buying lottery, as well as gambling on football matches, in order to make some money. As such, he started to buy stocks but quickly sold them away at dirt cheap price when the stock market dived. After a number of months of buying lottery on a weekly basis, Jing Kun was astonished to realise that he had spent almost all the termination fees he received from the company. However, he did not want to resign to his circumstance. Therefore, he approached the bank for all kinds of credit and home mortgage loans. In order to survive, he even sought to borrow money from unincorporated banks, got himself addicted to online gambling and took up high-interest loans. His wife was emotionally affected and quarrelled with him daily. Their debt piled up to millions of dollars, and eventually, they had to auction both their flat and car. The happy family he knew at the start no longer exists, as he faced insurmountable pressure with

the high cost of living. His circumstance was so dire that he wanted to end his life.

[1 Tim 6:9-10] Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.

First-Person Identification Repentance as the Family with Long-Term Indebtedness

[Prov 28:20-21] A faithful person will be richly blessed, but one eager to get rich will not go unpunished. To show partiality is not good — yet a person will do wrong for a piece of bread.

Prayer: Acknowledge the bondage of materialism leading to depravity.

Lord Jesus, I come before You in repentance, seeking Your forgiveness! I have been full of greed, constantly thinking of ways to satisfy my greed. The desire to possess has become my Lord, causing me to walk towards corruption and death. I am unable to save myself. My family, my marriage and all that I have are at stake. I have sought to attain wealth using immoral means out of greed. Now, I am filled with worry and fear as I face the loss of my job and money. I have been using my wisdom to solve this dilemma. My family situation as well as my marriage seem to be going downhill. Oh Lord! Forgive me for the sin of doing as I please and causing myself to be addicted to gambling. I am deep in debt because I do not know how to manage and use my money appropriately. Oh Lord! I have indeed sinned against You. Please forgive my ignorance and my foolishness!

Cleansing and Healing

[1 Cor 8:9] Be careful, however, that the exercise of your rights does not become a stumbling block to the weak.

Prayer: Mould me to be free from the bondage of desire for materialism and to enter the life that is more abundant in Jesus.

Oh Lord! Please cleanse my heart and my hands. Heal me of the sin of apostasy. Oh Lord! Help me to be free from the spirit of mammon and of greed. Lord, please create in me a pure heart, and renew a steadfast spirit within me. Oh Lord! Rescue and heal me, so that mammon will not reign over my life. Only You can remove my addiction to stocks and to gambling and enable me to overcome it. Oh Lord, You are my God! I need Your help! Cut off the bondage of sin! Do not let my life revolve around sin. Oh Lord! Please help me to be down-to-earth, and to put away methods that are perverse or that depend on luck to manage my finances, so that I will be debt-free. Oh Lord! Please help me so that I can have complete trust in You! You are the One who gave me the ability to produce wealth, so I can live a life that is free from sin! Lord, please also heal my marriage that is in danger due to my foolishness. Lord, please heal my spouse, so that she can experience the love and trust for me and for our marriage, as she had at the start.

Proclamation and Victory

[Heb 13:5] **Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."**

[Phil 4:19] **And my God will meet all your needs according to the riches of His glory in Christ Jesus.**

Proclamation: I have no lack in Christ and I have the joy of self-control and of sharing.

Oh Lord! You have taught us to work, doing something useful with our own hands, that we may have something to share with those in need. The love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs. In the holy name of Jesus, I proclaim that the power of rebellion and of greed has

left me. The precious blood of Jesus Christ and the power of the cross has broken the old man in me. I can now depend on the power of the Holy Spirit to be victorious over the enemy. God is faithful and just. He has forgiven us our sins and purify us from all unrighteousness. I have gained victory over the greed in me. God has replaced the power of greed with His Spirit of self-control and of joy.

By faith, I proclaim that all that has been stolen in the past will be compensated for, all that has been destroyed will be rebuilt, all that has been hurt will encounter healing in the resurrection power of Christ. Lord, cover my family with Your Holy Spirit and restore us to Your original design for families. Christ my Lord will Himself bring glory to His name. In the holy name of Jesus Christ I pray, Amen!



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
the Lord make his face shine on _____ and be gracious to _____ ;
the Lord turn his face toward _____ and give _____ peace.

36

Severe Accidental Injuries at Work

Example

Chun Xiong has father, mother and sister in his family of origin. His parents are aged and his sister has been sickly since young. This family of four depends on their father who worked hard to raise the children. When Chun Xiong finished serving the army, he decided to work at the construction site and bear the responsibility of providing for the family. Years later, he got married and started a family, but continued to be the sole-breadwinner for both his aged parents as well as for his wife and children. Unfortunately, when he was on the suspended scaffold with four other construction workers, an accident happened to the high-speed elevated project. The entire support frame collapsed due to the strong winds, and all of them fell from the height to the ground. He suffered severe injuries, while the four other construction workers suffered immediate deaths from the fall. Even after medical treatment, he fainted thrice. Days later, doctors pronounced that he has become a vegetable! This came as a devastating shock to his family members! His family was at a loss of what to do, as the breadwinner at home has collapsed! Problems, such as the exorbitant medical fees, daily household expenses, housing loan and car loan, etc., emerged one after another. Depression filled the entire family. They were at a complete loss and did not know how they could move on.

First-Person Identification Repentance as the Family with a member who sustained severe accidental work injuries, crying out for Comfort and for healing

[Ps 42:5] Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Saviour and my God.

[Ps 55:22] Cast your cares on the LORD and He will sustain you; He will never let the righteous be shaken.

Prayer: I will continue to depend on You even though I am in despair and feel helpless. Surely, You will guide me.

Dear Lord Jesus, we do not understand why such misfortune has to befall on our family. Who can tide us through these sufferings? I am filled with despair and helplessness. Lord, please draw near to us. You have called all who are weary and burdened to come to You. Only You can lift us up from our burdens. O Faithful God, we will cling on to Your promises and call out to You for help. Lord, please give me rest, wisdom and the ability to face the uncertain future along with these financial, medical and emotional burdens. Lord, like a lamp in darkness, show us a way out of our thoughts that are in disarray. You are God of mercy. You will never abandon us and will guide us with Your light, so that we can tread on the path of peace. Lord, please come and reign over my family.

Power and Severance

[Ps 57:1] Have mercy on me, my God, have mercy on me, for in You I take refuge. I will take refuge in the shadow of Your wings until the disaster has passed.

Prayer: I will stand before the Heavenly Father who has established His covenant with me, whose mercy covers me and whose grace follows me.

Oh Lord! We do not know why this catastrophe has befallen on our family. Lord, please let Your power intervene. Please cut off the connections these catastrophes have with our family. By the covenant established by Your precious blood, cut off all connections related to accidents that are not of You, so that our family will never encounter them again. Lord, please send Your power into our lives, so that we can put our best foot forward in taking care of our family.

Lord, please strengthen my heart in the light of this situation, so that we will not be bitter nor complain about our trials and tribulations. Lord, please empower us with Your strength and Your grace, so that we will persevere in patience, love and care for our family members. Our strength is limited and we are unable to accomplish much. Only You can help us to keep walking and give us great joy in trials and tribulations. Lord, please be with us. As our days are, so shall our strength be.

Proclamation and Victory

[Ps 29:10-11] **The LORD sits enthroned over the flood; the LORD is enthroned as King forever. The LORD gives strength to His people; the LORD blesses His people with peace.**

Proclamation: Jehovah is King and sovereign over the flood.

Lord Jesus, we praise You because You hold the keys to be victorious over Hades. You will surely shut every door that belongs to darkness, open Your heaven and fill my family with Your glory and power. By the new covenant the precious blood of Jesus has established with my family, we have a covenant of peace that brings down hope and healing. I proclaim that my family will never be the same again. Since Jesus is King, He continues to reign even in calamities such as flooding. Oh Lord! I proclaim that Your authority is greater than all authorities on earth. You are the Creator of the universe. Your word moves mountains and stills the waves. All fear is gone! I can rest in Your presence! No accusation can take this peace away from me! Jesus has become my advocate and has redeemed my family from

sin and evil. Today, Jesus is the Lord of our family. He wants to take first place and reign as King in our family. In the name of Jesus Christ, I pray, Amen!



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
the Lord make his face shine on_____ and be gracious to_____ ;
the Lord turn his face toward_____ and give_____ peace.

37

Severe Mental Illness

Example

Mei Mei was a lively child who loved to play with her peers. However, her mother passed away due to an illness when Mei Mei turned eight. This brought hurt to Mei Mei. She was no longer lively and energetic as she coped with the loss of her mother. Her classmates did not see her smiling and thought strangely of her. They teased Mei Mei, caused her to be depressed and made her lose her confidence. As her father was busy with work, he also did not spend much time with Mei Mei when she was home. Her sister who was only two years older than her did not realise that Mei Mei had “changed”. When Mei Mei started attending high school, her entire family continued to be preoccupied with their own things and did not spare much thought about Mei Mei’s condition. They thought that she was simply a person of few words. As Mei Mei furthered her studies, the academic stress she faced also increased. This had an adverse effect on her relationship with her peers. She grew increasingly depressed. As years passed, Mei Mei’s physical health got affected by her psychological health. She started to experience headaches, backaches and heart problems. Eventually, the doctor diagnosed her to have “depression”. It was at this point when her father and sister realised that they have severely neglected Mei Mei all these years...

First-Person Identification Repentance as the Family with a member with severe mental illness, crying out for Cleansing and for Healing

[Ps 13:1-2] How long, LORD? Will You forget me forever? How long will You hide Your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?

Prayer: I humbly acknowledge the hurt that I am unable to bear, willingly open myself up to You, and cry out for Your cleansing and healing.

Oh Lord! Please cleanse my family from all our sins! Lord, please cleanse the hurts we have caused to our family members in the way we treat one another. We acknowledge that we are all hurt people. Regardless of how strong we may appear to be on the outside, every person in my family has found this pain to be unbearable. Lord, please remove our masks and help us to willingly open ourselves up to You, so that Your love can fill our hearts. Lord, we pray that our eyes may see You, our ears may hear You and our hearts may understand You, so that we will turn from our ways and receive Your healing. Oh Lord, attend to all our hurts, so that we will no longer have to face the pain in our hearts all by ourselves. Lord, You are willing to heal the broken-hearted. The grace of healing is in You. Oh Lord, You are our Creator God and You do not wish for us to leave Your original design for us because of our hurts. Jehovah Rapha, You have destined for our hearts to receive healing. You have already covered us when we were still in the mother's womb. Oh Lord, heal Your people!

Power and Severance

[Ps 103:8-9] The LORD is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will He harbour His anger forever;

Prayer: Destroy the devil's work of placing the power of darkness in our lives through hurts and bitterness.

Lord, we cry out for You to come into our lives. You have come to destroy all the works of the devil! We pray in the name of Jesus, that we will be cut off from all the hurts and bitterness that have given the devil the power to enter our lives, as well as all the lies that have deceived us, caused us to reproach ourselves and bred unforgiveness towards ourselves. Lord, You said You are a God who will not always accuse and who will not harbour Your anger forever! Oh Lord, we believe in Your word. Lord, please help us where our faith is insufficient. Oh Lord! There is great power and effectiveness in Your precious blood. By the precious blood that Jesus Christ has shed for us, we will have the power to cut off all self-abasement, depression, pain, self-reproach, fear and humiliation from our lives! Oh Lord! You are our Heavenly Father. Do not lead us into temptation, but deliver us from the evil one. We want to depend wholly on You. Oh Lord! We cry out for You to fight for our weaknesses and to be victorious over them all! As we cry out to You, You will answer us and encourage us, so that our hearts will be filled with power! Amen!

Proclamation and Victory

[Hab 3:18-19] yet I will rejoice in the LORD, I will be joyful in God my Saviour. The Sovereign LORD is my strength; He makes my feet like the feet of a deer, He enables me to tread on the heights.

Proclamation: Jesus strengthens us in our weaknesses, turns our curses into blessings, and turns our wailing into joy.

Oh, the joy of the Lord is our strength! You make us victorious in our weaknesses. Oh Lord, I praise You! You are the God who strengthens the weak, turns curses into blessings and turns our wailing into joy. You are also the God who shows Your anger to our enemies. With the faith You have given us, we proclaim that the power of Your right hand will rescue us. Lord, You will not abandon the ones You have created and will fulfil Your

plans for us! You will rescue us from death, redeem us from the hope and joy we have lost, and give us a completely new life in You that is victorious over our enemies! In the name of Jesus, Amen!



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
the Lord make his face shine on_____ and be gracious to_____ ;
the Lord turn his face toward_____ and give_____ peace.

38

Severe Genetic Disease

Example

Ying is a patient born with a genetic disease. She needed to depend on the respirator for survival since birth. For her medical condition to be stable, she had to depend on expensive medical equipment and medications. Ying's parents were both distressed and devastated to receive the news of their child's poor health condition. In the beginning, taking care of Ying often caused both husband and wife to end up in disputes, causing their relationship to be broken. Ying's family members looked far and wide for reputable doctors, religious ceremonies to carry out, changed their names, and even sought various methods of treatment, in the hope of seeing an improvement in their child's health or healing her of the disease. Regardless of the cost, they tried various methods to restore the health of their child. However, all their efforts came to naught. Ying's parents were disappointed to have spent all of their time, money and energy to seek as many alternatives to help their child, but to no avail. It had taken a toll on their bodies. They were physically-tired and withdrew from social gatherings they used to attend. Insomnia caught up with them and they also displayed difficulties in focusing. By then, they had completely given up on their child's treatment. Ying's mother also contemplated suicide several times due to the immense helplessness and despair she was feeling within her.

First-Person Identification Repentance as the Family with a member with severe genetic disease, crying out for Cleansing and for Healing

[Prov 18:1] **The human spirit can endure in sickness, but a crushed spirit who can bear?**

Prayer: Please forgive me for being willing to depend on You only when I have exhausted all sorts of means and gone to everyone I can depend on.

Oh Lord! Please rescue my family, heal my children and restore the relationship between us husband and wife. Rescue me from this state of despair and feeling of loss. Lord, please have mercy on me. I have often suppressed my feelings in the process of solving problems. This has caused us to fall into the abyss of greater pain and has not solved my family's problems. Oh Lord, my heart looks to You in my state of despair. Please have mercy on us and answer our prayers. Oh Lord! I have sought false gods in my flustered state and have constantly embittered my family members. I have also wallowed in self-pity but none of these pity parties I throw for myself have been of any use. Oh Lord! Only Your love can nurse me. Lord, please heal me and let Your compassion fill my heart that is in pain and broken! Oh Lord! I give You the authority of leading my family. Oh Lord! Please have mercy on me and forgive me of my sins. I need You to answer my prayer. Please heal my family with Your healing power. My family and my children need You. We also need You in our husband-and-wife relationship. Oh Lord! Please have mercy on us and please enter my family. Lord, be our Healer, our Help, our Salvation and our Lord! Amen!

Power and Severance

Prayer: Cut off all negative thoughts, thoughts of sadness and despair.

Thank You Lord for not giving up on me and for refreshing my soul, guiding me along the right paths for Your name's sake. In Your name, by

Your authority and Your strength, I believe that I will no longer be worried, embitter my family members and give up on myself. Lord! Please give me Your strength and Your authority to cut off all these lies from the enemy, all negative thoughts, as well as thoughts of sadness and despair. In the name of Jesus Christ, cut off the curses of genetic diseases in the household, all repercussions of pagan customs and practices from the world, as well as the powers of idolatry. Husband and wife will no longer criticise nor judge each other. Lord, please give me the power to cut off the power of darkness and of death, so that we will no longer be afraid of death, nor will we be persecuted by death. Lord, please listen to my prayer. In the name of Jesus Christ, amen!

Proclamation and Victory

[Ps 103:2-3] **Praise the LORD, my soul, and forget not all His benefits — who forgives all your sins and heals all your diseases,**

Proclamation: By Your stripes, I am healed and I have hope, able to walk out of sorrow and pain.

Oh Lord! I praise You. There is power and salvation in Your word. The Bible tells us that we are healed by Your stripes. Lord, I praise You for Your love and Your faithfulness, that enable me to have hope and to walk out of sorrow and pain. I proclaim that You are the Lord of our family! Even in the generations that follow, my household wants to honour Your name. My offspring shall serve You. Lord, You are our salvation, our strength and our shield! Daily, I am victorious by Your name. Lord, I praise You. In the name of Jesus Christ I pray, Amen!

[Num 6:24-26]

The Lord bless_____ and keep_____ ;
the Lord make his face shine on_____ and be gracious to_____ ;
the Lord turn his face toward_____ and give_____ peace.



39

Restoration and Healing

Proclaim restoration, healing, glory and victory

1. Thank the blood of Jesus for being the redemption for our family through the generations.

[Isa 53:5] But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.

2. Praise Jesus for His salvation work on the cross, for becoming the atoning sacrifice for the sins of my household through the generations, and for cleansing and healing our sins.

[1 Jn 2:2] He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

3. Acknowledgement and Proclamation

A. The precious blood of Jesus has redeemed the marriages, children, relationships between in-laws, finances, self-image, beliefs and

health of my household that have been lost through the generations.

[Heb 9:14-15] How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God! For this reason Christ is the mediator of a new covenant, that those who are called may receive the promised eternal inheritance — now that He has died as a ransom to set them free from the sins committed under the first covenant.

- B. The precious blood of Jesus has washed away all sins and transgressions committed by my family of origin through the generations, which include all atheistic value systems, prioritising parents' expectations of success, differential treatment to different genders, prioritising studies over all, prioritising riches over all, over-doting, unforgiveness, bitterness, accusations, rejections, over-protection, indulgence, indifference, shame, control, violence, neglect, promiscuity, curses, ingratiating, being irresponsible, having the “debt-collector mindset”, practising injustice, bearing heavy yoke, having greed in our hearts and for wealth, as well as hatred, etc.

[1 Pet 1:18-19] For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ, a lamb without blemish or defect.

- C. The precious blood of Jesus has established a new covenant with my household and it is the foundation of an eternal covenant with us in the generations that will follow, leading us towards healing, cleansing, reconciliation, forgiveness, love for one another and His glorious victory.

[Isa 55:3] Give ear and come to Me; listen, that you may live. I will make an everlasting covenant with you, My faithful love promised to David.

- D. Jesus Christ became the curse and was nailed to the cross for the sins of my family, thereby revoking every condemnation that was against us and bearing all heavy yokes we could never have been redeemed from. Jesus Christ has fulfilled the salvation work on the cross, has won victory and continues to reign victorious.

[Col 2:13-15] When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, having cancelled the charge of our legal indebtedness, which stood against us and condemned us; He has taken it away, nailing it to the cross. And having disarmed the powers and authorities, He made a public spectacle of them, triumphing over them by the cross.

- E. Jesus Christ has blessed and prospered my family. He is our inheritance. This prosperity and inheritance shall continue through the generations in my household with my children and my grandchildren. My family, descendants and I will no longer live in rebellion and abandonment of the Lord. He shall be our source, so that all people can witness the true light of Jesus in my household and in the descendants that follow. All the witnesses of Jesus Christ shall see it too.

[Jer 17:13] LORD, You are the hope of Israel; all who forsake You will be put to shame. Those who turn away from You will be written in the dust because they have forsaken the LORD, the spring of living water.

[Jn 1:9] The true light that gives light to everyone was coming into the world.



[Num 6:24-26]

The Lord bless_____ and keep_____ ;
the Lord make his face shine on_____ and be gracious to_____ ;
the Lord turn his face toward_____ and give_____ peace.

40

Restoration and Victory

Proclaim restoration, healing, glory and victory

God, thank You for leading our family to experience the valley of tears of repentance and to enter the land where Your healing flows. I will yet praise You. Lead us on paths of righteousness for Your name's sake. You have turned our wailing into dancing, our mourning into the oil of joy, and our spirits of despair into garments of praise. You have led us to turn from our worries and troubles, so that our bones that have been crushed can rejoice once again, giving praise to Your glorious name.

1. Thank God for His compassionate and righteous ways that are eternal, and for the covenant He has established with our family that will remain firm forever!

[Isa 54:10] *Though the mountains be shaken and the hills be removed, yet My unfailing love for you will not be shaken nor My covenant of peace be removed," says the LORD, who has compassion on you.*

2. We acknowledge and proclaim that
- i. Jehovah God is the Lord who established families.
 - ii. Jehovah is the Lord who established marriages.

- iii. Jehovah is the Lord who restores relationships.
- iv. Jehovah is the Lord who promotes peace among people.
- v. Jehovah is the only Lord with power and authority.

[Isa 48:17-19] This is what the LORD says — your Redeemer, the Holy One of Israel: “I am the LORD your God, who teaches you what is best for you, who directs you in the way you should go. If only you had paid attention to My commands, your peace would have been like a river, your well-being like the waves of the sea. Your descendants would have been like the sand, your children like its numberless grains; their name would never be blotted out nor destroyed from before Me.”

[Isa 44:1-3] “But now listen, Jacob, My servant, Israel, whom I have chosen. This is what the LORD says — He who made you, who formed you in the womb, and who will help you: Do not be afraid, Jacob, My servant, Jeshurun, whom I have chosen. For I will pour water on the thirsty land, and streams on the dry ground; I will pour out My Spirit on your offspring, and My blessing on your descendants.”

- 3. In the name of the Lord Jesus, we renounce and cut off:
 - i. All pain and oppression as a result of atheistic value systems, prioritising parents’ expectations of success, differential treatment to different genders, prioritising studies over all, prioritising riches over all, over-doting, unforgiveness, bitterness, accusations, rejections, over-protection, indulgence, indifference, shame, control, violence, neglect, promiscuity, curses, ingratiating, irresponsibility, “debt-collector mindset”, injustice, heavy yoke, greed in our hearts and for wealth, as well as hatred, etc.
 - ii. I will no longer offer my family to idols, to pain, to filth and to atheistic value systems. By the grace and power of God, we will destroy the strongholds the enemy has built in my family and the conspiracies they have planned. We will take captive every thought to make it completely obedient to Christ.

[Lk 4:18] The Spirit of the Lord is on me, because He has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free,

[2 Cor 10:4] The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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.

4. Re-establishing a new covenant between God and Family

In the name of Jesus, I proclaim that my family wants to establish a covenant with God, return to His destiny for my family and household. As for me and my house, we will serve the Lord all the days of our lives and in the generations that follow! I want to offer my family and my household to God, so that we will cleanse ourselves and become instruments for special purposes, made holy, useful to the Master and prepared to do any good work. Amen!



[Num 6:24-26]

The Lord bless _____ and keep _____ ;
the Lord make his face shine on _____ and be gracious to _____ ;
the Lord turn his face toward _____ and give _____ peace.



TRANSFORMATIONSG
TRANSFORMING LIVES, TRANSFORMING NATIONS