Lesson 15- Soul/Spirit Hurts, Open Doors, and Generational Curses

Pain from the past rules the lives of many people.
Demonic deliverance and acts of forgiveness may help a person to be free from bitterness and negative ties to others, but they may not heal the hurts from the past.

- We must come to God with our hurts and receive His healing of our soul and spirit.
- Usually the hurts from the past surface when we come into situations or meet people that are similar to what happened to us in the past.

Soul/spirit hurts may be connected to the sins of our fathers or generational curses repeating the hurts from the past and passing them down to the next generation such as alcoholic or co-dependent families.

- These hurts are often the root for the ungodly beliefs that we carry through life affecting how we see life, react to others, and our attitude towards God.
- These underlying hurts must be healed before we can be completely free from the ungodly beliefs.
- Soul/spirit hurts also open the door to demonic oppression such as fears, loneliness, isolation, shame, control, rejection, rebellion, depression, trauma, and death.
- When we receive healing for the hurts, the demons no longer are able to affect us with the hurtful memories.

There are numerous scriptural references to God’s desire to heal our soul and spirit. (Lk. 4:18-19, Is. 11:2-4, Is. 42:3, Is. 53:4-5, Is. 61:1-3, Jn. 21:15-19, Ex. 15:26, Ps. 147:3, Jer. 31:25, 3John 2)

Situations That Cause Soul/Spirit Hurts

1) Violence, Disappointments, and Problems in the Family

- The violence in our world has lead to many hurts: rape, murders, robberies, abortions, occult, satanic rituals, AIDS, etc.
- Hurts may also have come from family members or even be self-imposed. They may not come from what was done to us, but from what was not done.
- If our love needs were not met, we were wounded.
- Or they may come from deep disappointments that were beyond our control such as being let go from a job, unable to have a child, or an unexpected death in the family.

2) Many hurts come from home situations.

- Abuse can come from parents or relatives in the form of physical, emotional, verbal, or sexual abuse.
- If you were from a large family, you may not have had the attention or love that you needed from your parents.
- A hurt lodges in our spirit every time one of our four basic love needs was not met.
- Divorce can leave deep hurts in the hearts of the children who may feel rejected, abandoned, or guilty for the breakup of the family.
- If you were given up for adoption or your father was never a part of the family, your heart was wounded.
- Dysfunctional families where there is a lot of violence, arguing, fighting, yelling, severe discipline, long periods of silence, alcoholism, or drug abuse can also leave hurts in our heart.
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- As adults, hurts can come from unhealthy marriage relationships between a husband and wife.
- Other sources of hurts can come as a result of disabilities, accidents, failures, job loss, or war memories.

**Some Consequences of Soul/Spirit Hurts**

Part of how we respond to hurts depends upon the severity of the wound. It may have been as simple as not having a love need met to sexual abuse by a parent. If physical, sexual, or emotional abuse goes on for a long time, it may be difficult to be fully set free from the memories. **Ongoing hurts need ongoing healing.**

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1) **Hurts that begin in the family can affect the entire family.**
   - Some families may develop spoken or unspoken rules that nothing goes beyond the family.
   - This leads to a denial of feelings, problems, and reality. No one can be trusted.
   - This only creates more pain and makes it more difficult to ever be healed. **Hurts that cannot be acknowledged, cannot be healed.**
   - Every family is dysfunctional to some degree, so we all carry some level of wounding and unhealed hurts.

2) **Hurts affect our entire being.**
   - We open the door to infirmities, diseases, and sicknesses.
   - We can take on a self-defeating attitude about ourselves and shut down emotionally.
   - We can have painful flashbacks of the wounding experiences, form ungodly beliefs, and develop mistrust of others.
   - Our emotions can be affected by feelings of fear, hate, self-hatred, anger, grief, defeat, shame, rejection, and abandonment.
   - Our spirit can be affected through dullness of spiritual things, oppression, and turning away from God.
3) Hurts cause other hurts.
   ✓ Hurting people hurt other people.
   ✓ The hurts in you may drive you to inflict those same hurts in others.

4) Hurts cause lies and ungodly beliefs to be established.
   ✓ The ungodly beliefs that come from our hurts cause us to perpetuate the very lifestyle that we hate.

5) Hurts cause shame.
   ✓ There is a strong tie between the hurts and shame, especially if the hurts came from bad family situations or abuse.
   ✓ We tend to try and protect ourselves from further pain or being “found out” through controlling our words and actions.
   ✓ The Shame-Fear-Control Stronghold keeps us bound up in a vicious cycle of self-protection.

6) Hurts cause us to become defensive and wear masks.
   ✓ We use various defense mechanisms to cope with the pain and be able to survive.
   ✓ Our God-given identity becomes distorted from the pain and we can carry a false guilt or sense of belonging.
   ✓ The masks disguise our hurts and squelch our personality.
   ✓ We use masks so people will not be able to see our hurts or so we will not be hurt again.
   ✓ These masks can take the form of perfectionism or performance because we never felt accepted and feel like we must earn love and respect.
   ✓ Anger, blame, criticism, sarcasm, and bitterness are masks we use to find fault with others or put them down so we will not feel so bad about ourselves.
   ✓ Depression and withdrawal try to hide the broken heart underneath that feels we are trapped with no chance of success or that we made too great of a mistake that even God cannot correct.
   ✓ We can become passive, feeling that, by doing nothing, no one can blame us for failing again.

7) Hurts cause restricted growth.
   ✓ We believe lies about ourselves that block intimate relationships with others and God.
   ✓ We are held in bondage unable to move far from the hurt-distorted image of ourselves.
   ✓ Our hurts can hold us back from opportunities to excel, to take risks, or to fulfill dreams that we have had.

8) Hurts cause anger and disappointment towards God.
   ✓ We can question God’s care for us and where was He when the hurts happened.
   ✓ We may think that God cares more about other people than He does about me.
   ✓ We can loose our trust of God believing that He was the one who let this happen or that He does not care what happens to me. God should have at least warned me about what was going to happen or taken me out of the situation.
   ✓ You may feel like God let you down or did not answer your prayer about the situation that caused the hurt.
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✓ Religious beliefs may hinder our working through these questions and lack of trust, because they teach that it shows a lack of faith, respect for God, weakness, or rebellion.
✓ Our relationship with God will be greatly hindered until these feelings are exposed and resolved.

9) Hurts cause blocked emotions.
   ✓ As the hurts begin to build up in our childhood, we can withdraw from the relationship and pull within ourselves to separate us from the pain.
   ✓ We encapsulate the pain and it can become hidden within us.
   ✓ As we bottle up the negative emotions and pain, we also bottle up the positive ones too.
   ✓ Little by little, we begin to feel less and less emotion until we become totally neutral with no feelings or emotions.
   ✓ We can become steady and unmoved by what is going on around us, but we do not feel anything either.
   ✓ We live merely a partial life and not the more abundant one promised by Jesus.
   ✓ Familiar spirits can bring back remembrance of hurtful situations and then spiral us down into depression, self-pity, victim mentality, hopelessness, or discouragement.
   ✓ Our hurts related to ungodly beliefs and responses to those hurts leave open doors for demonic oppression and give legal ground for Satan to come in and steal, kill, and destroy.
   ✓ If we respond with sinful behavior, or hurt others, we open ourselves up to every evil work. (Jam. 3:16)

Hindrances to Healing Soul/Spirit Hurts

1) Unfamiliar with hearing and responding to the Holy Spirit
   ➢ New Christians or those who are unfamiliar with the part about being lead by the Spirit may feel uncomfortable, tense, or uncertain about hearing His voice.
   ➢ They may also be afraid of hearing the wrong voice from the devil.
   ➢ You can bind the devil and his lying voice and ask God to reveal himself to you.
   ➢ Also realize that Satan does not want you to be set free or healed.
   ➢ God wants you healed more than you even do!

2) Unconfessed sin
   ➢ We must confess all of our sins and receive God’s forgiveness for the healing process to work. (1 John 1:9)

3) Unforgiveness
   ➢ Unforgiveness of other people, especially those who have hurt us, will block our ability to receive healing.
   ➢ Sometimes, however, the healing may come first and give us more easily the ability to forgive those who hurt us.

4) Major fears and shame
   ➢ A deeply wounded person may feel uncomfortable with possibly getting out of control or being embarrassed by their actions.
   ➢ The pain will be just as painful coming out as it was going in. However, there is no other way to be set free than to let it come out.
Realize that it will be entirely different than when you initially experienced the pain for the Lord will be with you bringing the healing.

There will be an end point this time.

You must give up control of your emotions and feelings and relax knowing that those around you will be there to support you.

We must be willing to do whatever it takes to be free!

Fear of failure may hinder some, especially if there is a history of failure in the past.

There may also be shame that accompanies the source of the hurts.

We must remember that God’s healing will bring peace and a sense of cleanness and worthiness.

Although the feeling of shameful memories may come, there will be a positive ending as you get set free. **There is no wrong way to walk free from the past hurts. Just allow the Holy Spirit to lead you. It is a process and it may take several times to get set free.**

We need to get real with God and express any frustration or anger that we have.

God is big enough to take it! He would rather have you be honest than hold in any bad feelings against Him.

Moses and David are good examples of people who got angry with God, yet He used them mightily. He even said that David was a man after His own heart. (Num. 11:10-15, Ps. 10:1, Ps. 13:1, Ps. 43:2)

You need to see that the real source of your hurt was not God, but it was from the devil who used other people or situations to come against you. (Is. 43:2)

Verbalize your frustrations and anger, and then do as David did, repent and ask God to forgive you.

6) Blocked emotions

- We may have so buried our emotions that they are not easily accessed to help with the healing.
- You may have to use the authority of Jesus’ name and command those blocked emotions to be released in your life.

7) Demonic Blockage

- Demons can try to block the healing process.
- **Unbelief, Doubt, and Skepticism** demons will try to convince you it is not working.
- **Unworthiness** demons may try to convince you that you are not worthy to receive healing or your hurts are too bad for God to heal.
- **Shame** demons will try to convince you that everyone will find out what you did or what happened to you.
- **Passivity** demons will try and get you to just sit there and not receive healing.
- **Occult blocking** demons may bring deception and confusion. They may try and bring a headache or cause you to feel tight bands around your head.
Open Doors

Our actions, what we say, and how we responded to the wounding we received can give the devil legal right to enter our lives and bring destruction.

- The sins of our fathers, soul spirit hurts, the occult, witchcraft, and our own sins can also give Satan legal right to trespass in our lives and hinder us.
- They are like doors that we have left open and demons can come and go as they please to bring sickness, disease, infirmities, accidents, premature death, and bad situations into our lives. (Gen. 4:7)
- We can also form ungodly beliefs, bitter expectations, judgments, and strongholds in our lives that can allow demonic oppression to come on us and Satan to get us to start thinking like an orphan.
- Some of the major entry points for Satan to attack us are associated with the larger groupings of sexual sins, hatred, unforgiveness, the occult, sins against our self, violence, unbelief, and fear. There are many subheadings under each of these that are more thoroughly covered in the book Restoring the Foundations.
- All these entry points can be from our direct involvement or through the sins of our fathers. Begin to ask the Holy Spirit to show you where these doors may still be open in your life and how to close them.
- Some may require prayer ministry or deliverance ministry to help you get set free and close the doors.

Generational Curses

Why do we have all these problems? Sometimes we have physical problems, certain behavior patterns, bad attitudes, prejudices, or values, accident patterns, or certain propensity to specific sins such as pornography, violence, co-dependence, and the occult, but we don’t know why we do these things or why we can’t seem to break free from them.

- There are several places in the scriptures where God talks about the sins of our fathers being passed on to the third and fourth generation. (Ex. 20:5, 34:6-7, Num. 14:18, Deut. 5:9, 1Pet. 1:17-19)
- Quite often these bad patterns are a result of curses and open doors that were brought on by the sinful actions of our forefathers.
- The Kylstra's refer to this as a “heart tendency that we inherit from our forefathers to rebel (i.e. be disobedient) against God’s laws and commandments.”

We are imitators of our fathers!

- If our forefathers were wounded and responded to life as orphans, they made many bad choices that end up impacting us.
- Some of these sinful patterns in their children and grandchildren are a result of the children imitating what they saw their fathers and mothers do.
- They pick up the same bad habits, prejudices, negative expectations about life, responses to other people (especially family members), attitudes, and values just by observing on a daily basis what their fathers did and said.
- If they do not choose to do otherwise, by default they will do just what they experienced growing up and the wounding, disobedience, and rebellion gets passed on to their children.
We are responsible for our own actions. Although there are these iniquities that are passed on to us from previous generations that we can do nothing about, we are still responsible for our own actions and how much we allow these to affect our lives.

- We need to take seriously our own actions and habit patterns and how they may be affecting our own children and grandchildren.
- We need to get our own hearts healed and start forming new behavior patterns that will bring blessings on our next generation and beyond.
- We can start a new pattern of blessings that are passed on to generations to come.

These curses from previous generations must be broken through the cross. In Bible times when a covenant was cut between two people, families or tribes, there were blessing and curses spoken. (see Deut. 28) If the covenant was kept, then the blessing would come, but if it was broken, then the penalty of breaking the covenant was the curses. When our forefathers sinned, they broke the law and incurred the curses which are carried forward with the family until they are paid. Jesus became a curse for us on the cross and paid the penalty for our sins and or forefathers’ sins. We must apply the blood of Jesus and break the generational curses over us and our children.

Soul Ties

Definition: Soul Ties are ungodly covenants with another person based upon unhealthy emotional and/or sexual relationships. This covenant binds the two people together. God leaves the decision to keep or break these ST to us.

Soul Ties are invisible ties that bind us to other people from our past.

- There are Godly ST from good relationships, intimate healthy marriages, balanced loving families friendships, and healthy parent-child relationships. These are blessings from God! (ex. David and Jonathan)
- Negative ST typically come from dysfunctional or perverted relationships, whether they be family, sexual, or emotional.
- These can be related to the sins of our fathers, ungodly beliefs, or open doors to demonic oppression.
- These ties or tendencies towards certain types of relationships can be passed down from generation to generation. (ex. Unhealthy co-dependency seems normal to you so you become involved is some perversion of relationships yourself)
- These can cause deep wounds that result in Soul/Spirit Hurts
- Demons can keep us wrapped up with our emotional life and thought life

Soul Ties related to Sexual Sins are probably the most common in modern society

1 Cor. 6:15-17

- You remain attached to everyone you have had a sexual encounter with as well as all of the sexual partners that other person had sex with, and on and on it goes.
- You can be radically saved and set free from that old life style, but still be soulishly attached to all of the baggage from these past encounters.
- You can enter into a marriage and be born again, but still bring all these other people to be bedroom with you. You can feel defiled by all of the past encounters, either yours or your mate’s.
- Same thing goes with divorce. You can have signed the papers and are legally divorced, but the soulish ties from your mate may not have been severed.
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Each person you may have had a sexual encounter with must be dealt with separately.

- Each one represents a separate covenant that must be broken.
- Either by name or face, repent and confess your sin and then break that soul tie with the other person. Release them from any more influence in your life.
- Then cast out any demons that may have been tormenting you.
- You must then go to your spouse and confess and ask their forgiveness for defiling them by your past sexual activity.
- Experience the cleansing from the shame, fear, and defilements and enjoy the marriage covenant God has given you! There will be new freedom in your marriage!

Emotional Soul Ties

You can have strong unhealthy emotional bonds

Boy-Girl relationships  "The Dating Game"

- These emotional ties usually come through "puppy love" or "first loves" that didn't work out – "Breaking up is hard to do!" Become emotionally attached only to be dropped for someone else.
- A person can be continually haunted by the thought, "What if I would have just married my first love instead of who I am married to now?" The "What ifs" from past relationships can hinder our ability to fully accept or love another person.

Unhealthy parent-child relationships

- Co-dependency – A child becomes a surrogate for one of the parents. The child was never allowed to grow up and become their own self, never allowed to leave home.
- Parent or parents are too involved in their children's life. Gen. 2:24 (ex. Mother can take the role of a surrogate wife to their son)

Question: "Are you free to be yourself and to move toward your purpose in life? Or is the relationship inhibiting you in some way? Is it negative? Is it built on unhealthy love?" If the answer is yes, then you need to break that soul tie.

Breaking Soul Ties

Pray: Father, in the name of Jesus, I submit myself completely to You. I confess all of my emotional and sexual sins, as well as my ungodly soul ties. I choose to forgive each person that I have been involved with in any ungodly way. I ask You, Lord, to forgive me for my sin that resulted in ungodly soul ties.

Lord, I receive Your forgiveness. Thank you for forgiving me and for cleansing me. I choose to forgive myself and no longer to be angry at myself, hate myself, or punish myself.

Lord, I break my ungodly soul ties with _ (be specific with names). I release myself from him/her, and I release him/her from me. As I do this, Lord, I pray that You would cause him/her to be all that You want him/her to be, and that You would cause me to be all that You want me to be. Lord, please cleanse my mind from all memories of ungodly unions, so I am totally free to give myself to You and to my spouse. I renounce and cancel the assignments of all evil spirits attempting to maintain these ungodly soul ties. Lord, thank you for restoring my soul to wholeness. Let me walk in holiness by your grace. In Jesus' name. Amen.