

Summary

This sermon concludes a 3-part series on breaking generational curses, focusing on the final three points of spiritual freedom. The message emphasizes that God's will is not for believers to suffer but to walk in forgiveness and healing, as stated in Psalm 103:2-4. God wants to not only restore people to normal but to redeem and crown them with His blessings. The final three points covered are: replacing curses with blessings through covenant renewal, enacting practical and healthy changes by replacing bad habits with good ones, and establishing ongoing spiritual disciplines. True freedom comes through both deliverance and discipleship, requiring believers to examine themselves, set measurable spiritual goals, and develop consistent spiritual practices like prayer, Bible reading, and worship.

Intro Prayer

Heavenly Father, we come before You today with open hearts and minds, ready to receive what You have for us in this time together. We thank You for Your promises of forgiveness and healing, and that Your desire is not for us to remain in bondage but to walk in the freedom You've provided through Jesus Christ. Holy Spirit, we ask that You would speak to each person here today and help us to be receptive to the truths You want to reveal. Remove any barriers or distractions that would keep us from fully engaging with Your Word and with one another. Help us to approach this discussion with humility and a willingness to examine our own hearts. In Jesus' name we pray, Amen.

Ice Breaker

What's one habit good spiritual habit you've developed?

Key Verses

- Psalm 103:2-4
- John 8:32
- Galatians 3:13-14
- 2 Corinthians 13:5
- Acts 2:42-47
- Proverbs 26:2

Questions

- The sermon mentions that we often lie to ourselves about where we really are spiritually or emotionally. What are some common ways people might deceive themselves about their spiritual condition?
- Christian shared that 'habits attached to your identity are the only ones that succeed.' How does our identity in Christ change the way we approach building healthy spiritual habits?
- Discuss the difference between deliverance and discipleship. Why is

it dangerous to have one without the other?

- The sermon mentions that curses need a cause and that unmerited curses have no place to land when we're aligned with God. How can we better align ourselves with God's truth about who we are?
- What role does accountability play in breaking generational patterns and establishing new spiritual disciplines?
- The five steps for building habits were: make it obvious, attractive, easy, satisfying, and anchor in accountability. Which of these do you find most challenging when trying to establish spiritual disciplines?
- How can we practically 'remember God's faithfulness' in our daily lives, especially during difficult seasons?

Life Application

This week, choose one specific spiritual discipline (prayer, Bible reading, worship, etc.) and apply the five-step habit formation process: make it obvious (set environmental cues), attractive (pair it with something you enjoy), easy (start small and specific), satisfying (celebrate small wins), and anchor in accountability (share your goal with someone who can encourage you). Start with just 3-5 minutes daily and focus on consistency rather than duration.

Key Takeaways

- God's will is for believers to walk in forgiveness and healing, not to suffer through painful circumstances
- Breaking generational curses requires both deliverance and discipleship - freedom without ongoing spiritual discipline is dangerous
- Habits that align with our true identity in Christ are the only ones that will succeed long-term
- Practical change happens through examining ourselves, setting measurable spiritual goals, and replacing harmful habits with healthy spiritual disciplines
- Spiritual disciplines like prayer, Bible reading, worship, and fellowship are essential for maintaining freedom and experiencing God's power in our lives

Ending Prayer

Lord Jesus, thank You for the truth that You came to set us free and that freedom is available to each of us today. We confess that we have sometimes agreed with lies about ourselves and accepted limitations that You never intended for us. Help us to walk in the truth of who You say we are - forgiven, healed, redeemed, and crowned with Your glory. Give us the strength and discipline to establish healthy spiritual habits that will anchor us in Your truth. Surround us with accountability partners who will encourage us in this journey. We commit to examining our hearts, setting specific spiritual goals, and

replacing old patterns with new disciplines that honor You. Thank You that 2026 can be a year of breakthrough and freedom for each person in this group. We trust You to complete the good work You have started in us. In Jesus' powerful name, Amen.