

New Year, New You – Week 5 Homework

Breaking Patterns: Bondage, Soul Ties & Generational Issues

Theme: Patterns that repeat | Primary Focus: Agreements, not blame

Goal: Close doors, break agreements, and bless forward.

PATTERN IDENTIFICATION

1) What Pattern Keeps Repeating? (circle or write what applies)

- ☐ anger / rage
- ☐ anxiety / fear
- ☐ addiction (porn, alcohol, drugs, gambling, food)
- ☐ depression / heaviness
- ☐ isolation
- ☐ control / manipulation
- ☐ emotional shutdown
- ☐ people pleasing
- ☐ shame / self-hatred
- ☐ lust / sexual sin
- ☐ unhealthy relationships
- ☐ repeated divorce / relational instability
- ☐ occult involvement
- ☐ chronic conflict
- ☐ rejection / abandonment
- ☐ poverty mindset / financial chaos
- ☐ performance / religious striving
- ☐ other: _____

The pattern I want Jesus to break is:

2) How Does It Show Up?

- When does it usually hit? (stress, loneliness, conflict, boredom, night, after rejection)

- What does it make me do?

- What does it cost me?

3) What Lie Is Under It?

- ☐ I'm not safe.
- ☐ I'm not loved.
- ☐ I'm alone.
- ☐ I can't trust anyone.
- ☐ God won't come through.
- ☐ I need this to cope.
- ☐ I'm powerless.
- ☐ This is just who I am.
- ☐ This will never change.

The lie underneath my pattern is:

4) Family / Generational Clues (No Blame)

- ☐ This pattern existed in my family
- ☐ This was normalized in my home
- ☐ I watched this modeled growing up
- ☐ I swore I'd never repeat it
- ☐ It still shows up in me today

What I saw growing up:

What I promised myself:

5) Possible Open Doors (No shame — just honesty)

- ☐ sexual sin / immorality
- ☐ pornography
- ☐ occult activity (tarot, mediums, witchcraft, crystals for power/guidance, astrology as guidance, etc.)
- ☐ substance abuse
- ☐ trauma / abuse
- ☐ unforgiveness
- ☐ bitterness
- ☐ deep shame / self-hatred
- ☐ vows (ex: "I will never trust again")
- ☐ emotional dependency / manipulation
- ☐ other: _____

RENUNCIATION + BREAKING AGREEMENT + BLESSING

1) Confession (Simple + Honest) — pray out loud:

"Jesus, I confess that I have participated in this pattern.

I confess that I have used it to cope.

I repent for agreement with it.

I repent for trusting it.

I repent for partnering with it.

I turn back to You."

2) Forgiveness (If Needed) — pray out loud:

"Jesus, I forgive the people who wounded me.

I forgive those who modeled this pattern.

I forgive those who opened doors in my life or family.

I release them from my judgment."

Write names if needed (private):

3) Renunciation (Patterns) — pray out loud:

"In the name of Jesus, I renounce this pattern: _____.

I renounce agreement with it.

I renounce the lie underneath it.

I renounce shame and secrecy.

I renounce fear-based coping.

I belong to Jesus."

4) Renouncing Soul Ties (If Applicable) — pray out loud:

"In the name of Jesus, I renounce every unhealthy soul tie.

I release every attachment formed through sin, manipulation, trauma, or control.

I call my heart back to Jesus.

I call my emotions back to Jesus.

I call my body back to Jesus.

I belong to the Lord."

Name(s) if needed:

5) Renouncing Generational Doors (No blame — just closing) — pray out loud:

"Jesus, I repent for generational sin in my family line.

Not to take blame — but to close doors.

I renounce every spirit that has followed these patterns.

I renounce every assignment against my life and my family.

I declare: this stops with me.”

6) Command (Calm Authority) — pray out loud:

“In the name of Jesus Christ, I command every unclean spirit connected to this pattern to leave me now.

You have no legal right.

I belong to Jesus.

My life is under His Lordship.

Leave now in Jesus’ name.”

7) Blessing Forward — pray out loud:

“Father, I bless the next generation.

I bless my family line.

I bless my children and my future.

I declare that my home will be marked by peace, purity, joy, and freedom.

In Jesus’ name, amen.”

Scriptures to Read This Week

- John 8:31–36

- Romans 6:16

- Galatians 3:13–14

- Ephesians 4:26–27

- 2 Corinthians 10:3–5

- Numbers 23:23 (for protection against curses/witchcraft)