

# 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:

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What I promised myself:

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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):

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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:

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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)