

START HERE #10: GENESIS 4:1-15 THE CHAIN BREAKER

JESUS IS Broke chains of demoniac, Peter's chains prison, Paul/Silas' chains

- CHAINS HE BRKS AREN'T ALWAYS PHYSICAL/SPIRITUAL AND EMOTIONAL
 - o chains we pass on to our kids... Patterns of sinful behavior - **CLEAR**

AdamEve/Cain/Abel - sons of God daughter of men, gen of noah, noah's drunkenness, Abraham lying, Jacob lying, Sodom and Gomorrah, Jacob lying, Joseph's brothers selling him to slavery

MP: Jesus is the chain breaker. Dysfunctional tendencies, toxic attitudes, generational consequences can all be broken by Him.

THE REASON SIN RUNS DEEP: Generational Consequences vs. Generational Curses

GEN CURSE: caused by an evil spirit who has the power to harass the descendants of a particular person - prone to commit certain sins or a "spiritual inheritance" in nature.

Exodus 20:5 For I, the LORD your God, *am* a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth *generations* of those who hate Me.

- The demon of ___ having been handed down... **NOT BIBLICAL (attachments)**

CONSEQUENCES: NATURE – FAM Patterns can be established and engrained over time

f/m – drugs/alcohol/abusive/hist broken marr/spiritual poverty – **HOUSED TOXIC**

Manipulation – guilt oriented – obss negative – passive aggressive/volatile

- chain created 1 link a time – hardened over time – **USED TO WEARING - ensla**

The longer a behavior pattern exists the more engrained it becomes. Cain -

BREAKING THE CHAIN – CAIN (not just about you)

(STEP 1) SEE THE PATTERN – IT'S SIN DIFFICULT – BUILDING AN AWARENESS

Cain did not see it - GOD SHOW ME (know they are there – not denial. -ignore)

- Objective Revelation – GOD / OTHERS – CAIN COULDN'T BE CLEARER

You have to want to see it. You have to want to change it.

Psalms 139: 23 Search me, O God, and know my heart; Try me, and know my anxieties; ²⁴And see if *there is any wicked way in me, And lead me in the way everlasting.*

- HANDLE CONFLICT **RUBY(patterns – silent, passive aggressive, volatile)**

Handle Quickly (Matthew 5:24; Eph 4:26) – face to face (Matth18:15) – focus on

bigger goals (gained a brother) – **believe the best** (1 Corinthians 13:5) – **own your part**

– **explain don't blame** – **be willing to learn** (proverbs) – **get help** (Matt 18:16)

The goal in resolving conflict is reconciling hearts not winning the argument.

(STEP 2) REMEMBER GOD IS THE GOD OF NOW –in Cain's life – helping anguiding

God of Abraham Isaac Jacob – HE IS THE LIVING GOD – IN MY LIFE TODAY

Problem of the past: – past failure – past wounds – history of past temptations

Isaiah 26:3 You will keep *him* in perfect peace, *Whose mind is stayed on You, Because he trusts in You.* ⁴Trust in the LORD forever, For in YAH, the LORD, *is* everlasting strength

- **FOSTER FORGIVENESS – HE BREAKS THE CHAINS OF PAST**

- o If you hold grudges, live in bitterness, refuse to forgive... **u to parent**

HUFF POST: Forgiveness transforms anger and hurt into healing and peace. Forgiveness can help you overcome feelings of depression, anxiety, and rage, as well as personal and relational conflicts. It is about making the conscious decision to let go of a grudge.

- Kids see damaging (what kind of argument) better to see oppos

Don't let yesterday's chains hold you or your family back from today and tomorrow's blessings. Move on today by forgiving the offenses of yesterday.

(STEP 3) TAKE THE OFF RAMP – GOD PROVIDES THE WAY OF ESCAPE

- SMALL Decisions Matter

Unhealthy generational patterns are broken by taking small steps of obedience over and over again.

- New patterns – neuroplasticity **NEURONS REWIRE – U CAN REWIRE**

1 Cor 10:13 No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*.

- **ESTABLISH HEALTHY BOUNDARIES**

Saying No - Refusing to Take Blame - mutual Respect - Finding Your Identity Outside of the Relationship - Asking for Space - Communicating Discomfort

(STEP 4) CHOOSE TO LIVE IN HIS VICTORY

- Override by living in Christ's authority – **OVERRIDE – CHOOSE**
- **Instead of a victim a victor, instead of overcome an overcomer in stead.....**

Romans 8:37 Yet in all these things we are more than conquerors through Him who loved us.

Sigi and Alma – how does it feel to be the first Christians?