



## Breaking a Generational Curse

Genesis 12:1-4

Genesis 12:10-19

Genesis 26:1-10

Three ways to break a generational curse:

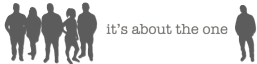
- 1.) Own your own stuff
- 2.) Confess your stuff
- 3.) Deal with your stuff harshly

James 5:16

Ephesians 4:22-24

Deuteronomy 5:9,10

Shame hates it when we reach out and tell our story. It hates having words wrapped around it - it can't survive being shared. Shame loves secrecy. The most dangerous thing to do after a shaming experience is hide or bury our story. When we bury it, the shame metastasizes. I remember saying out loud: "I need to talk to someone RIGHT NOW." Brene Brown, The Gifts of Imperfection



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