

Breaking the power of the past

This teaching was created by Bill and Wilma Watson to help you break the power of the past. It comes from their many years of experience of helping people find freedom in Jesus.

In this session you will learn:

- ✓ how to be free from the things that trap you – emotional baggage, generational weaknesses, secret habits and addictions
- ✓ how the power of sin cannot be overcome in your own strength
- ✓ how to make what Jesus has done for you a reality

Let's begin with prayer: Thank you, Jesus, for dying to set me free from the things that trip me up. Holy Spirit, please bring to my remembrance the things that I need to put aside so I can walk in total victory. In Jesus' name I ask it. Amen

In this session we are going to be looking at how to break the power of the past.

When you became a child of God, you were made right with God. You are now on an exciting journey, learning how-to walk-in obedience, in partnership and a loving relationship with Him.

You will find your journey will be made easier when you learn to put off the baggage, the things that could trip you up.

Do you feel trapped in a repeated pattern of behavior? Is there a burden in your life that you would like to be free from?

We are going to show you how you can live in victory as a child of God.

How would you describe sin?

Sin is anything that is not like God's Holy nature. For example. God is love, so anything that is not done or said in love, is sin.

Romans 3:23 tells us that, **all** have sinned and fall short of the glory of God.

Why do we sin?

Romans 5:12 makes it clear, when Adam sinned, **sin entered** the world.

We sin because **we are born in sin**. Sinners by nature.

Psalm 51:5 confirms this, *behold, I was brought forth **in iniquity**; and **in sin** did my mother conceive me.*

Iniquity is not a word we use today.

So, what does iniquity mean?

According to the New Unger's Bible Dictionary, iniquity is perversity, depravity, sin.

Perversity is a state of deviating from what is good. **Depravity** is a state of moral corruption. **Sin**, when not used as an action word in the New Testament, is referring to its source, the inherent sinful nature within us.

Isaiah 53:5 is a prophecy of what Jesus did for you and me when He died on the cross.

*He was **pierced for our transgressions**, he was **crushed for our iniquities**; the punishment that brought us peace was on him, and by his wounds we are healed.*

In place of the word 'sin' the Bible sometimes uses transgression – which means to do wrong.

Transgressions are acts of sin. Iniquity is a state of being

Is iniquity just an Old Testament concept?

The Old Testament, in the bible, was written in Hebrew. Iniquity in the Old Testament Hebrew is AVON – meaning distorted behavior and its consequences.

King David prayed: *Wash away **all my iniquity** (AVON) and cleanse me from my sin.* (Psalm 51:2)

The New Testament was written in Greek. Iniquity in the New Testament Greek is ANOMIA - often translated as injustice, weaknesses, wickedness (that is wrongdoing), lawlessness (referring to a state of rebellion), or sin (which is the sin nature).

Titus 2:14 says, Jesus who gave Himself on our behalf that He might redeem us (purchase our freedom) from all iniquity (ANOMIA).

Can a Christian be bound by iniquity?

In the message bible (Acts 8:12f) we read of Simon the Sorcerer. "When Philip came to town announcing the news of God's kingdom...Even Simon himself believed and was baptized...The apostles laid their hands on them, and they did receive the Holy Spirit.

When Simon saw that the apostles by merely laying on hands conferred the Spirit, he pulled out his money, excited, and said, "Sell me your secret!

Show me how you did that! How much do you want? Name your price!" Peter said, "Why, that's unthinkable - trying to buy God's gift!

You'll never be part of what God is doing by striking bargains and offering bribes. Change your ways - and now! Ask the Master to forgive you for trying to use God to make money. I can see this is an old habit with you; you reek with money-lust".

Acts 8:23 in the King James Version says it like this, For I see that you are poisoned by bitterness and **bound by iniquity**. (Literally in the fetter of iniquity)

So, what should we do about it?

Be assured that Jesus died to set us free from sin's power!

Romans 6:10 says, *When He (Jesus) died, **He died once to break the power of sin.***

To break the power of sin and make what Jesus did a reality, follow the three R's. Renounce. Reckon. Rely.

First R, is RENOUNCE

Renounce means to disown and turn away from iniquity.

Let's look at bible verses that encourage God's children to turn away from iniquity. 2 Timothy 2:19 tells us that:

*Let everyone who names the name of the Lord **depart from iniquity.***

Also, in Job 11:14 we are encouraged to:

*Get rid of your sins and **leave all iniquity behind you.***

To leave or depart from iniquity means to put it off, like you would a garment.

The second R is RECKON

To reckon means to count on or consider something as fact.

Romans 6:11 says, ***reckon** yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord.*

To enable God's children to consider their relationship with sin as broken and live in victory over sin. Simply count on the fact that the power of sin, the law of sin and death has been overcome when Jesus died on the cross and rose again— we consider or regard it as done! Let me explain!

If I put up my umbrella, I can count on being dry. In the same way I can count on the fact that I can live in victory over the power of sin.

The third R is RELY

Rely means to depend on someone or something with full trust and confidence

You cannot overcome the power of sin in your own strength! Overcoming sin and its power is not through self-effort, but through the power of the Holy Spirit. You must surrender to and rely on God's power to enable you to overcome.

Galatians 5:16 tells you to:

Let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves.

It is helpful to understand that the power of sin is a law.

A law which has been overridden.

Romans 8:2 tells us: *through Christ Jesus the law of the Spirit who gives life **has set you free** from the law of sin and death.*

To understand this Bible verse, we need to understand what a law is. A law is a power that cannot be overcome by natural means. For example, the law of aerodynamics can overcome the law of gravity. Even though it doesn't cancel the law of gravity, it overrides, so that we can fly in an aeroplane. The law of gravity holds us down. It takes the law of aerodynamics to lift us up!

As I said you cannot overcome a law in your own strength! Nor can you overcome the power of sin in your own strength. A law can only be overturned by another more powerful law as we have seen.

We are talking about a law and how it affects us. We now understand that a law is a power that cannot be overcome by natural means. The Bible says that the law of the Spirit of life has freed us from the law of sin and death. So, is this something that happens when we die?

The penalty and power of sin and death has been overcome when Jesus died on the cross and rose again. **Freedom from the law of sin and death becomes ours when we become God's children.**

Repeated annoying patterns of behavior are an indication that there is a law operating in your life!

Is there something in your life that you are struggling to overcome? Do you have a repeated pattern of thoughts or actions that have you trapped? Are you continually dealing with the same thing in your life?

How can I be set free from repeated patterns or an addiction in my life?

Understand that Jesus wants to set those who are bound free.

Isaiah 61:1 refers to Jesus' ministry on earth: *"He has sent me to bind up and heal the broken hearted, to proclaim **liberty** to the [physical and spiritual] captives and the of the prison opening and of the eyes to those who are bound"*.

Bill and Wilma have led over 60 ex-prisoners and addicts to the Lord. The men have come to the rehabilitation center broken, rejected and traumatized. A lot of the men are former drug dealers. Bill and Wilma have seen them set free from addictions and made whole by the power of the Holy Spirit.

This teaching excites them the most! They feel trapped by their lifestyle and long to be free!

As the Word of God says, Jesus brings liberty to the captives and freedom to the prisoners!

God's children can experience complete freedom from addictions.

As the Word of God says, Jesus brings liberty to the captives and freedom to the prisoners!

Each found freedom by following the three R's.

Here are some pointers that they agree have worked for them:

Firstly, you must get to the end of your own ability to overcome your weaknesses. Then make a determined, firm decision to follow through in God's strength.

Secondly, be strong and courageous and remove yourself from the temptation – either your computer, mobile, food, alcohol, drugs, influencing friends and places.

Thirdly, forgive and release (yourself and others) and be healed from past traumas and emotional pain.

Fourthly, recognise and **renounce the** things that trip you up. Particularly the deception and shame behind the addiction.

Fifthly, daily count on the fact that Jesus has broken the power of sin in your life when he died on the cross and rose again.

Sixthly, for complete freedom have faith in the supernatural. Give God the control of your mind, emotions and will. Completely rely on the power of the Holy Spirit to break the addiction.

God's children **can** experience complete freedom from addictions when they rely on the power and presence of the Holy Spirit.

Every person is made up of three parts. A spirit, soul and body. A child of God has the Holy Spirit continually living within their spirit. The Holy Spirit is not a something, He is some one! He is God!

Many long to be completely free but try in their own strength to overcome the law of sin.

For a child of God, it is different! When you invite the presence and power of the Holy Spirit to take over to set you free, the Holy Spirit flows from your spirit into your soul (your mind, will and emotions) restoring you to wholeness.

Romans 8:14 tells us that, *the true children of God are those who let God's Spirit lead them.*

As you daily rely on the Holy Spirit, He then leads you, strengthens you and enables you to make godly choices.

Replying on the Holy Spirit is showing complete faith in God and His promises. We simply choose to let go and trust God for everything.

Surrendering to the life of the Spirit can be an exciting adventure as Bill and Wilma discovered!

In Wilma's early teens she responded to an invitation to totally surrender her life to Jesus. An unmistakable inner thought filled Wilma's mind at the age of sixteen.

God told her to do nurses' training, two years of bible college and then she would get married and go to Ethiopia as a missionary. And since she no longer desired her plans but God's for her life that is what happened!

Meanwhile, Bill had been a single missionary in Ethiopia for five years. He surrendered his need for a wife to God. While Bill was praying, Father God assured him that He would give him a wife when he returned to Australia on leave.

On his way home, to save money, Bill stopped in Singapore and bought the engagement and wedding rings believing that God was faithful and would do what He said. He also bought a watch with the brand 'Rebecca' on it. While admiring his

new watch, God spoke to Bill and said, "As it was with Rebecca in the Bible, so it will be with you".

Upon arriving in Australia, he asked God where he would find his 'Rebecca'. These words stood out to him in the book of Kings, "She is in the college".

As he travelled to the Bible College that he graduated from, he prayed that the first girl he met would be the one he was to marry. Wilma was that person! When Bill and Wilma were alone, they shared their testimony of how God had led them both. An hour later after God confirming His will to them both, Bill proposed, and they were engaged!! Married three months later! They arrived in Ethiopia shortly after to begin ministry together!

While facing the challenges of early marriage, together with mission life, Bill and Wilma soon came to the realization that surrendering to the Spirit of God was a daily necessity. It helped them overcome the things that hindered them from having an intimate relationship with God.

What is the connection between worship and surrender?

King David, in the Bible, was a worshiper. To worship means to bow down, in reverence and adoration – an act of worship is to surrender. King David surrendered to God as his shepherd - to lead, feed and protect him.

Giving God your all, is worship. Alisa Hope Wagner explains surrender further...

"It is telling God that we are not big enough to deal with our worries. We give God room to wield His mighty arm in our lives. When our hands are weak and tired, God's hands are strong and powerful".

Psalm 89:13 assures us: "Powerful is your arm! Strong is your hand! Your right hand is lifted high in glorious strength".

How do I daily draw upon God's strength?

Every day **choose** to do what Jesus did when He was on earth.

The Bible tells us that He did nothing on His own initiative but what His Father revealed to Him.

Surrendering to God should become a lifestyle of daily giving all to Jesus. This comes out of a loving relationship with Jesus!

Instead of choosing to do your own thing, choose to totally surrender to the life of the Spirit. Ask Jesus to help you to clearly hear Him speak and obey His voice.

Secondly, every day choose to spend an intimate time with Jesus, as He regularly did with His Father.

Sit with your Heavenly Father quietly and allow His presence to settle on you. Take hold of the victory that Jesus won through His death and resurrection.

What do you feel is the biggest thing that will hinder me from relying on God?

Pride will keep you from relying on the life of the Spirit! Pride, selfishness and rebellion resists surrender!

1 Peter 5:5 says, "God resists the proud and gives grace to the humble".

Are you tired of the pressures of life and trying to get life right in your own strength? Do you long to have God's grace flowing in your life?

Michelle's emotions were screaming at her.

Michelle had learnt to live with negative mindsets all her life. Every time she was triggered, she looked for an escape. It was an addiction!

She was set free after learning that she didn't have to strive to gain victory but obtain the victory that was already won by Jesus. Now when negative thoughts invade her space, she simply cuts them off and replace them with the truth of God's Word.

That's how Michelle overcomes and stays connected to the life of the Spirit, by telling herself that sin no longer has any power over her! Today she is ministering to others, helping them find true freedom.

Sowing good or bad deeds can cause a ripple effect! Like a stone causes a ripple effect when thrown in water.

The Bible tells us that what we sow, we will reap. It's a principle of life, isn't it?

Galatians 6:7 & 8 confirms this: *Whatever you plant is what you'll harvest. If you plant in the soil of your corrupt nature, **you will** harvest destruction. But if you plant in the soil of your spiritual nature, **you will** harvest everlasting life.*

Verse eight paraphrased, if you plant corrupt seeds, you can expect a harvest a crop of weeds.

Science indicates there are certain genetic predispositions that carry from family member to family member. **It is the ripple effect caused by what has been planted.**

Wilma noted while attending to thousands of patients in Ethiopia, that because of the lay back lifestyle of the people where they worked, she never saw people suffering with cancer or heart problems. That says something of what a stressful lifestyle can do to the body.

Romans 8:37 is so encouraging. It says, *“Despite all these things, overwhelming victory is ours through Christ, who loved us”*.

Christian psychologist seeks help!

Ryan was having perverse thoughts and he did not know where they were coming from. Bill suggested that they could be a generational iniquity. Ryan repented on behalf of his forebears for what was passed onto him. He was not troubled with the perverse thoughts again.

Do you have an annoying, secret habit that you find hard to overcome?

There is victory in Jesus as we have seen from the Word of God!

As we have learnt, sin keeps us from the abiding presence of God. And the abiding presence of Jesus keeps us from sinning!

Romans 12:14 tells us that when we **clothe** ourselves with the presence of the Lord Jesus Christ and change the way we think, the desire to sin is withdrawn.

As we have learnt, sin keeps us from the abiding presence of God. Romans 13:12 and Hebrews 12:1 encourage us to strip away the works of darkness, removing our sinful deeds like filthy clothes:

*Let us then drop (fling away) the works and deeds of darkness.
And Hebrews 12:1 tells us to, Throw off any extra baggage, get rid of the sin that trips us up.*

The Ethiopians, including many witchdoctors, would put off the works of darkness.

When Bill and Wilma were missionaries, the Ethiopians would raise their left hand, repent and put off the past works of darkness.

Then raise their right hand and accept Christ. This fast tracked their walk with God.

A witchdoctor confessed that he murdered the father of the boy next to him. Before accepting Christ, he had planned to kill the boy too. This is the power of repentance!

Let's recap. We began this session by saying that you, a child of God, will find your journey easier when you learn to **put off** the baggage that has and could in the future trip you up.

Check this out! This revelation will change your life. The law of sin and death has been legally overridden when Jesus died on the cross and rose again. The power and the penalty of sin has been dealt with; therefore, you don't have to struggle to attain victory over sin rather, obtain (take a hold of) what Jesus has already done for you.

We are going to expose and renounce secret patterns, habits, scaring and defilement and be set free from their entrapment.

We will be examining the baggage you may be carrying! It is a list of things that could have opened a door and lead you to being trapped. **These iniquities can be weaknesses passed down from forebears. Or you can initiate an iniquity through a lifestyle.**

Shortly before we pray, you will be able to review the list again. Let's begin!

Have you at any time, been associated with, involved in, watched or read any of the following?

- ❖ **occultic games and activities** (Ouija board, tarot cards, crystal ball, wicca, magic, Witch Tok, occultic literature, movies, TikTok videos, music, objects etc.)
- ❖ **fortune telling** (tea leaves, palm reading, crystal ball, tarot cards, etc.)
- ❖ **psychic experiences:** (participated in mind control, psychic healing, readings, games, clairvoyance, astral travel etc.)
- ❖ **cult, false religions:** (visited a temple and prayed to their gods, had a spirit guide, idol worship, Freemasonry, New Age thought and practices etc.)

A lot of the things in this list may not be relevant to you. Anything that is not relevant just put it aside.

You are going to renounce the things that God shows you that you have been involved in. That which has taken hold in your life and the lives within your family. This way you not only set yourself free but also your family.

Sexual iniquity;

- ❖ lust
- ❖ adultery
- ❖ the attraction to the same sex
- ❖ confusion regarding gender identity
- ❖ premarital sex
- ❖ incest
- ❖ pornography
- ❖ bestiality

- ❖ promiscuity
- ❖ illegitimacy
- ❖ abortions

Behavioural iniquity;

- ❖ emotional, physical and sexual abuse
- ❖ blasphemy
- ❖ addictive patterns of smoking
- ❖ alcohol
- ❖ gambling
- ❖ stealing
- ❖ video games
- ❖ social media
- ❖ drugs

Emotional iniquity;

- ❖ shame, self-hate, guilt,
- ❖ grief, abandonment
- ❖ trauma/fragmentation
- ❖ control, manipulation
- ❖ rejection, depression
- ❖ anger, unforgiveness, bitterness
- ❖ fear, anxiety, paranoia
- ❖ jealousy, pride
- ❖ unbelief, doubt

Curses of iniquity;

- ❖ word curses
- ❖ being accident prone
- ❖ repeatedly robbed financially
- ❖ barrenness
- ❖ divorce
- ❖ family alienation
- ❖ injustice
- ❖ the loss of advancement
- ❖ premature death

Then there is physical iniquity, including all genetic disorders resulting in related diseases and conditions.

Take your paper and pen and write down what you feel the Holy Spirit is saying. This is between you and God and afterwards you will destroy the paper.

Prayer to fling away the works or deeds of darkness – removing them like filthy clothes.

Thank you, Jesus, for dying, not only for my sins, but for my weaknesses also. I forgive the sins of whoever first opened the door to the iniquity back in my family line.

Lord Jesus, I ask forgiveness for where I have partnered with iniquity. In Jesus' name and by the power of the Holy Spirit, I reject, turn away from and break the association with everything that I have put on this paper.

Jesus, please wash away all consequences of sin from my bloodline with Your precious Blood.

Thank you, Jesus, for forgiving me and setting me free. I surrender completely to Your life-giving Spirit. Help me to daily trust You, as I seek to depend on You and live in victory over sin.

I declare that Satan has no place in me, no power over me, for I have been forgiven and set free by the Blood of Jesus. Amen.

Do I have to keep repeating this prayer?

Let's see what the Bible says. 1 John 1:9 assured us that:

*If we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from **all** wickedness (also translated as iniquity).*

This bible verse assures us that when we acknowledge our iniquity and ask Jesus to forgive us for being part of it, Jesus' Blood cleanses and removes every generational consequence of sin.

That means, the pull you have felt in the past to sin, because of a generational weakness or curse, has been broken. This is such GOOD NEWS!

What you have owned up to, has been TOTALLY forgiven.

How should we live now as God's children?

Romans 6:19 says,

Because of the weakness of your human nature, I am using the illustration of slavery to help you understand all this. Previously, you let yourselves be slaves to impurity and lawlessness (also translated iniquity), which led ever deeper into sin. Now you must give yourselves to be slaves to righteous living.

You live in joyous freedom from the power of sin by giving yourself daily to God for His empowering!

Additional to the pointers listed previously, Bill and Wilma would like to add another very important one:

Have friends who love Jesus and can support and prayer with you regularly.

You would agree, wouldn't you Emma Grace, we all need that.

If you slip up again remember to follow the 3 R's: Renounce, Reckon and Rely

You will learn how to rely on God for His enabling, by reading His Word, the bible, starting in the New Testament.

Tell God how grateful you are for setting you free.

Trust God as a faithful friend and share with Him all your concerns and then watch how He enables you to overcome.

Next: Learn how to pray for your friends and family and help them to receive God's goodness. Go to www.breakfreetoday.org/grace and download, 'Embracing and Sharing God's Grace'.

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