

## Week 1

### A Sound mind and the Body to follow suit

Symptom: : something that indicates the existence of something else	Being overweight is merely a symptom of a larger problem. Overeating is a symptom of a bigger issue. (even if you are not overweight) If you just want to lose weight ok fine there are many people here on the internet who can help you with that, but I would like to assist you in dealing with the whole person (with the grace given to me by Yah). A sound mind and the body to follow suit your mind is apart of your soul! Your soul = You will, mind, and your emotions ... The inability to make sound decisions is indicative of a soul issue! we must have wholeness in this area to then be able to command the body to follow suit. you were given a body as a temple to live this life in ... it should not be running the show!
Excavate : : to dig out and remove	
Sound mind and the body to follow suit	
What you don't allow the Holy Spirit to excavate will remain hidden. The thing is just because it's hidden that doesn't mean that it is not having an effect on your life, the life of your children (family members), And all of the destinies of the people involved. When you say that you want to be a generational curse breaker you have to first be a bloodline excavator. Simply put ... the issues "the curses" that have run through your family allow Yah by the power of his Holy Spirit to draw those things out of you. I have compiled this document with personal and trusted resources to help you.	

You do what your parents did , you will get what they got! But what happens when you break that curse ( negative pattern ) of thought or way of being and do something new? What happens when you follow the Lords decrees ? What happens when you walk away from the traditions of those who hate Yah and do something new ?

Read Ezekiel chapter 18, Read Exodus chapter 20 specifically verses 5 and on

I have 2 prayers for this week. Don't worry if you have to continue on this assignment into the next week, or if the Holy Spirit directs you to do more. This is just a Guide.

- patch the wounds.pdf:

[https://www.llerinabytan.zzy.com/\\_files/ugd/dd8273\\_9d5944ff8a6e4ca4ac15baf51c3f0d51.pdf](https://www.llerinabytan.zzy.com/_files/ugd/dd8273_9d5944ff8a6e4ca4ac15baf51c3f0d51.pdf)

Spend at least 20 minutes praying and worshipping before you began to pray

"Enter His gates with a song of thanksgiving And His courts with praise. Be thankful to Him, bless and praise His name."  
Psalms 100:4 AMP

Gates are points of access ! You need access to the Lords throne and to gain accesses you don't just start praying there is a protocol when praying prayers such as these.

"Have the gates of death been revealed to you, Or have you seen the gates of deep darkness?"  
Job 38:17 AMP

sexual truma and immorality  
FREEDOM pdf

Prayer 1:

Lord knit me back together.

You placed my spirit in this body not be disconnected but to do a work as I am connected to you. But there has been a separation. There has been a separation from trauma, there has been a separation from sin, there has been a separation from rejection, think about and speak where the separation happened (if your parents split during your high school year and that loneliness catapulted you into promiscuity cry out to the Lord list everything that the Holy Spirit reveals. Lord remove, excavate that point of pain and cover my wound in the blood of Jesus . Bandage me with the blood of Jesus! cover the memory under the blood of Jesus. Every attitude, every personality trait, every sickness and disease that has attached itself to me because of that wound and my involvement be broken off in the name of Jesus! And fill me up oh Lord with a right understand of who you created me to be, and restore what the enemy has stolen from me and restore to me everything that was lost in your divine timing. Father pour out your grace and mercy on me and on anyone involved. Forgive us of our sins and for our falling short. Use us for your Glory! Restore us for your Glory! In the mighty matchless name of Jesus, I pray amen.

Choose a book from the virtual bookshelf :

[https://www.llerinabytan.zzy.com/\\_files/ugd/dd8273\\_acca7ff8241a48a99ec562231a436cfd.pdf](https://www.llerinabytan.zzy.com/_files/ugd/dd8273_acca7ff8241a48a99ec562231a436cfd.pdf)

Be vigilant, as the Holy Spirit reveals more to you come back to the space of prayer and worship and be cleansed and restored. It's not abnormal to pray all day long. You don't have to scream at the top of your lungs for the Lord to hear from heaven and hear your prayer.

Read Psalms  
Chapter 19

"Be sober [well balanced and self-disciplined], be alert and cautious at all times. That enemy of yours, the devil, prowls around like a roaring lion [fiercely hungry]; seeking someone to devour."  
1 Peter 5:8 AMP

Prayer 2:

Silence the altars by the power of the blood of Jesus!

When you were hurt, that place where the sin was committed, that place where the hurt took place.

Holy Spirit, God, Yahweh you are the same today yesterday and forever!

So, when \_\_\_\_\_ happened you were there! Holy Spirit take me back to that place where that was erected, that altar that is speaking out against my destiny.

That altar that keeps triggering me back, that altar that had my mom stuck and her mom stuck, that altar that keeps me in sin take me back there.

Where I was hurt and an altar of pain was erected. Where I was molested and that altar of promiscuity was erected, where I was adulterous and the altar of sexual immorality is standing speaking out against my marriage and the marriages in my bloodline. That Altar that the enemy is using to attack me, to attack my destiny, to attack my children. Silence that altar by the blood of Jesus! Down to the depths of the earth in that location. I call back the pieces of my soul that were left behind. Cover them in the blood of Jesus as they return to me. Restore them to the way you designed them. Restore my soul oh Lord! Restore my mind oh God! Restore me to a right understanding of who you are to me and who you made me to be in Jesus' name.

Keep praying as you are led!

List every event that is brought to your attention

Father and as you silence those altars and as the broken pieces are covered in the blood and returned to me. shut and seal every door with the blood of Jesus! As those altars are being silenced Lord erect new Holy heavenly altars. Let those altars burn fervently and be fueled by my obedience, let these new Holy altars speak for my bloodline past, present, And future. Let the blood of Jesus speak a better, a louder, a surer word than the blood of Abel! Let the blood speak louder than my mistakes and missteps! Let the blood speak louder than my will and my wants I plead the blood of Jesus!

Do this for every place that the Holy Spirit brings to your attention (its ok if it takes more than one day )