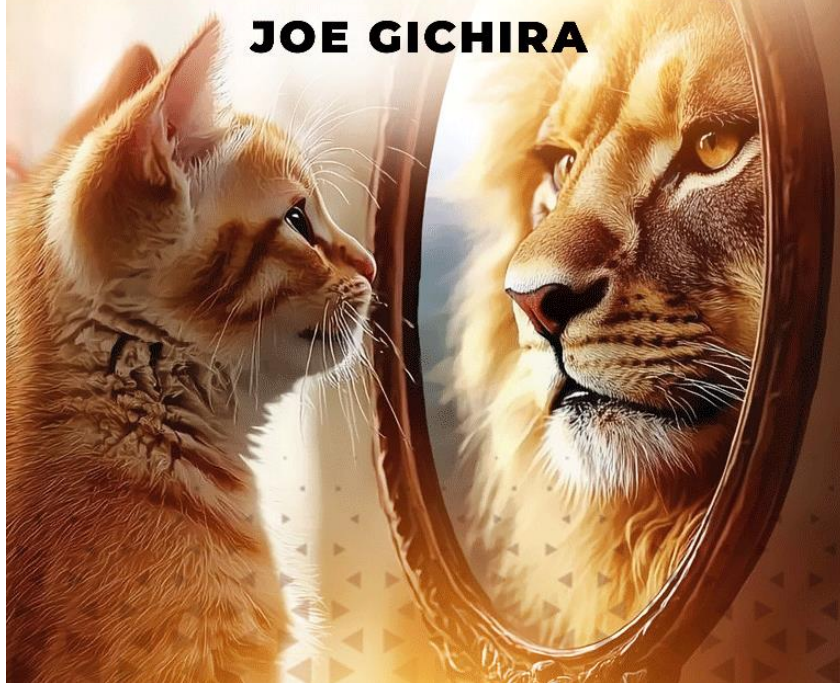


GENERATIONAL MINDSET

DEMYSTIFYING IDENTITY CRISIS

JOE GICHIRA



Generational CURSE Mindset

Generational

Mindset

– Demystifying Identity Crisis

Joe Gichira

MorryJooh Media Ltd

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Dedication

This book is dedicated to every believer who has ever looked at their life and quietly asked, “Why does this keep happening to me?”—to those who have seen patterns they could not explain, cycles they could not break, and realities that seemed to run deeper than personal choices. It is for those who were taught to call these things generational curses, yet deep within, sensed that there had to be more to the finished work of Christ than what they were experiencing.

It is dedicated to those who have prayed, fasted, and fought spiritual battles—not out of ignorance, but out of a sincere desire to be free. To those who have carried questions they could not voice and burdens they could not fully understand. I don’t plan to dismiss your experiences but to bring clarity to them; not to condemn what you have believed but to align you with what is true.

Above all, this book is dedicated to your awakening—to the moment you begin to see yourself not as a product of your family history but as a new creation in Christ. May your eyes be opened, your mind renewed, and your life aligned with the reality of who you truly are.

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Foreword

Few subjects have generated as much confusion among believers as the question of generational curses, inherited patterns, and personal identity. Many sincere Christians have struggled to reconcile their life experiences with what the Scripture says about redemption in Christ.

In ***Generational Mindset***, Joe Gichira addresses this important subject with clarity, simplicity, and a strong commitment to biblical truth. Rather than focusing on fear or speculation, he points readers back to the finished work of Christ and the transforming power of a renewed mind.

What I appreciate about this book is its practical approach. It acknowledges the realities people face while helping them understand how God's truth can bring lasting freedom and transformation.

I encourage you to read these pages with an open heart and a willingness to examine Scripture for yourself. It is my prayer that this book will strengthen your faith, deepen your understanding of your identity in Christ, and inspire you to become a positive influence on the generations that follow.

May the Lord bless you as you read.

Bishop John Kimani
Kingdom Covenant Ministries Church

Preface

Many believers live with patterns they cannot explain—cycles that repeat and struggles that seem to run in families. The common explanation is ‘generational curses’. It sounds right. It feels spiritual. But it raises a serious question: if Christ has redeemed us, why do these patterns persist?

This book does not deny your experience but emphasizes that what you call a curse may be rooted in a mindset—formed, reinforced, and sustained by unrenewed thinking—highlighting the importance of renewing your mind in Christ to break free.

And if the problem is misunderstood, the solution will always be misapplied.

This is not about denying spiritual reality. It is about aligning with truth, because freedom is not found in fighting what is behind you but in understanding who you are in Christ.

You are not reading this for comfort.

You are reading this to see clearly.

CHAPTER 1:

THE PATTERNS YOU CANNOT IGNORE

There are things many people experience but struggle to explain. Patterns that repeat no matter how much effort is applied. Situations that look different on the surface yet somehow end the same way. It is not that people are careless or unwilling to change. In many cases, they have tried—prayed, adjusted, worked harder—but the outcome still follows a familiar path. Over time, a quiet question begins to form: Why does this keep happening to me?

This question is not born out of ignorance. It is born out of observation. When something repeats long enough, it begins to feel deeper than coincidence. Scripture itself acknowledges patterns in human life. Ecclesiastes says, *“The thing that hath been, it is that which shall be; and that which is done is that which shall be done”* (Ecclesiastes 1:9). In other words, repetition is not new. Patterns exist. But the presence of a pattern does not automatically explain its source.

The Reality Many People Live With

Across families, you will often find similar struggles manifesting in different forms. One generation battles financial instability, and the next, despite better opportunities, finds itself in the same place. In another family, relationships seem to break down repeatedly—marriages fail, trust is fragile, and unity is hard to sustain. In some cases, fear, delay, or sickness becomes so persistent that it begins to feel as if something deeper is at work.

I saw this pattern firsthand in my family, with almost everyone battling asthma, which seemed normal. Reflecting on my own life, I realized how these repeated struggles shaped my beliefs and responses, prompting me to question what I had accepted as inevitable.

But something in me eventually shifted.

One day, I decided I was no longer going to define my life by what had repeated itself through generations. I stopped seeing myself as connected to a curse, threw away the inhalers, and began renewing my mind toward God's healing and my identity in Christ. The change did not happen overnight, but over time, I began to see a complete turnaround.

But I later understood that what I called a generational curse was also a pattern reinforced by years of expectation, fear, and acceptance, shaped by my mindset. True change began when I renewed my mind in Christ, shifting my beliefs and responses from the inside out.

This does not mean the experience was not real. The struggle was real. The symptoms were real. The pattern was visible. But visibility does not always equal accurate interpretation.

What I had accepted as a curse was, in many ways, a mindset reinforced by years of observation, fear, expectation, and repeated exposure. I had seen it for so long that I unconsciously aligned with it. And what the mind continually accepts, life eventually begins to reflect.

The moment my thinking began to change, my expectations changed. And when my expectations changed, my response to the pattern also changed. That was the beginning of the transformation.

Sometimes the greatest bondage is not what has been passed down a bloodline, but what has been accepted in the mind.

And until the mind is renewed, patterns will continue to feel spiritual, even when they are sustained by belief.

When Patterns Begin to Raise Questions

I once met a man I will call Jack—not his real name. Jack grew up in a polygamous family, where his father constantly taught them that a man's strength and freedom were measured by how many women he could control. To his father, marrying several wives was not merely a cultural practice; it was power, authority, and identity.

As a young boy, Jack never questioned it. He watched it, heard it repeatedly, and absorbed it unconsciously.

Years later, Jack was born again and genuinely loved God. He desired to live right. But without realizing it, the mindset he had inherited from years of exposure remained deeply rooted in him.

It began cunningly.

He became a committed member of several churches at the same time, but fully submitted to none of them. Then it progressed into relationships. He found himself promising marriage to different women, emotionally attaching himself to several of them at once, and eventually repeatedly falling into sexual sin.

Every time it happened, Jack would break down in tears before God. He would sincerely repent, fast, pray, and promise never to return to that lifestyle. But somehow, he kept falling back into the same pattern.

The more it was repeated, the more spiritual it began to feel.

Eventually, people around him told him he was dealing with a generational curse. He was advised to make sacrificial offerings and to give special seeds in different churches to break the pattern. Because the struggle felt real, the explanation also sounded convincing.

But years later, something shifted.

Jack came across a teaching by Dr. Myles Munroe on the kingdom mindset. For the first time, he began to realize that what was controlling his life was not necessarily a curse in his bloodline—it was a mindset that had been built into him over years of observation and repetition.

What shaped him was not merely something spiritual happening around him, but something psychological and behavioral that had settled within him.

That realization changed everything.

Instead of constantly trying to “break” something from the outside, Jack began intentionally renewing his mind through the Word of God. He began confronting the beliefs, assumptions, and internal patterns he had carried since childhood.

And slowly, his life began to change.

Today, Jack has been faithfully married to his wife for over thirty-two years and serves as a pastor, helping others understand the same truth that transformed him.

Sometimes what looks like a spiritual curse is actually a learned pattern that has never been challenged.

Until you properly diagnose a pattern, you may keep fighting externally what should first be dealt with internally.

Why It Feels Like Something Spiritual

When something repeats beyond what seems reasonable, it begins to feel spiritual. Once something is labeled spiritual, it is often placed in a category that feels beyond personal control.

This is where many first hear about the language of generational curses. The idea that something has been passed down through a bloodline, influencing outcomes from one generation to the next. For many, this explanation brings a kind of relief, because if the problem is a curse, the responsibility feels removed.

But that is where the danger begins.

Because what you believe about your condition will determine how you respond to it.

The Bible shows us that belief systems shape outcomes. ***“As he thinketh in his heart, so is he” (Proverbs 23:7).*** This means that what a person accepts as truth will eventually shape how they live. If someone believes they are under something they cannot control, they may stop taking responsibility for what can actually be changed.

This is why doctrine matters.

Because you should not live according to what you experience, but according to what you believe the scripture is saying about your experience. Selah

And if scripture is misunderstood, even sincere believers can end up building their lives around fear instead of truth.

The Bible says in **Hosea 4:6, “My people are destroyed for lack of knowledge.”** Notice that it does not say God’s people are destroyed because the devil is too powerful. It points to a lack of knowledge. In other words, misunderstanding can sustain bondage even where freedom has already been provided.

This is why two people can hear the same gospel and respond differently. One hears freedom and begins to renew their mind.

Another hears freedom yet still interprets life through fear and inherited conclusions.

Jesus Himself repeatedly emphasized the importance of truth and understanding. In **John 8:32**, He said, ***“And ye shall know the truth, and the truth shall make you free.”***

Notice carefully: freedom is connected to truth that is known, not merely truth that exists.

This means it is possible for freedom to be available, yet not experienced, because truth has not yet been understood correctly.

And this is where many believers struggle.

They genuinely love God. They pray sincerely. They desire change. But internally, they still believe something in their bloodline is working against them. So every challenge becomes confirmation. Every delay strengthens the belief. Every repeated struggle deepens the fear.

Over time, the mindset becomes stronger than the truth of Scripture.

That is why the enemy fights understanding so much. Because when a person begins to see clearly, fear begins to lose its power.

The Bible says in **Romans 12:2**, ***“Be not conformed to this world: but be ye transformed by the renewing of your mind.”***

Notice that the transformation is connected to the mind.

Not just prayer. Not just Emotion. Not just desire.

The mind!

This is important because many people are trying to change their lives without changing how they think. But scripture teaches that transformation flows from renewed thinking.

And this slowly begins to expose something important:

Perhaps the greatest battle is not always what is happening around a person, but what has already taken root within them.

Once a belief settles deeply enough in the mind, life eventually begins to move in its direction.

And until that belief is confronted with the truth, the pattern can continue to feel spiritual—even when it is sustained by mindset, expectation, and learned behavior.

Looking Closer at What Is Really Happening

At this point, it becomes important to slow down and examine things more carefully because not everything that appears spiritual is understood correctly.

The patterns may be real. The struggles may persist. The pain may even span generations. But before we conclude that something is a curse, we must first understand what we are seeing.

If the problem is misunderstood, the solution will be misunderstood as well.

And this is where many sincere believers become frustrated.

Some pray for years against things that never seem to change. Others move from one conference to another, from one deliverance session to another, trying to “break” what they believe is following them. Not because they are insincere, but because they are responding to what they have been taught to believe.

But sincerity alone is not enough.

The Bible says in ***Romans 10:2***, ***“For I bear them record that they have a zeal of God, but not according to knowledge.”*** In other words, passion without understanding can still lead a person astray.

This is why clarity matters so much.

Freedom is connected to truth that is understood, not to assumptions, fear, or tradition.

And this is important because many people have accepted explanations without ever examining whether those explanations fully align with Scripture and with the finished work of Christ.

For example, when a child grows up constantly hearing that “people in this family never succeed,” that statement does not remain external for long. Over time, it settles into the mind, shaping expectations, influencing confidence, and quietly affecting decisions and behavior.

Eventually, the person begins to live according to what they have internally accepted.

This is why scripture places so much emphasis on the mind.

“Be ye transformed by the renewing of your mind” (Romans 12:2). Transformation is not presented as a mystical event happening around a person. It is connected to renewal within the person.

That changes the conversation completely.

Now the question is no longer just, “What is following this family?” The deeper question becomes, “What has this family believed, accepted, repeated, and normalized over time?”

Sometimes what appears spiritual on the outside is sustained psychologically, emotionally, and behaviorally on the inside.

And until that is confronted, the pattern can persist for generations as people keep giving it spiritual names.

This does not mean spiritual realities do not exist. The Bible is clear that spiritual warfare is real, but it also shows us that not every battle is resolved the same way.

Some things require deliverance.

Others require discipleship.

Others require healing.

And many require renewal of the mind.

This is why wisdom is necessary.

If you try to cast out what must be renewed, you may spend years fighting externally while the real issue remains untouched internally.

And that is where frustration grows.

Not because freedom is unavailable, but because the wrong battle is being waged.

This book is not asking you to deny your experience. It is asking you to examine your interpretation of that experience more carefully. What you call a curse may actually be a mindset reinforced over years of repetition, fear, observation, and belief.

And if that is true, then everything changes.

Because mindsets can be renewed, beliefs can be corrected, and patterns can be interrupted.

Once truth enters the picture, what once felt impossible begins to lose its power.

CHAPTER 2:

WHEN EXPERIENCE BECOMES BELIEF

What you experience consistently, you eventually come to believe. Not because someone taught it to you, but because you have seen it enough times for it to feel true.

This is how many beliefs are formed—not from Scripture but from repeated outcomes.

When something happens once, it is an event. When it happens again, it becomes a concern. But when it keeps happening, it begins to shape your thinking. And once it shapes your thinking, it begins to define your expectations.

That is how experience becomes belief.

How Beliefs Are Formed Without You Noticing

One of the most powerful aspects of belief systems is that many of them are formed long before we are even aware of their existence.

Most people do not wake up one day and consciously decide what to believe about life, relationships, money, marriage, success, or even themselves. These beliefs form quietly over time through repeated exposure—what is consistently seen, heard, experienced, and normalized.

A child who grows up in an environment of constant financial struggle may never be explicitly told that prosperity is impossible. But after years of watching bills go unpaid, hearing conversations filled with fear and limitation, and seeing survival become the norm, the mind slowly begins to accept lack as reality.

In the same way, someone raised in broken relationships may never hear the words, “marriages do not last.” But after witnessing constant conflict, separation, betrayal, or emotional distance, they begin to expect instability without even realizing it.

This is how beliefs are built.

Not suddenly. Not loudly. But consistently.

When something is repeated enough times, the mind stops questioning it and starts accepting it as truth.

That is why patterns become dangerous when they are left unchallenged. Because eventually, they stop looking like experiences and start becoming identity.

The Bible says in **Proverbs 23:7**, *“For as he thinketh in his heart, so is he.”* In other words, the direction of a person’s life is deeply connected to the direction of their thinking.

This is not merely about positive or negative thoughts. It is about internal convictions. What a person repeatedly accepts inwardly eventually begins to shape how they live outwardly.

That is why two people can face similar situations but respond completely differently. One sees a possibility while another immediately expects failure. One keeps moving forward while another gives up quickly. Often, the difference is not talent, opportunity, or even spirituality—it is belief.

And beliefs are powerful because they quietly influence behaviours.

A person who believes they will fail often approaches life defensively. A person who believes they are rejected may unknowingly sabotage healthy relationships. Someone who believes struggle is

“normal” may continue to make decisions that keep them trapped in the very pattern they are praying against.

Over time, the belief becomes self-reinforcing.

The mind expects a certain outcome, the person unconsciously moves in that direction, and when the outcome appears again, it feels like confirmation that the belief was true all along.

This is why some patterns survive for generations. Not necessarily because something mystical is moving through the bloodline, but because mindsets, fears, expectations, and behaviours are silently passed down from one generation to the next.

The Bible speaks about this kind of internal shaping in **Romans 8:5**, where it says, ***“For they that are after the flesh do mind the things of the flesh.”*** Notice the language. The issue is not only actions—it is mindset. What dominates the mind eventually influences the direction of life.

This is why Scripture repeatedly emphasizes guarding and renewing the mind.

In **Proverbs 4:23**, the Bible says, ***“Keep thy heart with all diligence; for out of it are the issues of life.”*** The heart here speaks of the inner man—the place where beliefs, thoughts, and convictions are formed.

What settles there eventually flows into everyday life.

And this slowly begins to expose something deeper:

Many people are fighting outcomes without ever confronting the beliefs that sustain them.

When patterns repeat long enough, they do not just affect circumstances—they begin to shape identity, expectations, and behaviours.

Until those beliefs are confronted with the truth, the cycle can continue, appearing spiritual on the surface. So what is the TRUTH?

We will look at this subsequently.

When Belief Replaces Truth

The greatest danger is not always the experience itself. Sometimes the real danger is the conclusion a person draws from it.

Experiences do not speak for themselves. They are interpreted. And the interpretation a person accepts will eventually shape how they think, respond, and live.

When people go through repeated struggles, they naturally begin searching for explanations. They want to understand why things keep happening the way they do. In that search for answers, the first

explanation that sounds spiritual and convincing can easily be accepted as truth.

For example, if someone grows up witnessing constant failure in their family and later experiences similar struggles in their own life, it becomes easy to believe there is something spiritually wrong with the bloodline, especially when people around them reinforce that idea.

“This is a generational curse.”

“This is what follows your family.”

“This is why things never change.”

Over time, those statements stop sounding like opinions and start to feel like reality.

Once a person accepts that belief internally, it begins to influence the way they see everything else.

A challenge is no longer just a challenge—it becomes proof of a curse.

A delay no longer feels temporary—it becomes confirmation that something is working against them. Each repeated struggle strengthens that belief even more.

This is how beliefs quietly become stronger than truth.

Not because truth changed, but because fear, repetition, and interpretation grew louder in the mind.

That is why scripture warns believers to be careful about what they accept as truth. In **Colossians 2:8**, the Bible says, ***“Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men... and not after Christ.”***

Not every explanation that sounds spiritual comes from Christ. Some explanations are simply traditions and conclusions passed from one person to another until they are accepted without question.

And this is important because many people are living under labels they never stopped to examine biblically.

The danger with wrong beliefs is that they begin to control expectations.

A person who believes they are cursed often approaches life defensively. They expect things to go wrong, grow suspicious of progress, and interpret setbacks emotionally. Even when opportunities arise, fear convinces them that failure is inevitable.

Over time, the mindset itself begins to sustain the very pattern the person is praying against.

This is why Jesus constantly challenged wrong thinking before addressing outward behaviour. Transformation does not begin merely by changing circumstances—it begins by confronting what a person believes internally.

And this is where many believers miss the deeper issue:

They are trying to change outcomes without confronting the beliefs that produce those outcomes. But until truth becomes stronger than fear, old patterns will continue to feel normal. Whatever consistently shapes the mind will eventually shape the life.

And when belief replaces truth, even freedom can begin to feel unreachable—until truth is seen clearly again.

How Strongholds Are Built

When a belief is accepted repeatedly over time, it eventually becomes what the Bible calls a stronghold.

A stronghold is not merely a bad habit or a repeated mistake. It is a deeply established way of thinking that begins to feel permanent and unquestionable. It is a conclusion that has settled so deeply in the mind that it begins to control how a person interprets life.

This is why strongholds are dangerous. Because by the time they are visible outwardly, they have already been established inwardly.

The person no longer struggles occasionally—they begin to think about that struggle.

For example, someone who has repeatedly heard that “people in this family never succeed” may eventually stop expecting success altogether. Another person who has repeatedly witnessed broken relationships may begin approaching marriage with fear and suspicion, often without even realizing it.

Over time, the mindset becomes automatic.

The person no longer consciously chooses it. They live from it.

This is why many people continue repeating patterns even after genuinely encountering God. Because while their spirit has been touched, their thinking still holds conclusions built over years of repetition, fear, and exposure.

Until those conclusions are confronted, the stronghold remains active.

The Bible speaks directly about this in **2 Corinthians 10:4–5**:

“For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; casting down imaginations, and every high thing that exalteth itself against the knowledge of God...”

Notice carefully what scripture calls a stronghold.

Imaginations. Thoughts. Ideas. Beliefs that exalt themselves against the truth.

This changes the conversation completely.

Because many people imagine strongholds as demons or external spiritual forces, yet scripture first addresses them as internal mental structures that resist the knowledge of God.

That means a person can sincerely love God while still carrying strongholds in their thinking.

A stronghold says:

“This is impossible.”

“This is how my family has always been.”

“Nothing will ever change.”

“This is just who I am.”

And the more those thoughts are repeated, the stronger they become. Eventually, they begin controlling perception itself.

The person no longer sees opportunities clearly because the stronghold filters everything through fear and limitation. Even when the truth is presented, the mind struggles to accept it because the old belief already feels more familiar.

This is why Jesus often challenged people's thinking before addressing their outward condition. Transformation begins where truth confronts belief.

The danger is that if a person believes they are under a curse long enough, that belief itself can become the stronghold.

At that point, even if nothing spiritual is actually holding them captive, their thinking continues to reproduce the same fear, expectation, and behavioural patterns. When the same outcomes recur, the person interprets them as further confirmation that the curse is real.

This is how cycles become reinforced.

Not only spiritually, but mentally, emotionally, and behaviourally.

And this is why scripture does not merely tell believers to pray harder. It tells them to renew their minds, cast down wrong imaginations, and align their thinking with truth.

Until strongholds in the mind are confronted, a person can remain limited by beliefs that Christ has already made them free from.

And this slowly begins to reveal something powerful:

The greatest prison is not always around a person. Oftentimes it is the invisible system of beliefs they have carried for years.

When Experience Begins to Define Identity

The greatest danger of repeated experiences is that, over time, they stop feeling like situations and begin to feel like identity.

At first, a person says:

“I am struggling.”

But after years of repetition, the language slowly changes to:

“This is just who I am.”

“This is how my family is.”

“This is how my life will always be.”

And many times, the shift happens so quietly that the person never even notices.

What begins as an experience slowly becomes a personal definition.

This is where patterns become deeply dangerous. Once identity is affected, everything else in life begins to follow that identity.

A person who sees themselves as rejected will struggle to receive love. Someone who sees themselves as a failure may unconsciously avoid opportunities that could change their life. A believer who sees themselves as cursed may continue to live cautiously, fearfully, and defensively—even when Christ has already provided freedom.

This is because identity shapes your behaviour inside out.

People naturally move in the direction of who they believe themselves to be.

That is why the Scripture places such emphasis on identity in Christ, because God never intended believers to build their identity on pain, history, family patterns, or repeated experiences.

Identity was always meant to come from Christ alone.

The Bible says in **2 Corinthians 5:17**, ***“If any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”***

Notice how decisive that statement is.

It does not say:

“If any man be in Christ, he is trying to become new.”

It says:

“He is a new creature.”

This means the believer’s identity is no longer meant to be rooted in what they have been through, the family they came from, or the patterns they have seen repeated around them.

Their identity now begins with Christ.

This is one of the biggest shifts many believers struggle to make.

While they may intellectually accept salvation, they still define themselves emotionally and mentally by old experiences.

Even after encountering Christ, they continue to say things like:

“I come from a family of anger.”

“In our family, nobody succeeds.”

“We all struggle with this.”

Without realizing it, they are still allowing history to define their identity.

Whatever defines your identity will eventually shape your expectations, behaviour, and direction.

This is why the enemy fights so hard for identity. Once a person becomes convinced of who they are, their life naturally begins to align with that belief.

That is why Jesus consistently spoke identity over people before transformation fully appeared outwardly.

To Gideon, who saw himself as weak and insignificant, God called him ***“a mighty man of valour”*** (Judges 6:12). Before the victory appeared externally, identity was first addressed internally.

Because heaven understands something many people overlook:

Transformation often begins with identity before it becomes visible in experience. This is why it is dangerous when experience speaks louder than truth.

When pain speaks louder than the Scripture, identity becomes confused. Once identity is confused, people start living beneath what God has already called them to be.

They may genuinely love God while still seeing themselves through the lens of limitation, fear, shame, or inherited conclusions.

And slowly, the old identity keeps reproducing old outcomes.

Not because Christ has not changed them, but because they have not yet fully seen themselves as different.

This is why renewal becomes necessary.

Because the mind must eventually align with what God has already declared true.

Until that alignment occurs, a person may continue living according to an old identity even while carrying a new one in Christ.

CHAPTER 3:

THE DANGER OF GETTING IT WRONG

Not every problem is dangerous because of what it is. Some problems become dangerous because of their names.

When something is mis-defined, it will also be mishandled. And when the solution is wrong, the struggle continues—even when the effort is sincere.

This is where many believers find themselves today. They are not lacking desire. They are not lacking in prayer. They are not even lacking faith. Yet something is off. There is a disconnect between what Christ has done and what they are experiencing.

And often, that disconnect begins with a wrong understanding.

When the Problem Is Named Incorrectly

One of the easiest ways to remain trapped in a problem is to misunderstand what the problem is.

The name you give something will often determine how you respond to it.

If every repeated struggle is automatically labelled a curse, the natural reaction will be spiritual warfare. More fasting. More prayer. More deliverance sessions. More attempts to “break” something believed to be operating externally.

While prayer is important, problems cannot be solved correctly if they are defined incorrectly.

This is where many sincere believers grow exhausted. They spend years fighting what they believe is a spiritual curse, while the real issue remains untouched beneath the surface.

Because not every repeated pattern is sustained the same way.

Some things are spiritual.

Some things are emotional.

Some things are behavioural.

And many are deeply connected to the mindset.

This is why wisdom and discernment matter.

Imagine giving medicine for an infection to a person whose real problem is malnutrition. The sincerity may be genuine, but the treatment will never fully resolve the issue because the diagnosis is incomplete.

The same thing happens spiritually.

If fear, limitation, rejection, or destructive patterns have been reinforced in a person's thinking for years, no amount of emotional moments alone will permanently change what the mind still believes.

Eventually, the person finds themselves repeating the same cycle again and again, not because a curse is necessarily following them, but because the mindset that sustains the cycle has never been confronted.

This is why scripture places such emphasis on renewal and understanding.

The Bible says in **Ephesians 4:23**, ***“And be renewed in the spirit of your mind.”*** Notice that God addresses not only outward behaviour but also the inner condition that produces it.

A lasting transformation happens when truth reaches the mind deeply enough to change how a person thinks, interprets life, and sees themselves.

This is why getting the diagnosis right matters from the beginning.

If the issue is labelled a curse when it is actually a mindset, the person may spend years trying to cast out what must instead be renewed.

When the wrong battle is fought long enough, frustration begins to mount.

Not because God has failed.

Not because freedom is unavailable.

But because the real issue has not yet been properly understood.

This is why clarity is so important.

Once the problem is seen clearly, the path toward transformation also becomes clearer.

Sincere Effort, Wrong Direction

One of the most painful things to witness is someone who is deeply sincere and genuinely hungry for change, yet moving in the wrong direction without realizing it. I did this for many years.

Some believers have spent years fighting what they believe is a generational curse. They have attended countless deliverance meetings, prayed aggressively, fasted consistently, made daily declarations, and engaged in every spiritual practice they were told would bring freedom.

Yet somehow, the pattern continues.

Not because they are lazy.

Not because they lack faith.

And certainly not because God is unwilling to help them.

Often, the real issue is both simpler and deeper at the same time:

The solution being applied does not address the actual problem.

This is why sincerity alone is not enough. A person can be fully committed yet still move in the wrong direction if understanding is lacking.

The Bible speaks about this in **Romans 10:2**, where Paul says, ***“For I bear them record that they have a zeal of God, but not according to knowledge.”***

Notice that Paul does not question their passion. Their zeal and sincerity were real. Yet sincerity without understanding still left them misaligned.

And this happens more often than many people realize.

A believer may spend years trying to “break” rejection spiritually while still thinking, speaking, and living from deep-seated feelings of unworthiness. Another may constantly pray against poverty while still carrying a mindset shaped by fear, limitation, poor stewardship, and hopelessness.

In such situations, the external battle receives attention while the internal condition remains unaddressed.

And eventually, frustration grows.

The person starts asking:

“Why am I still struggling?”

“Why are my prayers not working?”

“Why does this keep repeating?”

But often, the deeper issue is not the absence of prayer. It is the absence of renewal.

Because God will not renew the mind of a person who refuses to confront the way they think.

This is why the Scripture repeatedly points believers toward understanding, wisdom, and transformation. The Bible says in **Proverbs**

4:7, *“Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding.”*

Understanding matters because it helps a person stop fighting shadows and instead address the real source sustaining the pattern.

Imagine a person trying to remove weeds from a garden by cutting only the visible leaves while leaving the roots untouched. For a short time, the garden may look clean. But eventually, the weeds grow back because the root system was never addressed.

This is how many believers live spiritually.

They repeatedly confront symptoms while the underlying mindset, fear, identity struggle, or learned behaviour remains untouched beneath the surface.

Until the root cause is addressed, the cycle often continues.

This is why truth matters so much.

When the truth exposes the real issue, energy is no longer wasted fighting the wrong battle. The person begins to focus on transformation instead of endless frustration.

And this is where real change often starts:

Not when effort increases,
But when understanding becomes clear.

Misunderstanding Scripture

One of the biggest reasons why this issue continues in the body of Christ is that many scriptures are quoted sincerely, but not always understood correctly.

You see, when Scripture is misunderstood, believers can end up building doctrines on fear rather than the truth.

This is especially true when it comes to generational curses.

Many people refer to passages in the Old Testament that speak about the sins of the fathers affecting later generations. One of the most commonly quoted is found in **Exodus 20:5**, where God speaks about *“visiting the iniquity of the fathers upon the children unto the third and fourth generation...”*

At first glance, this appears straightforward. And for many people, this verse alone is enough proof that negative spiritual patterns are automatically transmitted through bloodlines from one generation to the next.

But scripture was never meant to be interpreted through isolated verses alone.

The Bible is a complete revelation. It is a progressive narrative that unfolds from the Old Covenant to the New Covenant, ultimately revealing Christ. When verses are removed from their context, covenant, and intended audience, conclusions can easily be distorted.

This is why interpretation matters so much. A verse can be quoted accurately while still being understood incorrectly.

For example, under the Old Covenant, Israel related to God through the law. Blessings and consequences were connected to covenant obedience. The language and framework of that covenant were very different from the reality believers now have in Christ.

But many believers unknowingly read Old Covenant scriptures as though nothing changed through Jesus.

And that is where confusion begins.

The Bible says in **Hebrews 8:13**, ***“In that he saith, A new covenant, he hath made the first old.”*** In other words, scripture itself acknowledges a transition. Something changed through Christ.

This does not mean the Old Testament is unimportant, far from it. The Old Testament reveals God’s dealings with humanity, exposes humanity’s weakness under the law, and points prophetically to Christ. Yet it must always be understood in light of what Jesus accomplished.

This is why Jesus said in Luke 24:27 that all scriptures ultimately point to Him.

That changes everything.

Now the believer does not interpret scripture merely through fear, judgment, or inherited assumptions. Instead, the believer interprets scripture through Christ and the finished work of redemption.

This is why verses about curses cannot be discussed honestly without also addressing what the New Testament says Christ accomplished with regard to the law and its consequences.

The Bible says in **Galatians 3:13**:

“Christ hath redeemed us from the curse of the law, being made a curse for us.”

Notice the language carefully.

Not “Christ will redeem us.”

Not “Christ may redeem us.”

He ***has redeemed us.***

This verse alone forces the conversation deeper.

If believers are redeemed from the curse of the law, we must ask important questions honestly:

What exactly was the curse of the law?

What changed through Christ?

How should Old Testament passages be understood under the New Covenant?

These are not small questions. They are foundational.

Because many believers still interpret their lives through an Old Covenant lens while claiming New Covenant promises.

Whenever covenant realities are mixed incorrectly, confusion follows.

This is why the apostle Paul fought so strongly for sound doctrine. He understood that incorrect interpretation eventually produces wrong identity, wrong expectations, and wrong living.

A believer who sees themselves primarily through the lens of fear of inherited curses will approach life very differently from a believer who understands redemption and identity in Christ.

One lives trying to escape bondage.

The other lives in freedom already provided in Christ.

And that difference begins with interpretation.

This is why the Bible warns believers in **2 Timothy 2:15** to ***“rightly divide the word of truth.”*** In other words, the Scripture must be handled carefully, accurately, and within proper context.

Because not every verse applies in the same way under every covenant.

And this is where many sincere believers become trapped. They inherit interpretations without examining whether those interpretations fully align with the gospel of Christ.

Over time, fear-based teaching begins to shape identity more strongly than Scripture itself.

But the more closely Scripture is examined through the lens of Christ, the clearer it becomes:

The gospel was never meant to leave believers in constant fear of their bloodline.

It was intended to reveal a new identity, a new covenant, and a new reality in Christ.

And this is where the conversation must now go deeper. Before we discuss mindset fully, we must first understand something foundational:

What exactly does the Bible mean when it speaks of curses?

The Cost of Getting It Wrong

Wrong beliefs rarely remain isolated in the mind. Over time, they begin to influence the entire direction of a person's life.

This is why getting truth wrong is never a small matter.

What a person believes will eventually shape:

- how they pray,
- how they interpret challenges,
- how they see themselves,
- what they expect from life,
- and even how they relate to God.

If someone believes they are under a curse, that belief slowly begins to affect everything else.

Prayer becomes driven by fear instead of faith. Challenges begin to feel personal and spiritualized. Delays are interpreted as confirmation that something is wrong. The person no longer approaches life

with clarity and confidence, but with suspicion and emotional exhaustion.

I remember a time I was confiding in a friend; I told him that something was repeatedly happening to me that had started shaping my thinking pattern, how I see life, and my prayer life. Over the years, I experienced a repeated cycle of failure in almost everything I started; this honestly started to condition my mind to expect failure and build self-mechanisms so that I ‘cushion’ the outcome of the failure. I immediately knew it was an attack and started renewing my mind immediately; over time, that bondage was broken!

Bondage is not always sustained solely by spiritual forces. Sometimes it is sustained by wrong conclusions, wrong interpretations, and beliefs that have never been tested by truth.

The Bible says in **Hosea 4:6**, ***“My people are destroyed for lack of knowledge.”***

Notice carefully: God calls them ***“My people.”***

These are not unbelievers. They are people connected to God, yet still suffering because of a lack of understanding.

That verse alone reveals something significant:

A person can be sincere, spiritual, and deeply committed to God, yet still be limited by what they do not understand correctly.

This is why truth matters so deeply.

Once a false belief becomes part of identity, it quietly reproduces itself in every area of your life. A person may genuinely desire freedom while still thinking of bondage. They may pray for change while expecting failure. Eventually, the expectation itself begins to influence outcomes.

This is how cycles are reinforced over time.

Not merely through external experiences, but through internal agreement.

And this is why the cost of misunderstanding scripture is so serious.

Wrong doctrine does not only affect theology. It affects identity, confidence, peace, and believers' self-perception regarding God and the finished work of Christ.

But the good news is this:

What was learned incorrectly can also be corrected through the truth.

And once understanding begins to shift, the cycle that once felt permanent loses its foundation. Freedom does not begin merely because circumstances change.

Many times, freedom begins the moment the truth of the Scripture is finally grasped. So, what is a curse?

CHAPTER 4:

WHAT DOES THE BIBLE CALL A CURSE?

Before we decide what is affecting our lives, we must first understand what the Bible actually calls a curse.

Because if we use the word without understanding it, we will apply it to things it was never meant to describe.

In today's language, the word curse is used broadly. Almost any repeated struggle, delay, or limitation can be labelled a curse. But in scripture, a curse is not merely any negative experience. It has a specific meaning, context, and foundation.

Honestly, if we do not understand that foundation, we will misapply the word—and misinterpret our lives.

A Curse in the Old Testament

To understand this subject properly, we must first understand what the Bible meant when it spoke about curses in the Old Testament.

Many people use the word “curse” today without understanding the covenant system in which that term originally arose.

In the Old Testament, a curse was not random. It was not an invisible force moving mysteriously from family to family without context. It was directly tied to covenant, law, and obedience.

This is clearly seen in **Deuteronomy 28**, where God addresses Israel regarding blessings and curses under the Mosaic covenant.

The structure was straightforward.

Obedience brought a blessing.

Disobedience brought consequences.

Verse 15 says:

“But it shall come to pass, if thou wilt not hearken unto the voice of the Lord thy God... that all these curses shall come upon thee.”

This is extremely important to understand.

The curses mentioned in Deuteronomy were not random spiritual attacks disconnected from the covenant. They were covenant consequences tied specifically to Israel's relationship with God under the law.

In other words, this was a legal covenant system.

God gave commands.

Israel agreed to the covenant.

Blessings followed obedience.

Consequences followed rebellion.

This was the structure of the Old Covenant.

This is why many of the curses listed in Deuteronomy were national, social, agricultural, economic, and generational in their effects. Israel's entire society was built on covenant obedience to God.

But something else is equally important:

The law did not merely expose sin—it also revealed man's inability to obey God by human effort alone perfectly.

This is one of the central themes in the Old Testament.

Again and again, Israel failed. Even when they sincerely sought to obey God, human weakness remained evident. The law revealed

what was right, but it could not transform the human heart deeply enough to sustain perfect obedience.

This is why the Bible says in **Romans 3:20**:

“By the law is the knowledge of sin.”

The law revealed the condition of man, but it could not fully free man from it.

Because the covenant depended on obedience, failure continually brought judgment and consequences under that system.

This is the context in which Old Testament curses must be understood.

Without that context, people begin lifting verses out of a covenant framework and applying them broadly to every repeated struggle they encounter today.

But the Scripture must always be interpreted within a covenant context.

For example, many people quote Old Testament curse passages without also acknowledging that the same covenant system required sacrifices, ceremonial laws, dietary restrictions, temple rituals, and national covenant obligations.

Yet today's believers do not live under that covenant structure.

This is why the New Testament repeatedly addresses transition.

The Bible says in **Galatians 3:24–25** that the law functioned as a *“schoolmaster”* leading people toward Christ. It was preparing the way for something greater.

And that “something greater” was not the result of improved human effort.

It was redemption through Christ.

This is why understanding the Old Testament correctly matters so much. If the law is misunderstood, the work of Christ will also be misunderstood.

This is where many believers become trapped.

They sincerely love Jesus, yet still interpret their lives primarily through Old Covenant fear rather than New Covenant redemption. They continue to see themselves as people struggling under inherited curses rather than as believers standing in what Christ has already accomplished.

But before we move too quickly into the New Covenant, one thing must become clear first:

The Old Testament itself had already begun to reveal that God's ultimate desire was not merely external obedience but inward transformation.

Even under the law, the deeper problem was never only about behaviour.

It was the heart.

The Role of the Law

To understand curses properly, you must first understand the law's role in Scripture.

The language of blessings and curses did not exist in isolation. It existed within a covenant system that God established with Israel under the Old Covenant.

The law was given as a standard. It revealed God's holiness, defined right and wrong, and showed the people how they were expected to live before Him.

Under that system, obedience brought blessings, while disobedience brought consequences.

This is why Deuteronomy 28 repeatedly links blessings and curses directly to covenant obedience. Israel's relationship with God under the law was structured around this principle.

But the law was doing something even deeper. It was exposing the true condition of man.

While the law revealed what was right, it also revealed something painful: man, in his natural strength, could not consistently meet God's standard.

No matter how sincere people were, failure remained constant.

This is why the Bible says in **Galatians 3:10**:

“For as many as are of the works of the law are under the curse.”

This verse is powerful because it shows that the problem was never merely the presence of commandments. The deeper issue was humanity's inability to keep them perfectly.

The law demanded perfection.

Not partial obedience.

Not occasional obedience.

Perfect obedience.

And once the law was broken, it carried consequences.

This is why the law could expose sin but could not fully free people from it. It could clearly identify the problem, but it could not transform the heart deeply enough to sustain righteousness.

The apostle Paul explains this further in **Romans 7:7** when he says:

“I had not known sin, but by the law.”

In other words, the law functioned as a mirror. It revealed humanity's condition. It showed humanity its weakness, its rebellion, and its inability to attain righteousness through human effort alone.

And this is where many people misunderstand the law's purpose.

The law was never ultimately given as the final solution. It revealed the need for the final solution!

This is why scripture repeatedly points to Christ as the fulfillment of what the law could never fully accomplish through human effort.

The Bible says in **Galatians 3:24**:

“Wherefore the law was our schoolmaster to bring us unto Christ.”

That means the law was preparing humanity for something greater.

It was showing humanity:

- the seriousness of sin,
- the impossibility of self-righteousness,
- and the need for redemption.

This is crucial for understanding curses correctly.

Because many believers today speak about curses without understanding the covenant framework within which those curses operated.

Under the law, disobedience brought consequences because the covenant depended on obedience. The system itself required perfect alignment with God's commands.

But the law also continually demonstrated that man could not sustain that standard on his own.

And this is why the New Testament introduces something radically new.

Not improved human effort.

Not a stricter religious performance.

But grace through Christ.

This is why Paul says in **Romans 6:14**:

“For ye are not under the law, but under grace.”

That statement shifts the entire conversation.

If believers are no longer under the law, they must also understand what that means regarding the curse associated with the law itself.

And this is where many believers get confused.

They quote Old Covenant curses while ignoring New Covenant redemption. They continue relating to God primarily out of fear of punishment rather than understanding what Christ accomplished through His death and resurrection.

But the gospel was not merely about improving humanity’s relationship with the law.

It was about introducing an entirely new covenant reality. This is where the message now begins to shift even further.

Once the role of the law is understood, the next question becomes unavoidable:

What exactly did Christ change?

Curses Were Not Random

This is where the picture begins to come into focus.

In Scripture, curses were not portrayed as random, mysterious forces secretly moving through families without explanation. They operated within a clearly defined covenant structure established under the law.

They were:

- defined,
- conditional,
- and directly connected to disobedience within a covenant relationship.

This is important because many modern conversations about curses remove the subject from its biblical context altogether. The word itself is often used broadly to explain almost any repeated struggle, hardship, or negative family pattern.

But in Scripture, curses were not vague spiritual labels applied to difficult experiences. There were legal consequences connected to covenant violation.

God did not leave Israel guessing about this. In Deuteronomy 28, the blessings and consequences were laid out openly and specifically. The people understood the covenant requirements, the conditions attached to them, and the consequences of obedience or rebellion.

Nothing about the system was hidden.

This is why the Old Testament repeatedly emphasizes phrases such as:

“If you obey...”

and

“If you do not obey...”

The consequences were tied directly to the covenant response.

This means biblical curses were not arbitrary spiritual forces randomly selecting people or families. They operated within a legal covenant framework.

And this distinction matters greatly.

Because once the word “curse” is removed from that framework and applied broadly to every repeated struggle people experience today, its meaning begins to stretch beyond what scripture originally intended.

For example, if a family experiences financial instability across generations, many immediately conclude there must be a generational curse at work. But scripture itself does not automatically label every repeated hardship that way.

Sometimes patterns persist through learned behaviour, fear, poor stewardship, trauma, environmental factors, flawed thinking, or deeply rooted beliefs passed from one generation to another.

This is why discernment is necessary, and not every repeated experience should automatically be interpreted as a curse.

For this one reason, many believers remain trapped in fear. They are trying to understand present-day struggles by applying conclusions that may not fully align with the covenant realities revealed through Christ.

The Bible itself begins to shift this understanding even within the Old Testament.

In **Ezekiel 18:2–3**, God challenges a common belief Israel had embraced:

“The fathers have eaten sour grapes, and the children’s teeth are set on edge.”

The people had developed the mindset that they were suffering solely because of previous generations. But God begins correcting that understanding directly.

Why?

Even then, God was pushing back against oversimplified interpretations that removed personal responsibility and deeper understanding.

This becomes even clearer as Scripture moves toward the New Covenant.

The coming of Christ would fundamentally change how believers relate to the law, covenant, righteousness, and redemption.

And this is why understanding context matters so much.

A word can remain the same even as its covenant application changes completely.

Without that understanding, people can continue to carry Old Covenant fear into a New Covenant reality. But the gospel was never meant to leave believers trapped in uncertainty about whether hidden spiritual forces still hold authority over them.

The gospel was meant to fully reveal what Christ accomplished.

And that is where the conversation must now move next.

What happened to that system through Christ?

The Shift That Changed Everything

The biggest mistake many believers make is reading Old Testament realities without fully understanding what changed through Christ.

Because something did change. And not just slightly.

The coming of Christ marked a complete shift in the covenant, changing how humanity relates to God.

Under the law, blessings and curses operated within a system tied to obedience and performance. The relationship depended on man's ability to keep God's commands perfectly. But as Scripture repeatedly revealed, man could not consistently sustain that standard.

This is why the law continually exposed failure.

Not because the law itself was evil, but because it revealed the weakness of human nature apart from redemption.

The Bible says in **Romans 8:3**:

“For what the law could not do, in that it was weak through the flesh, God sending his own Son...”

Notice carefully: the weakness was not in God's standard but in man's inability to fulfill it through the flesh.

And this is where Christ changes everything.

Jesus did not come merely to improve the old system. He came to fulfill what the law had pointed toward all along.

This is why the Bible says in **Matthew 5:17**:

“Think not that I am come to destroy the law... but to fulfil.”

That word “fulfill” is important.

It means Christ fulfilled what the law itself could never fully accomplish through human effort. He satisfied its demands, bore its consequences, and opened the way for an entirely new covenant relationship with God.

This is why **Galatians 3:13** becomes one of the most important scriptures in this entire conversation:

“Christ hath redeemed us from the curse of the law, being made a curse for us.”

This is not a small statement. Paul is saying something radical here:

The entire system in which curses functioned as covenant consequences under the law was addressed through Christ Himself.

Not partially.

Not temporarily.

Completely.

The word ***redeemed*** means to be bought out, released, or rescued from something. In other words, believers are no longer standing

under the same covenant framework in which the curse of the law hangs over them.

Christ stepped into that place Himself.

This is why the cross was not merely symbolic. It was substitutionary.

He took what humanity could not carry so that humanity could enter into what it could never attain through works alone.

And this changes the entire lens through which believers must now understand themselves.

Because if Christ has redeemed believers from the curse of the law, then believers cannot continue relating to God primarily through fear of inherited covenant judgment.

That would mean living as though the cross changed nothing.

This is where many sincere believers unknowingly become conflicted.

They confess salvation with their mouths, yet still interpret life through Old Covenant fear. They believe Christ saves from sin, but still feel uncertain whether hidden curses remain hanging over them through bloodlines and family history.

But the New Testament repeatedly points believers away from law-based fear and toward identity in Christ.

The Bible says in **Romans 8:1**:

“There is therefore now no condemnation to them which are in Christ Jesus.”

That statement would be impossible if believers were still standing under the legal condemnation of the law.

This is why the gospel is called good news.

Not because it ignores sin, but because Christ fully addressed what the law exposed yet could never permanently resolve.

This does not mean believers will never face challenges, struggles, or consequences in life. But it does mean those realities must no longer be interpreted through the lens of covenant curses hanging over them because of the law.

Something fundamentally changed through Jesus.

The believer’s relationship with God is no longer rooted in fear of legal condemnation but in redemption, grace, and a new identity in Christ.

Now, once that becomes clear, another important question naturally arises:

If Christ has already dealt with the curse of the law, why do patterns persist in believers' lives today?

And that question takes us deeper into the real issue.

What This Means and Why It Matters to You

This changes the conversation completely.

If curses under the Old Covenant were tied to the law and Christ has redeemed believers from the curse of the law, then the believer is no longer under that system.

That is what Scripture teaches.

This does not mean life suddenly becomes perfect after salvation. It does not mean believers will never face hardship, disappointment, sickness, temptation, or difficult seasons. The Christian life is still lived in a broken world with challenges.

But something foundational has changed.

The believer's relationship with God is no longer based on performance under the law.

It is now based on what Christ has already accomplished.

This is one of the most important truths that many believers struggle to grasp fully.

Under the law, a person's standing before God depended on obedience. Blessings and consequences were tied to whether the law was kept or broken. The system relied on human performance.

But under the New Covenant, the believer's acceptance before God is grounded in Christ, not in personal perfection.

This is why the Bible says in **Ephesians 2:8–9**:

“For by grace are ye saved through faith... not of works.”

That means salvation is not earned by human effort. It is received through Christ.

This is the shift many people miss.

They still relate to God as though they are standing under a system in which they must constantly fear punishment, rejection, or curses hanging over them because of failure.

But the New Testament presents something entirely different.

The Bible says in **Romans 5:1**:

“Therefore, being justified by faith, we have peace with God through our Lord Jesus Christ.”

Notice the language:

peace with God.

Not constant fear.

Not uncertainty.

Not anxiety over hidden condemnation.

This does not mean believers stop growing, repenting, or maturing spiritually. Rather, it means their relationship with God is no longer built on fear of the law’s condemnation.

And this is where many believers unknowingly blend two covenant systems.

They believe in Jesus but still think of themselves primarily in terms of Old Covenant fear. Honestly, I would blame us, pastors, for most of these interpretations. Over the years, we’ve failed to bring the light of the gospel of Christ to the people God has entrusted to us, and instead have exposed them to all manner of misinterpretations of Scripture. They still feel as though something from their family line is spiritually hanging over them, legally, waiting to destroy them unless they constantly fight to break it with seeds, sacrifices, and offerings.

But if Christ truly redeemed believers from the curse of the law, the believer must stop relating to God as if redemption never happened.

This is why the apostle Paul fought so strongly against returning to law-based thinking.

In **Galatians 5:1**, he says:

“Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.”

Paul understood that many believers were trying to carry Old Covenant fear into the New Covenant relationship.

And that confusion still exists today.

Many people genuinely love Christ, yet they still feel spiritually unsafe. Every hardship becomes proof that a curse may still be operating. Every struggle is interpreted through fear rather than through redemption and growth.

This is why understanding covenant matters.

If Old Covenant conclusions are carried into the New Covenant without proper understanding, believers can spend years fighting battles from the wrong perspective.

Imagine a prisoner who has legally been released but continues to live as though the prison doors are still locked. Freedom already exists, but the mindset has not yet aligned with reality.

This is what happens to many believers.

Christ has provided redemption, yet fear-based thinking still shapes how they interpret life.

This is why renewal of the mind becomes so important.

The believer must learn to see themselves through Christ rather than through old fear, inherited assumptions, or misapplied interpretations of Scripture.

This does not mean the challenges are imaginary. It simply means the challenges must now be interpreted correctly.

A financial struggle does not automatically mean a curse. A difficult season does not automatically mean God is against you. A repeated pattern does not automatically prove spiritual bondage.

So again, if Christ dealt with the curse, why do you still continue seeing those family patterns? That question begins to lead us toward the deeper issue this book is really addressing.

This chapter is not the end of the conversation—it marks the beginning of clarity.

If you've read this far, it means what you are looking for is not mere motivation but a complete turnaround. Let me introduce you to real freedom!

CHAPTER 5:

WHAT CHRIST HAS ALREADY DONE

E Everything begins to change when you understand what Christ has already done.

Many believers are not struggling because Christ has not acted, but because they have not fully understood what His work means.

If the foundation is unclear, everything built on it will feel unstable. When it comes to issues like curses, identity, and freedom, the foundation is not your experience. The foundation is Christ.

Redemption Is Not Partial

The Bible says in **Galatians 3:13**:

“Christ hath redeemed us from the curse of the law, being made a curse for us.”

This is one of the clearest and most powerful statements in the New Testament.

Notice carefully what it does not say.

It does not say that Christ ***will*** redeem us.

It does not say that Christ ***is trying*** to redeem us.

It does not say that redemption is ***still*** incomplete.

It says:

Christ hath redeemed us.

That means the work has already been accomplished.

This is extremely important because many believers live as though redemption is something they are still striving to enter, rather than something Christ has already secured through His finished work on the cross.

But redemption is not a future possibility for the believer.

It is an accomplished reality.

This is why Jesus said in **John 19:30**:

“It is finished.”

Those words were not symbolic. They carried covenant meaning.

Jesus declared that the work required for man’s redemption was fully completed. The debt of sin had been addressed. The demands of the law had been satisfied. The barrier between God and man had been removed through His sacrifice.

Nothing remained unfinished.

This is why the New Testament constantly points believers back to confidence in what Christ has already done, rather than to fear about what may still hang over them.

The problem is that many believers understand redemption emotionally rather than doctrinally.

They believe Christ forgives sin, yet still secretly wonder whether certain curses, spiritual consequences, or inherited bondages remain legally attached to them.

But if redemption is real, it must mean something complete.

Because partial redemption is not redemption at all.

Imagine a prisoner whose sentence has been fully served, yet he continues to live every day as though he still belongs in prison. The prison doors may already be open, but he still thinks like a prisoner.

This is how many believers live spiritually.

Christ has already accomplished redemption, but fear, false teaching, and misunderstanding still shape their thinking. Even though freedom has been provided, they continue to interpret life through bondage.

This is why understanding Christ's finished work is so important.

The Bible says in **Hebrews 10:14**:

“For by one offering he hath perfected for ever them that are sanctified.”

Notice the language:

one offering.

Not repeated sacrifices.

Not ongoing attempts to earn freedom.

One finished work.

Under the Old Covenant, sacrifices had to be offered repeatedly because they could never permanently remove sin. But Christ became the final sacrifice once and for all.

This is why the New Covenant rests on grace, not on endless striving.

The believer is not trying to persuade God to redeem them. They are learning to understand and walk in what Christ has already accomplished.

And this completely changes how a believer sees themselves.

Because if Christ truly redeemed believers from the curse of the law, then believers must stop relating to God as though they are still under legal condemnation.

This does not mean believers never make mistakes. It does not mean spiritual growth is unnecessary. It does not mean Christians will never struggle with habits, fears, wounds, or faulty thinking.

It simply means those struggles must no longer be interpreted through the lens of unresolved covenant curses that hang over the believer.

The foundation has changed.

This is why the Bible says in **Colossians 2:14** that Christ ***“blotted out the handwriting of ordinances that was against us.”***

In simple terms, the legal debt was cancelled.

The system of condemnation under the law was satisfied through Christ.

And this is where many believers need clarity.

Because if redemption is complete, then the believer’s battle is no longer about trying to convince God to remove a curse from them.

The real battle often becomes learning to renew the mind, understand identity, and align thinking with what redemption has already accomplished.

What Does It Mean to Be Redeemed?

To understand what Christ accomplished, we must first understand what redemption actually means.

The word **redeemed** means to be bought back, released, rescued, or transferred from one condition into another.

It conveys the idea of someone paying a price to free another person from bondage, debt, slavery, or legal obligation.

In simple terms, redemption means you no longer belong to the old system you were once under.

This is why redemption is such a powerful word in Scripture.

Before Christ, humanity stood under the law—a system in which righteousness, blessing, and acceptance before God were tied to obedience. But no human being could obey all the time perfectly.

Failure carried consequences.

This is why the law continually exposed guilt, weakness, and condemnation. No matter how sincere people were, they continually fell short of God's perfect standard.

The Bible says in **Romans 3:23**:

“For all have sinned, and come short of the glory of God.”

That was humanity's condition under the law.

But Christ stepped into that condition and did what man could never do for himself.

He fulfilled the law completely. He satisfied its demands fully.

And through His death and resurrection, He opened the way for humanity to enter into a completely new covenant relationship with God.

This is why redemption is not merely about forgiveness. It is also about transfer.

The believer has been transferred from one system to another.

The Bible says in **Colossians 1:13**:

“Who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son.”

Notice the language:

delivered and translated.

This means the believer is no longer standing where they once stood in their spiritual life.

A change has taken place.

One of the easiest ways to understand redemption is to imagine an ancient slave market. An enslaved person could not free himself. Someone else had to pay the required price to purchase and release him from slavery.

That is the picture scripture gives concerning Christ.

Humanity could not free itself from sin, condemnation, and the curse associated with the law. So, Christ Himself paid the price necessary for freedom.

This is why the Bible says in **1 Corinthians 6:20**:

“For ye are bought with a price.”

That price was the sacrifice of Christ Himself. Once the price has been paid, ownership changes. The person no longer belongs to the old condition, or family, or history.

This is why redemption cannot be partial.

Imagine someone paying the full price to free a prisoner, yet the prisoner continues sleeping in the prison cell because he does not realize he has already been released.

The freedom exists, but understanding has not yet caught up with reality.

Christ has already provided redemption, yet many still think of themselves as trapped under old condemnation, curses, fear, or spiritual debt.

If you do not understand what has changed, you may continue living mentally in a place God has already spiritually brought you out of.

The Bible says in **Romans 10:4**:

“For Christ is the end of the law for righteousness to every one that believeth.”

That verse is extremely important.

It does not mean the law was evil. It means the law reached its fulfillment and conclusion in Christ regarding righteousness.

In other words, the believer no longer seeks acceptance before God through performance under the law.

Christ fulfilled what the law demanded.

This means the old system, in which blessing and curse were tied to man’s ability to obey perfectly, has reached its conclusion in Him.

That is the shift redemption introduces.

The believer no longer relates to God out of fear of condemnation under the law. Instead, the believer relates to God through grace, righteousness, and identity in Christ.

This is why the New Testament repeatedly urges believers to place confidence in what Christ has already accomplished.

The Bible says in **Hebrews 9:12** that Christ obtained “*eternal redemption*” for us.

This is as simple as it looks; the work of Christ was complete.

And this is why the believer must begin learning to think in terms of redemption rather than fear.

Many people have received Christ spiritually, but mentally, they are still living under systems that Christ already fulfilled.

They still see themselves through the lens of family history.

Through shame.

Through condemnation.

Through fear of curses and inherited bondage.

But redemption means something changed fundamentally. You are no longer where you once were.

Once that truth begins to settle deeply into the heart, the believer starts to realize something powerful:

The issue is no longer whether Christ finished the work.

The issue is whether the mind has fully aligned with what He has already finished.

Christ Became What You Were Meant to Carry

The Bible says Christ was *“made a curse for us.”*

That statement is more profound than many people realize.

It is not symbolic language. It is a substitution.

Jesus stepped into the place humanity could not escape on its own and took upon Himself the consequences of the law. He carried what man was supposed to carry so that man could receive what he could never attain by himself.

This is the heart of the gospel.

The cross was not merely an example of suffering but an exchange.

Christ took on sin so that man could receive righteousness. He took on condemnation so that man could receive acceptance. He took on death so that man could receive life. And according to **Galatians 3:13**, He became a curse for us.

This means redemption is neither theoretical nor theological. Something actually happened at the cross.

Jesus did not merely sympathize with humanity's condition from a distance. He entered directly into it. He bore the weight of what the law demanded of fallen humanity.

This is why Isaiah prophesied concerning Christ in **Isaiah 53:4–5**:

“Surely he hath borne our griefs, and carried our sorrows... he was wounded for our transgressions, he was bruised for our iniquities.”

Notice the language:

borne,
carried,
wounded for us.

Everything points toward substitution.

Dear reader, the work of Christ CANNOT be partial.

Because if Christ truly took upon Himself the consequences of the law, then believers cannot continue living as though they must still personally carry what He already carried for them.

That would mean the cross fulfilled only part of its purpose. And this is where many believers struggle internally.

They believe Jesus died for sin, yet they still live emotionally as though condemnation, curses, and spiritual rejection still hang over them personally.

So even after salvation, fear remains active.

They still wonder:

“What if something from my bloodline is following me?”

“What if I am still under a curse somehow?”

“What if Christ forgave me, but certain things remain legally attached to my life?”

But scripture continually points believers back to the completeness of Christ’s work.

The Bible says in **Hebrews 10:10** that believers are sanctified *“through the offering of the body of Jesus Christ once for all.”*

Once for all.

That means the sacrifice was sufficient.

This is why the real issue for many believers is no longer whether Christ completed the work. The deeper issue is whether they truly believe and understand what He completed.

A person can be legally free yet still mentally live in bondage if their understanding has not changed.

Imagine someone whose debt has been fully paid by another person, yet they still wake up every day terrified that collectors are coming for them. The payment may already be complete, but fear persists because the person does not fully understand or trust what has already been done.

As a believer, you're no longer fighting for acceptance.

No longer fighting to escape condemnation.

No longer trying to earn redemption.

You are now learning to live from what Christ has already accomplished.

Why You May Still Feel Bound

At this point, an honest question naturally begins to rise:

If Christ has already redeemed me from the law's curse, why do I still feel bound?

Before I continue into further exegesis, re-read the last sentence. You will notice something: you are not bound – you only FEEL bound.

Why do some still live with fear, confusion, heaviness, and a sense that something is working against them?

The answer is important.

Often, the issue is not about what Christ has done. The issue is about what has been understood, believed, and internalized.

It is possible for something to be completely true yet not fully experienced because it has not yet been correctly understood.

This happens in everyday life more than people realize.

Imagine someone who has legally inherited wealth but has never been informed about it. The inheritance already belongs to them, yet they continue living in lack because they do not know what has been made available to them.

The problem is not the absence of provision. The problem is a lack of understanding.

A believer can genuinely love Christ while still thinking wrongly about themselves, God, and what redemption truly accomplished.

When understanding is incomplete, fear often persists even after salvation.

This is why many believers still *feel* bound.

Not necessarily because they are still under the law's curse, but because their thinking, interpretation, and expectations have not yet fully aligned with the truth of redemption.

Feelings are powerful; do not ignore them, control them.

If someone has spent years hearing that their family is cursed, they may continue to feel spiritually unsafe even after receiving Christ. Every challenge may still trigger fear. Every repeated struggle may still feel like confirmation that something is wrong.

Over time, the feeling itself begins shaping his perception of life, ministry, marriage, and finances.

Redemption may already be spiritually true even though the mind remains emotionally conditioned by fear, old experiences, family narratives, and misinterpretations.

The believer may be free in Christ yet still think like someone under condemnation.

This is why Paul says in **Romans 12:2**:

“Be ye transformed by the renewing of your mind.”

Notice that the transformation is connected to renewed understanding.

The mind does not automatically change the moment a person is saved. Salvation immediately changes the believer's spiritual position before God, but the mind must still be renewed progressively through truth.

This explains why some believers continue to struggle internally even after sincerely encountering Christ. Do you remember I asked you what the Truth is? The Truth is a person – His name is Christ!

CHAPTER 6:

WHO YOU BECAME IN CHRIST

If you misunderstand who you are, you will misunderstand everything else.

Your identity is not just a spiritual idea—it is the foundation for how you think, respond, and live. If that foundation is unclear, you may be free in Christ yet still live as though you are bound.

This is where many believers struggle, not because Christ has not done enough, but because they have not fully seen who they have become in Him.

A New Identity, Not an Improved Life

One of the biggest misunderstandings many believers have about salvation is viewing it as self-improvement rather than transformation.

But the Bible does not describe salvation as God helping the older adult become slightly better.

It describes the birth of something entirely new.

This is why Scripture uses such strong language in **2 Corinthians 5:17**:

“If any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”

Notice how decisive that statement is.

It does not say:

“He is improving.”

“He is slowly becoming acceptable.”

“He is trying to become new.”

It says:

He is a new creature.

That means salvation is not merely behavioural modification. It is an identity transformation.

Something fundamental changes when a person comes to Christ.

This is important because many believers still see themselves primarily through the lens of their past experiences, family history, failures, or old struggles. Even after receiving Christ, they continue to introduce themselves internally by what they used to be.

“I come from a broken family.”

“We struggle with this in our bloodline.”

“This is how I have always been.”

Without realizing it, they are still letting the old identity speak louder than the new one.

But scripture says the old has passed away.

That does not mean believers lose all memory of their past overnight. It means the past no longer has the authority to define who they are.

This is the difference between history and identity.

Your history may explain some of your experiences, but it was never meant to become your identity.

Once a person builds an identity around pain, fear, failure, or inherited patterns, they will unconsciously continue living from those things.

This is why salvation is deeper than mere external change.

God does not merely adjust the old life. He establishes an entirely new foundation.

A new identity.

A new relationship with Him.

A new position in Christ.

This is why the New Testament constantly speaks about believers using completely different language.

You are called:

- redeemed,
- justified,
- accepted,
- righteous,
- sons and daughters of God,
- a new creation in Christ.

These are not motivational phrases.

They are descriptions of spiritual identity.

And identity matters because people naturally live according to who they believe themselves to be.

A person who still sees themselves as bound will live cautiously and fearfully, even when freedom has already been provided. But a person who begins to understand their identity in Christ starts approaching life differently.

This is why the enemy fights so hard for identity.

Because if he cannot stop salvation, he will attempt to confuse identity. He will try to keep believers emotionally attached to old labels even after God has called them new.

This is what happened to the children of Israel after leaving Egypt. Although they physically left slavery, the mentality of slavery remained within them. They had left Egypt's environment, but it had not yet fully left their thinking.

And this is exactly where many believers struggle today.

They have received a new position in Christ, yet their thinking still reverts to old definitions:

- fear,

- rejection,
- condemnation,
- family patterns,
- shame,
- limitation.

So even though God calls them new, they continue to interpret themselves through the old identity.

This is why renewing the mind becomes necessary.

Transformation is not just about receiving a new spiritual identity. It is about learning to think in agreement with that identity.

The believer must stop asking, “What did my family pass down to me?”

And begin asking:

“Who has Christ now made me to be?”

That is the shift.

Please understand you did not carry your old identity into your new life in Christ.

You received a new one.

Until that identity becomes clearer than your past, you may continue living beneath what God has already declared about you.

This is why the Christian life is not ultimately about trying to escape an old identity.

It is about learning to live from a new one. And this is where the next battle begins.

Not the battle of curses. But the battle is between old thinking and new identity.

What Changed—and What Did Not

When a person is born again, something real happens.

Salvation is not emotional excitement.

It is not religious membership.

It is not self-improvement.

A genuine spiritual transformation takes place.

Your nature changes.

Your position before God changes.

Your relationship with God changes.

The Bible says in **Ephesians 2:6** that believers are seated with Christ in heavenly places. This means the believer's spiritual position is no longer defined by separation from God but by union with Christ.

This is why Scripture speaks so confidently about salvation.

You are redeemed.

You are justified.

You are accepted.

You are a new creation.

These are not future promises waiting to be fulfilled one day. They are present spiritual realities for the believer.

But while something changes immediately at salvation, one thing does not change overnight:

Your thinking.

This is where many believers get confused.

Internally, something real has happened spiritually. But mentally, many continue to think from old experiences, old fears, old wounds, and old identities formed before they came to Christ.

And when thinking is not aligned with identity, confusion follows.

A believer may genuinely be accepted by God while still feeling internally rejected. Another may be free in Christ yet still expect limitations, because that is all they have known for years.

Not because those things are spiritually true. But because those beliefs have been deeply ingrained over time.

This is why salvation and renewal are connected but not identical. Salvation changes the spirit immediately. Renewal changes the mind progressively.

The spirit can become new instantly, while the mind still holds years of fear, trauma, insecurity, incorrect teaching, and learned patterns.

This explains why some believers genuinely love God yet still struggle with old mental strongholds.

So even though their position before God has changed, their internal self-perception has not yet fully changed.

This is why the apostle Paul tells believers in **Romans 12.2** to be renewed. Salvation does not negate the need to renew your mind.

You must **intentionally** learn to think differently.

Take, for example, someone who has spent years living in poverty and suddenly becomes wealthy. Even though their financial situation

changes immediately, their thinking may remain trapped in survival mode for a long time.

They may still fear lack.

Still think small.

Still live cautiously.

Why?

Because mindset often takes time to align with reality.

The same thing happens spiritually.

Many believers have entered into a new identity in Christ, but mentally they are still living by old conclusions.

This is why a believer can:

- be forgiven yet still feel condemned,
- be accepted yet still feel unworthy,
- be free yet still expect bondage,
- be blessed yet still think like someone abandoned.

Not because those things are true spiritually. But because they are familiar mentally. The mind naturally returns to what it has believed for years unless truth intentionally replaces those beliefs.

This is why identity in Christ must ultimately become more real to the believer than past experiences. Otherwise, the believer continues to live emotionally from an old identity while spiritually carrying a new one.

Your Identity Is Now in Christ

As a believer, this truth will liberate you completely:

Your identity is no longer rooted in your past, family background, failures, experiences, or the patterns you once lived under.

Your identity is now in Christ.

This is not motivational language. It is the very foundation of the New Covenant.

The Bible says in **Colossians 3:3**:

“For ye are dead, and your life is hid with Christ in God.”

That scripture is powerful because it reveals that the believer’s old identity is no longer the primary reference point for self-understanding. Something changed when you came into Christ. The old life—defined by sin, condemnation, separation, fear, and the limitations of the old nature—was brought to an end by the death of Christ. Now the believer’s life is hidden in Him.

This means your identity is no longer meant to be built on:

- where you came from,
- What happened to you,
- what your family struggled with,
- or what patterns you witnessed growing up.

Your identity is now rooted in Christ Himself.

This is one of the hardest transitions many believers face. Because people naturally tend to define themselves by history.

Someone says:

“I come from a poor family.”

“I grew up feeling rejected.”

“In our family, nobody succeeds.”

“This is how we have always been.”

While those experiences may explain parts of a person’s story, they were never meant to form the foundation of identity.

Once identity becomes rooted in pain, fear, family patterns, or repeated experiences, life begins to move in the direction of those definitions.

The gospel presents something radically different. The believer is no longer introduced primarily through history. Christ introduces the believer.

This is why the New Testament repeatedly uses the phrase: ***“In Christ.”*** This phrase recurs because it defines the believer’s new position.

The Bible says in **Galatians 2:20**:

“I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me.”

The old identity has been crucified. This does not mean that personality disappears or that believers lose memory of their past. It means the old nature no longer has the authority to define who they are.

And this changes everything. If identity changes, interpretation must also change.

A believer can no longer interpret life primarily through fear of inherited bondage, since Scripture says their life is now hidden in Christ.

This is why the New Testament consistently draws believers away from earthly definitions and back toward spiritual identity.

The Bible says in **Ephesians 1:4–5** that believers have been chosen and adopted by God through Jesus Christ.

Adoption is important because it changes identity and belonging.

A child who is adopted into a new family receives a new legal status, a new name, and a new identity connected to that family. Their old condition no longer defines their future status.

This is the picture Scripture presents of believers. You are no longer defined primarily by the old life.

You now belong to Christ.

Once this becomes real internally, fear begins losing its authority.

This is why the Bible says in **Romans 8:15**:

“Ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption.”

Notice the contrast: bondage and fear versus adoption and identity.

The gospel was never meant to leave believers trapped in fear of who they are. It was meant to reveal a completely new identity.

Don't Live Below Your Identity

One of the saddest realities in the Christian life is that a believer can possess a new identity in Christ yet still live far below it.

Not because the identity is false. Not because God failed to change them. But what is true spiritually has not yet become clear to the mind.

This is why many believers live with unnecessary fear, insecurity, condemnation, and limitation even after genuinely receiving Christ. Internally, they still see themselves through old definitions rather than through the truth of who they are in Him.

And until identity becomes clear, behaviour will continue to follow old patterns.

This is why the Bible places such strong emphasis on spiritual understanding and knowledge.

The apostle Paul prayed in **Ephesians 1:17–18** that believers would receive *“the spirit of wisdom and revelation in the knowledge of him,”* and that *“the eyes of your understanding being enlightened.”*

Notice that Paul was writing to believers. People who were already saved.

Yet he still understood that many Christians possess spiritual realities they do not yet fully understand personally.

This is important because transformation does not occur merely by the existence of truth.

Transformation occurs when truth is seen, believed, and internalized.

A believer may legally own land yet still live like a poor man if he does not know what belongs to him. In the same way, a Christian may carry freedom, righteousness, and acceptance in Christ while still living emotionally from fear, shame, and old identity patterns.

Why?

Because people naturally live according to what they truly believe about themselves.

This is why identity matters so deeply. You cannot consistently live beyond your self-perception.

If a person still sees themselves as rejected, they will struggle to receive love properly. If they still see themselves as bound, they will continue to live cautiously even when freedom has already been granted.

This is why the enemy fights so aggressively for identity.

Because if he can keep believers uncertain about their identity, he can keep them living beneath what Christ already accomplished for them.

Although God calls them free, they still see themselves as prisoners internally.

This is why scripture repeatedly directs believers back to their identity in Christ.

The Bible says in **Romans 8:37**:

“Nay, in all these things we are more than conquerors through him that loved us.”

Notice that scripture does not portray believers as victims barely surviving life.

It describes them in terms of victory, authority, and identity in Christ. But a person cannot consistently live out what they do not believe about themselves.

Salvation introduces a new identity; the mind must learn to agree with it. This is why spiritual growth is not merely about managing

behaviour; it is about becoming rooted in the truth of who you now are in Christ.

What You Should Do Now

This is where real change begins.

Not merely in prayer.

Not merely in Emotion.

But in the way you now choose to see yourself in Christ.

You must intentionally move from:

- seeing yourself as a product of your past,
- to seeing yourself as a product of redemption.

From:

- defining your life through family history,
- to understanding your life through your identity in Christ.

This is not denial or motivational speaking. And it certainly is not pretending that struggles do not exist.

This aligns with the truth.

As long as your past remains louder than your identity in Christ, your life will continue to be shaped by old conclusions.

This is why renewing your mind is not optional. It is necessary.

The Bible says in **Ephesians 4:22–24** that believers must *“put off concerning the former conversation the old man”* and *“be renewed in the spirit of your mind.”*

There is an old way of thinking that must be abandoned. That means some mindsets cannot be carried into your new life in Christ. They must be confronted and replaced with truth.

If you keep saying, “This is how my family has always been,” Your mind will keep expecting the same outcomes.

If you continue to see yourself through the lens of fear, limitation, rejection, and inherited labels, your behaviour will gradually align with those beliefs. But when truth begins renewing the mind, a different life becomes possible.

This is where new patterns begin. Not because your bloodline changed naturally, but because your thinking, identity, and spiritual direction changed.

You must establish a new status quo in the next generation. You must become sufficiently conscious to break agreement with fear, limitation, and false identity.

Someone must stop repeating:

“This is our family curse.”

And begin declaring:

“This may have existed before me, but it will not define me.”

Never forget this in your entire life; actually, write this somewhere so you will remember it: every generational pattern survives through agreement, repetition, expectation, and reinforcement over time.

But when truth enters a person deeply enough, the cycle begins to lose its power.

You will begin to think differently, choose differently, respond differently, raise children differently, handle relationships differently, approach money differently, and see yourself differently.

Over time, an entirely different pattern begins to emerge.

The Bible says in **Philippians 2:5**:

“Let this mind be in you, which was also in Christ Jesus.”

That means that you are now called to a completely different way of thinking.

This is where freedom becomes practical.

Freedom is not merely shouting against darkness. Freedom is learning to think in agreement with the truth of the Scripture consistently enough that your life begins to align with it.

You must guard what shapes your mind.

- What you constantly hear matters.
- What you repeatedly say matters.
- What you continuously believe matters.

Eventually, your life becomes a culmination of your thoughts, convictions, beliefs, and speech. So, re-engineering a different path for you and future generations will not be a walk in the park; it will demand your absolute involvement.

Let's delve deeper into interpreting the situations and experiences and what you must do going forward.

CHAPTER 7:

WHAT DO YOU DO WITH YOUR CURRENT EXPERIENCE?

A At this point, an honest question must be asked.
If Christ has redeemed me...
If I am a new creation...
If I am no longer under the law...

Then why do the patterns still appear?

Why does life still sometimes look like what you have just said is no longer true?

This is not a small question. It is the question that lingers in the minds of many believers. I have had to face the reality of these questions myself; let me be open with you: it hurts. But there are answers to these questions; change your sitting position, and let's explore.

Position Is Not the Same as Experience

This is where many believers become confused.

After hearing about redemption, identity in Christ, and freedom from the curse of the law, one honest question remains:

“If all this is true, why do I still experience things that look like bondage?”

That question is real. And it deserves a serious answer. The answer begins with understanding something many believers have never been clearly taught:

Your position in Christ is not always reflected in your daily experience. Your position is what became true of you the moment you received Christ.

Your experience is what you are still learning to walk through step by step.

Your position is complete.

Your experience is unfolding.

This distinction changes everything.

Many believers judge their spiritual reality entirely by what they currently feel, see, or experience; confusion begins when their experience does not immediately match what Scripture says about them.

But the Scripture repeatedly shows that there is a difference between what is already true spiritually and what is still being worked out practically in a believer's life.

For example, the Bible says that believers are seated with Christ in heavenly places (**Ephesians 2:6**). That is your position.

But the same believers still face temptations, battles, fears, emotional wounds, and growth in daily life. That is experience.

Whilst position is already established, the experience is still catching up. This explains why a believer can genuinely be free in Christ even while struggling mentally with fear, rejection, shame, anger, insecurity, or destructive patterns learned over many years.

Not because Christ failed to redeem them. But because redemption must now begin to influence the areas of life that were shaped long before the truth became known.

This is where many people misunderstand the Christian life.

They assume that because something is spiritually true, every trace of old thinking, habits, fears, and patterns should automatically disappear overnight.

But the Scripture does not teach that; it teaches transformation and renewal.

The believer's position changes instantly in Christ. But the mind still requires renewal because years of conditioning do not automatically disappear the moment a person is saved.

Think about someone who spent thirty years believing they were rejected, cursed, limited, or unworthy. Even after genuinely encountering Christ, those mental pathways may remain deeply rooted for a season.

Why?

Because the mind has been trained through repetition.

Years of fear.

Years of family patterns.

Years of negative expectations.

Years of hearing the same thing over and over.

All of these shape experience. Notice in this book, I have repeatedly mentioned mind renewal, identity in Christ, and your position in

Christ. This was not a mistake; these are the three things I want you to catch as you read.

Repetition builds conviction; you may hear messages about freedom, yet your daily experience still feels inconsistent with that message, based on what you've heard for many years. Often, what you are experiencing is not evidence that redemption has failed.

It is evidence that renewal is still necessary. This is extremely important to understand. If a believer does not understand the difference between position and experience, they will begin interpreting every ongoing struggle as proof that Christ's work was incomplete.

And that becomes dangerous because the believer then starts building theology around experience rather than truth.

But the Scripture teaches us to move from truth to experience—not the other way around. This is why the Christian life is a journey of alignment.

The believer progressively learns to align:

- thinking with truth,
- identity with scripture,
- behaviour with renewed understanding,
- and daily living with what Christ has already accomplished.

And this process is often uncomfortable because old patterns do not fade quietly. The mind naturally returns to what is familiar.

If fear was normal for years, peace may initially feel unfamiliar. If struggle defined the generations before you, freedom may initially feel unnatural. If rejection shaped your identity growing up, acceptance in Christ may take time to fully settle in your heart.

This is why many believers still experience patterns that resemble what people call “generational curses.” This is where the real battle often exists. Not in Christ’s finished work, but whether the believer will continue interpreting life through old experiences or through a new identity.

Eventually, one of those voices becomes stronger. And whichever voice dominates the mind will begin to shape experience. This is why spiritual maturity is not simply about knowing the scriptures intellectually. It is about allowing truth to become so deeply rooted within you that it begins to change how you think, respond, expect, decide, and live.

At this point, many people begin to realize something profound:

Some of the things they called “generational curses” were actually generations of unrenewed thinking, repeated fear, inherited perspectives, emotional wounds, learned behaviours, and identities that were never confronted with enough truth to change.

Until those issues are addressed, the patterns can continue—even among sincere believers.

Honestly, the next part of this conversation is extremely important because if experience can remain misaligned with identity, the question becomes:

How do patterns survive across generations in the first place?

Applying the Truth in the Midst of Reality

This is where the real struggle is, even amidst mature Christians. I am not writing this as a perfect example; I must admit there are times I get emotional about what is happening to me and almost forget what the Bible says about that issue. This is a journey I want you to follow closely; this might be the deliverance you’ve been waiting for.

The struggle often stems from the tension between what the Scripture says and what daily life still looks like.

When there is a gap between truth and experience, confusion grows. Some believers begin to doubt the truth itself. Others begin

doubting themselves. Man is built to place a meaning on everything he experiences; because of this, many quietly return to old explanations—because those explanations seem to align more naturally with what they are experiencing.

This is why many people eventually return to the language of curses. At least, they have a clear battle to fight! When repeated struggles keep appearing in life, it feels easier to believe: “Something spiritual must still be following me.”

That explanation alone appears to make sense of the pain, and honestly, it does. So, what should you do when the truth contradicts the reality?

The first thing is to train your mind not to let experience become the final authority, but rather the truth. The Scripture was never meant to be interpreted by feelings alone.

Feelings change.

Experiences fluctuate.

Seasons differ.

But truth remains constant.

This is why the Bible says in **2 Corinthians 5:7**:

“For we walk by faith, not by sight.”

That scripture is deeper than many realize.

It means believers are not meant to build their understanding of God, identity, and spiritual reality solely from what they currently see or feel.

Because if sight becomes the highest authority, every difficult season will begin to redefine truth emotionally. And this is exactly what happens to many believers.

When life becomes difficult, they begin to question:

“Am I really free?”

“Did Christ truly redeem me?”

“Why do I still struggle with these thoughts?”

“Why do I still see these patterns?”

But those questions often stem from assuming that truth is real only when experience immediately reflects it perfectly. Yet scripture repeatedly shows us that growth and alignment are processes.

Even after salvation, believers still grow in:

- understanding,
- maturity,
- thinking,
- discipline,
- emotional healing,

- and spiritual stability.

This is why the Christian life requires **patience** with the process of renewal.

While position changes instantly in Christ, experience often changes progressively as truth transforms the mind over time. Later in this book, I will show some practical ways you can take to speed up the realities in the Spirit into manifestation.

The danger is that many believers become discouraged midway through that process. A lot of us have aborted the child midway. When you do not see an immediate change, you begin to interpret the delay incorrectly and with fear, and fear naturally seeks explanations that match the Emotion you are feeling.

This is where old narratives regain strength.

“This must be a curse.”

“This is how my family has always been.”

“Maybe freedom is not really possible for me.”

But the problem with those conclusions is that they pull the believer backward into an old identity instead of forward into truth.

Once a person repeatedly agrees with fear, the mind begins to build around that agreement. This is why applying truth is not merely

about hearing scripture now and then. It is about learning to remain anchored in truth even as experience is still catching up.

That is faith. You **MUST** live by faith, not by sight. Faith is not pretending that challenges do not exist; it is refusing to let temporary experience redefine eternal truth.

This is why the apostle Paul could speak confidently about identity in Christ, even as believers were still growing, struggling, and maturing in practical life. Because truth does not become less true simply because growth is still unfolding.

A child learning to walk may stumble many times, but those stumbles do not change the fact that the child is alive and growing. In the same way, a believer may still be overcoming fear, renewing their mind, healing emotionally, and confronting old patterns, yet their identity in Christ remains true throughout.

This is why believers must learn to apply truth amid reality.

This is why the next step becomes critical. Once a believer understands the gap between position and experience, they must begin learning how patterns are sustained across generations.

What you are experiencing is not a Curse

At this point, one thing should already be clear:

Not every repeated struggle is a curse.

Hear me out on this and open your heart. This truth might change the way you see your life forever.

If patterns persist because of thinking, belief systems, emotional wounds, learned behaviour, fear, poor decisions, unhealthy environments, and repeated expectations, then those patterns are not necessarily sustained by a spiritual curse.

They are sustained by what has not yet been confronted, healed, renewed, or changed.

And that changes the conversation completely.

Something that has been sustained by a curse would require an external force to remove it. Maybe a sacrifice here, an offering there, or another round of prayer and fasting. As important as those things are, they may never solve a problem that has been diagnosed incorrectly.

But something sustained by mindset, identity, fear, ignorance, emotional damage, and repeated patterns can be transformed from within through truth, wisdom, healing, growth, and alignment with Christ.

This not only introduces responsibility but also hope. Because it means you are not trapped.

Hear me carefully, friend of God: you are not trapped. There is a way out.

Many people have been taught to view every difficult pattern in life as evidence of spiritual bondage. But sometimes what people are

experiencing is simply part of being human in a broken world.
Read that last sentence again.

People experience heartbreak. People experience rejection. People experience delays. People experience disappointment. People experience financial hardship. People experience emotional wounds. People experience failure. It's just part of life.

Sometimes those experiences repeat—not because of curses—but because life, decisions, environment, fear, lack of growth, wrong thinking, and unhealed patterns continue reinforcing them.

A delayed marriage is not automatically a curse.

Sometimes it is connected to fear of commitment, unresolved emotional wounds, unrealistic expectations, poor relationship choices, broken models of love learned while growing up, insecurity, or unresolved identity issues.

The pattern feels spiritual because it repeats. But repetition alone does not prove a curse exists.

The same applies to financial struggles.

Many sincere believers struggle financially not because God has abandoned them, but because they were never taught stewardship, grew up with survival thinking, fear of taking wise opportunities, unconsciously sabotage their progress, or simply lack discipline.

I learned this lesson personally through trading. For years I lived with what people would call 'Near Success Syndrome'; life had made it look so real until I believed it. I think that for God to expose what the real issue was, he introduced me to the global financial market; this is my story...

About a year into forex trading, I realized my students had started to make money while I was not. This is where I started asking myself hard questions: Can this really be connected to my family altar?

Why did progress always seem to slip through my fingers? Why did success appear so close, only to disappear again?

At one point, it became tempting to blame everything except myself. After all, wasn't this the same pattern I thought I had seen in other areas of life?

But then a realization hit me. The Forex market is global. The market does not know my family history. It does not know my surname. It does not know my bloodline. It does not know where I was born. The market cannot participate in a "family curse."

It responds to discipline, patience, emotional control, risk management, and consistency.

This is the greatest discovery I have ever made. Suddenly, I could no longer blame what was happening on something external.

The painful truth was that the market was exposing me. It exposed my impatience. It exposed my lack of discipline. It exposed my desire for quick results. It exposed my emotional decision-making. It exposed my unwillingness to follow my own rules.

The issue was not a curse. The issue was me.

And the moment I stopped searching for a spiritual explanation and started working on myself, everything began to change.

That experience taught me a lesson I will never forget: Sometimes what looks like a curse is actually a mirror. It is showing us what still needs to grow. The same thing happens in many areas of life.

What many people call "near-success syndrome" often follows the same pattern. A person begins progressing, then suddenly pulls back. They become inconsistent, self-sabotage opportunities, lose confidence, or make fearful decisions at critical moments.

Why?

Because deep inside, they may still carry beliefs that do not agree with where they are trying to go.

And because the person does not understand what is happening, they interpret the repeated outcome spiritually instead of honestly. This is where maturity becomes necessary. Because not everything is solved by rebuking spirits. Most things are solved through truth, self-awareness, renewal of the mind, wisdom, discipline, and growth.

This is why the Bible consistently points believers toward transformation, not superstition.

The danger of labelling every struggle a curse is that it removes responsibility from the believer. It trains people to fight invisible enemies while ignoring the areas where real change is needed.

But truth brings clarity. And clarity brings freedom.

This does not mean spiritual warfare is not real. Scripture clearly teaches spiritual realities. But it does mean believers must stop reducing every recurring struggle to generational curses without understanding what is actually happening.

Because Christ does not merely offer relief from symptoms. He introduces an entirely new identity and a completely different way of thinking and living. And when one person in a generation begins to

renew their mind through truth, the cycle can begin to change completely.

The fearful parent raises fearful children. The rejected parent often raises insecure children. The financially broken parent may unknowingly pass survival thinking to the next generation.

But the renewed believer creates something different.

A new mindset. A new language. A new expectation. A new way of living.

This is how transformation spreads across generations. And this is why you must stop seeing yourself as doomed by what came before you.

You are not powerless. You can start where you are. You can build a different future. You can establish a different legacy.

It will not always be easy. But it is possible.

And this is where the next phase of our journey begins. Your transformation is no longer only about you. There is a generation ahead of you.

Do not let them inherit what Jesus has already given you the power to change.

CHAPTER 8:

BECOMING THE NEW PATTERN

A At the beginning of this journey, the focus was on what had been repeating.

The fear. The patterns. The cycles that seemed impossible to explain.

But by now, something should already be becoming clearer:

You are not condemned to continue the story you inherited. Because this journey was never merely about identifying problems. It was about discovering who you truly are in Christ, confronting the mindset that sustained old patterns, and learning to live from a completely different identity.

And now, we arrive at the most important part of all. Not just breaking patterns for yourself.

But it becomes the beginning of a completely new one.

By the time you finish this final chapter, you will no longer see yourself as someone trying to escape a curse. You will begin to see yourself as someone God can use to establish a different direction entirely:

- a different mindset,
- a different standard,
- a different response,
- a different legacy.

Because freedom is not only proven by what stops with you. It is proven by what begins through you.

You Are Not Meant to Continue the Pattern

It is crucial that, when you encounter the truth, you respond actively rather than remain in the same pattern, so you can keep your focus on intentional transformation.

At some point, something must shift. Not because you are trying to prove anything to anyone. Not because you are pretending that challenges do not exist. But because truth demands a response.

Once light comes, responsibility comes with it.

You can no longer keep explaining your life only by what happened before you, what your family struggled with, what has repeated for years, or what everyone around you expects to continue.

But now that you know better and the truth is understood, you cannot continue living unconsciously. This is where many people must make a serious decision. You must make a serious turnaround and ask yourself these 2 questions:

1. Will I continue reinforcing the old pattern?
 2. Or will I become the person through whom a new pattern finally begins?
- What was your answer to those questions? Say it louder!

You see, in Christ, you were never called merely to survive history. You were called to introduce something new. For many people, life has always been understood through what came before them—the family struggles, repeated failures, broken relationships, fear, limitations, and cycles that seemed to pass from one generation to the next.

After seeing those things long enough, many people unconsciously surrender to them. They stop expecting change. They quietly assume, “This is just how our family is.”

But that is not the language of redemption.

The Bible says in **2 Corinthians 5:17**:

“If any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”

Notice the strength of that statement.

It does not say, “Some things may become new.”

It says:

“All things are become new.”

This means salvation is not merely about escaping hell one day. It is about the introduction of a completely different reality that begins now.

A new identity.

A new mindset.

A new direction.

A new life.

And eventually, that “new” must become visible.

Not only in prayer meetings. Not only in church language. But in how you live.

The renewed believer eventually begins to think differently, choose differently, respond differently, build differently, and produce different outcomes over time.

This is how new patterns begin. Not accidentally but intentionally. When truth truly takes root in a person, it eventually changes what flows out of them. This is why you must stop seeing yourself as merely someone trying to escape problems.

You must begin to see yourself as someone called to establish a different standard. A different response to pressure. A different way of handling relationships. A different mindset about money. A different atmosphere for your children. A different example for the next generation.

This is how transformation becomes generational.

Not because a mysterious curse was magically broken overnight, but because one renewed believer became aware enough to stop reproducing the old pattern. And this is where many people miss the power of transformation. They think freedom is only about what they personally experience. But true transformation eventually affects people beyond you.

The renewed father raises children differently. The healed mother nurtures differently. The disciplined believer builds differently. The

person who learned the truth stops passing fear to the next generation. And over time, what once looked permanent begins to disappear because someone finally decides:

“It stops with me.”

This is why you cannot afford to return to unconscious living once you understand these truths.

Now you know:

You are not your history,

You are not your family’s limitations,

You are not your past,

And you are not condemned to repeat what came before you.

In Christ, something new has already begun.

The question now is whether you will intentionally live in strong agreement with it so that others will eventually see the difference in your life. The greatest proof that transformation is real is not merely what you say. It is what begins changing consistently through you.

Perhaps years from now, people will look at your generation and realize: Something changed when truth finally entered your life deeply enough to form a completely new pattern.

Don't pass to your children the fears, the limitations, the mindset that has placed you under bondage for years; the Bible says:

A good man leaveth an inheritance to his children's children: and the wealth of the sinner is laid up for the just. Proverbs 13.22

It is prudent to understand that part of inheritance is morals, mindset, a name, faith, wealth, among others. The poorest man is the one who only left money to his children!

Don't fail your generation.

Becoming the Reference Point

You've lived all your life pointing fingers at your previous generations; maybe your mother was not the best, maybe your father failed as a dad, maybe your uncles left a trail of a bad name; it is your time to change the narrative.

One of the most powerful things that can happen in a generation is when one person finally becomes the reference point for something new.

Not the reference point for fear.

Not the reference point for confusion.

Not the reference point for limitation.

But the reference point for transformation.

This is what begins to happen when a believer fully aligns with the truth.

Where there was lack, you begin to establish stability. Not because money suddenly falls from heaven overnight, but because your thinking, discipline, stewardship, and decisions begin to change consistently.

Where there was confusion, you begin to walk in clarity. Not because life suddenly becomes easy, but because truth has become stronger than fear within you.

Where there was inconsistency, you begin living with direction. You stop drifting emotionally through life and start building intentionally.

And over time, something becomes noticeable. Your life no longer reflects the old pattern as it once did. You might not be perfect, but something within you is being established.

This is important.

Lasting transformation is never built solely on Emotion. It is built on an establishment.

The Bible says in **Colossians 2:7**:

“Rooted and built up in him, and established in the faith.”

When truth becomes established within a person, instability begins to lose its power.

The believer no longer changes course every time fear arises. They no longer interpret every challenge as proof that something is spiritually amiss. They become grounded.

And grounded people build differently.

This is why scripture says in **Psalm 1:3**:

“And he shall be like a tree planted by the rivers of water...”

Notice the picture:

planted,
stable,
rooted,
consistent.

Transformation eventually produces stability. And stability eventually becomes visible.

This is how a new pattern begins forming.

Not through dramatic moments alone, but through sustained alignment with truth over time. The renewed believer begins to create a different atmosphere around them.

Their children experience something different.

Their relationships reflect something different.

Their mindset produces something different.

Their responses to pressure look different.

And eventually, what once seemed impossible begins to become normal.

Peace becomes normal.

Wisdom becomes normal.

Growth becomes normal.

Stability becomes normal.

This is how new legacies are built. And this is where many people finally realize something powerful:

The greatest proof that the old pattern has lost its authority is not merely what you stopped doing. It is what your life consistently begins producing instead.

Eventually, people around you begin to notice:

“This family responds differently now.”

“This generation thinks differently.”

“This household carries a different atmosphere.”

Over time, your life itself becomes evidence that truth can truly transform a person. This is why you must never underestimate the power of a single renewed believer.

When one person becomes deeply rooted in truth, generations after them may never have to fight the same internal battles the same way again. And this is how transformation moves beyond being personal.

It becomes generational.

Not through fear. Not through striving. But through a life that has become fully aligned with truth long enough to establish a completely new pattern.

Leaving a Generational Mindset

One of life's greatest tragedies is not merely poverty, delay, or struggle. It is when an entire generation inherits a mindset that keeps them from becoming who they were created to be.

This is why transformation must go beyond personal success.

It must become a legacy.

When many people read the Scripture that I quoted from **Proverbs 13.22**, they think only about money. But inheritance is bigger than possessions.

A man can leave wealth yet pass down fear.

He can leave property yet pass down insecurity.

He can build businesses yet raise children who do not know who they are.

True inheritance is not only physical.

It is spiritual.

It is behavioural.

It is emotional.

It is mental.

It is generational.

The greatest thing you can leave the next generation is not merely resources.

It is a renewed mindset.

A mindset that knows God rightly.

A mindset that thinks wisely.

A mindset that understands identity.

A mindset that believes growth, healing, discipline, and transformation are possible.

This is why your life matters beyond yourself.

Whatever becomes normal in you may eventually become normal for generations after you. This is why the story of Mephibosheth is so powerful.

Mephibosheth was born into royalty. He was the grandson of King Saul. Yet after tragedy struck his family, fear entered the atmosphere around him. The Bible says in **2 Samuel 4:4** that while fleeing, his nurse dropped him, and he became lame in his feet.

But the deeper tragedy was not only physical.

It was mental.

He grew up hiding in Lo-debar—a place of limitation, obscurity, and survival. Although he was of royal blood, he no longer thought like royalty.

This is what fear and broken identity do to people. They make kings live like fugitives.

When David finally called for Mephibosheth, his response revealed his mindset. In **2 Samuel 9:8**, he said:

“What is thy servant, that thou shouldest look upon such a dead dog as I am?”

Imagine that.

A man connected to royalty describes himself as a dead dog.

Why?

Because the environment, fear, pain, and years of hiding had shaped how he saw himself.

And this is exactly what happens to many people today.

They belong to Christ, yet still think like slaves. They have identity, yet still live with a sense of inferiority. They carry potential, yet still shrink back from opportunity.

It's not because they lack value, but because the mindset has not yet aligned with the identity. This is why your generation must not inherit a slave mentality. Make a decision in your heart that your generation will never see limitation; it is possible.

Your children must not grow up believing that limitation is normal. They must not inherit fear disguised as humility. They must not become people who run from opportunity because, deep down, they still think small.

Something different must begin through you.

The Bible says in **Revelation 1:6** that Christ ***“hath made us kings and priests unto God.”***

Notice the language:
kings and priests.

That means the believer was never meant to live with the mentality of bondage, fear, and inferiority. Kings think differently.

Kings carry responsibility.

Kings build.

Kings establish.

Kings do not spend their lives hiding from life.

And if scripture says we have been made kings and priests, our thinking must eventually align with that reality.

This does not mean arrogance. It means identity.

It means your generation should learn to:

- stand confidently,
- speak wisely,
- build intentionally,
- pursue opportunities boldly,
- and live with understanding instead of fear.

One renewed generation can change the story for many generations after it.

Imagine children growing up in an atmosphere where wisdom is normal, discipline is taught, emotional health is nurtured, truth is valued, fear is not constantly instilled, and identity in Christ becomes the foundation of life.

That is how legacies change.

Not merely through sermons and ministrations. But through transformed people who begin living differently long enough for the next generation to inherit a healthier way of life.

This is why this book was never merely about “breaking curses.”

It was about confronting the mindset that keeps people from finding redemption. Because the goal is not simply for you to survive spiritually. The goal is for you to become the beginning of something different.

And perhaps years from now, your children and your children’s children will stand in places your family once feared, carrying the confidence your bloodline once lacked, walking in the wisdom your environment once resisted.

Not because they were lucky.

But somewhere, someone finally encountered the truth deeply enough to stop reproducing fear and start building a legacy.

And maybe that someone is you. **ACTUALLY, IT IS YOU!**

Your brother,

Joe Gichira.

CONCLUSION

You have reached the end of this book, but more importantly, you have found clarity.

What you once called a curse has been examined. What once felt mysterious has been made simple. And what seemed beyond your control has been brought back to something you can understand and change.

Christ has already done what needed to be done.

You are not trying to become free—you are learning to live in freedom. You are not trying to change your identity—you are aligning with who you already are in Christ.

This is where everything shifts.

You may still see familiar thoughts or patterns try to return, but now you understand them. You will not respond with fear or confusion. Instead, you will respond with truth.

Because now you know:

You are not cursed. You are not bound to a pattern. Your past does not define you. You are a winner in Christ.

Acknowledgement

First and foremost, I give all glory, honour, and praise to God, whose grace, wisdom, and truth made this book possible. Without Him, this work would never have been written.

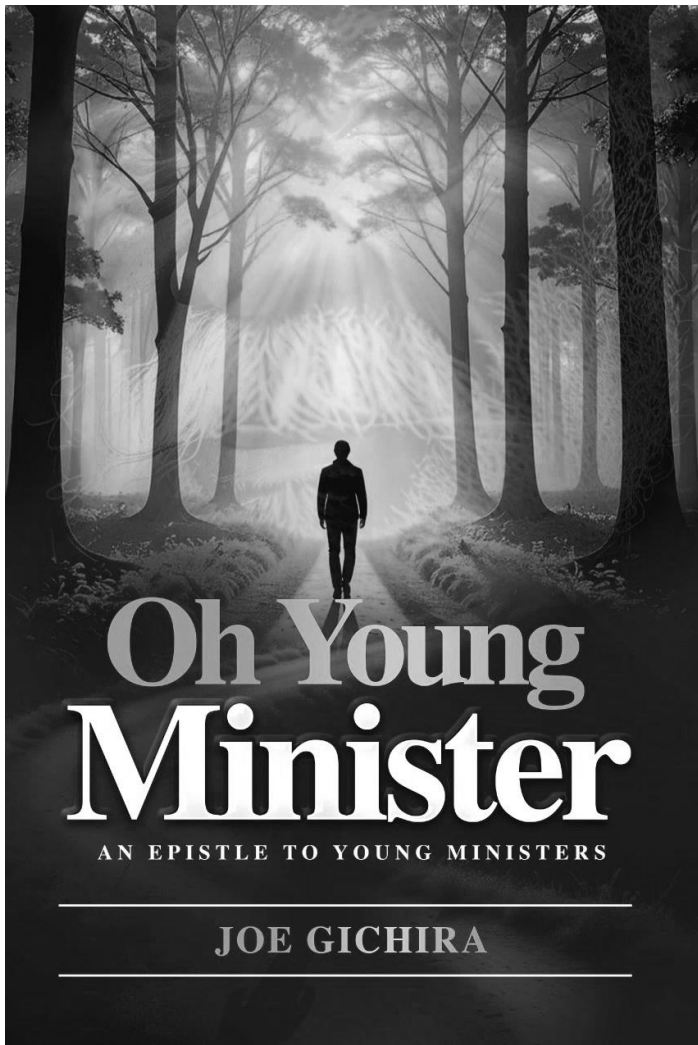
I would like to express my deepest gratitude to my spiritual father, Bishop John Kimani, whose faithful teaching, guidance, and example have greatly shaped my understanding of Scripture and ministry. Many of the truths I have come to appreciate and teach today have been cultivated through his investment in my spiritual growth. I am sincerely grateful for his leadership, mentorship, and unwavering commitment to the Word of God.

I am also thankful to my wife, family, friends, ministry leaders, and everyone who has encouraged, challenged, and prayed for me throughout this journey. Your support has been a gift from God.

To every believer seeking truth, freedom, and a deeper understanding of their identity in Christ, this book was written with you in mind. My prayer is that these pages will help you see yourself as God sees you, walk confidently in the finished work of Christ, and become a blessing to the generations that follow.

Above all, may Jesus Christ be glorified.

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