



CELL GUIDE

TOPIC Spiritual Hygiene (Part 2)

SPEAKER SP Daniel Foo

THEME Be Holy

DATE 15 & 16 July 2017

MESSAGE SUMMARY

Spiritual Defilement

“Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.”

2 Cor 7:1 NKJV

In the second sermon of a three-part series on spiritual hygiene, SP focused his teaching on two areas of spiritual defilement and how we can break free and walk in victory. This builds on the opening sermon on spiritual hygiene where we learned that:

1. God’s promises are conditional on our obedience to Him.
2. There are physical objects and practices that are spiritually defiled and unclean.
3. We must be ruthless in getting rid of the unclean things in our lives.

Ungodly soul ties and generational curses are two examples of “unclean things in our lives” that we are called to “cleanse ourselves from” (2 Cor 7:1).

Cleansing and Freedom from Defilement

A. TWO AREAS OF SPIRITUAL DEFILEMENT:

1. UNGODLY SOUL TIES

The primary source of soul-ties are sexual sins, but they also could also arise from past or current co-dependent relationships.

In the spiritual realm, the physical act of sex has spiritual implications. God intended for sex to be enjoyed within the boundaries of marriage; anything else beyond that is sin (Heb 13:4). In the Bible, sexual sins are singled out. 1 Corinthians 6:16 and 18 state that there is a clear difference between sins committed outside the body and those committed against your own body. Past or co-dependent relationships also form soul ties – examples given by SP include: excessive mourning of a loved one, unhealthy dependence of one person upon another, and even the act of hanging on to past relationships. Having soul ties with anyone other than our living spouse defile our beings and keep us in bondage. We are to pursue relationships that multiply/value-add into our lives and end relationships which are toxic or where we lack the capacity to care for in a healthy manner.

2. **GENERATIONAL CURSES (Sins of Our Fathers and Curses, SOFC)**

Who we are as individuals is a result of two streams of influence: our genetic make-up (from our forefathers) and accumulated experiences. The impact of our genes extends beyond our physical attributes – studies are beginning to show that our temperament, and even our choices and behaviours, are affected by our genes.

Sins have consequences that extend beyond us. But in His mercy, God limits the effects of the consequence to the third and fourth generations (Exo 20:3-5); Satan, on the other hand, seeks to trigger a continuation of the curses far beyond that. He is aided in his evil intentions by our natural iniquity to sin. Iniquity is defined as the propensity to sin, which pressurizes us to sin.

B. THE IDOLATRY-INIQUITY-CURSE CYCLE

Under the bondage of soul ties and generational curses, we live in sin, trapped in the cycle of idolatry, iniquity, and curses. SP explains that idolatry is anyone, anything, and any situation that takes the place of God in our lives; God Himself should be the only right source of our hope and trust. The idolatry of our forefathers subjects us to generational iniquity (Deut 30:19-20), which is a twistedness and a propensity towards the same negative behaviours that pressure us to sin. Thus, under the pressure of iniquity and out of our carnal selves, we sin against the laws of God. Curses follow as a natural and direct result of our sin and rejection of God or as a foothold the evil one gains from the legal ground we yield. Common examples include: sickness and infirmities, feelings of abandonment, rejection, shame, anger, fear, or even involvement in the occult.

C. WALKING IN VICTORY

Yet, as the beloved of Christ, we can cleanse ourselves and walk in holiness before God through the redemptive work of Christ on the Cross. SP lays out the principles of the four necessary steps to freedom:

- 1A. Confess our sins and our ancestors' sins
- 1B. Ask for God's forgiveness
- 2A. Forgive all who caused you to sin and caused you to suffer the effects of their sins
- 2B. Forgive yourself
3. Renounce and break the power of the curses
4. Appropriate the freedom and blessings that Christ purchased for us

**Please refer to appendix for sample prayer template*

Conclusion

By the grace of God, we need not remain in bondage while we are here on this Earth. Freedom and victory belong to us when we come under the blood of Christ, in the name of Jesus and with the Sword of the Spirit. We have been given all we need to be overcomers, living holy lives unto God. Will we choose to walk blameless before Him?

QUESTIONS

1. Is there an area in your life where you have noticed the idolatry-iniquity-curse cycle at work? Share your observation, clearly defining and classifying each stage of idolatry, iniquity and curse in your sharing.

2. Did this week's sermon highlight an area of your life which needed cleansing? (You may consider how soul-ties or generational curses have affected you in your current/past struggle that you shared about last week).

3. What are some ways you can be accountable to your cell group as you journey together in holiness? Be as specific as possible.

APPENDIX: STEPS AND SUGGESTED PRAYER TO WALK IN FREEDOM AND VICTORY

- 1A. Confess our sins and our ancestors' sins (Lev 26:40)
- 1B. Ask for God's forgiveness (Dan 9:4-20)
- 2A. Forgive all who caused you to sin and caused you to suffer the effects of their sins
- 2B. Forgive yourself
3. Renounce and break the power of the curses
4. Appropriate the freedom and blessings that Christ purchased for us (Gal 3:13-14)

Prayer Template

Dear Lord Jesus,

1. I confess my sins of my ancestors, my parents and my own sin of _____, including _____, _____, _____, etc.
2. I forgive _____, _____, and _____ (*list anyone else who comes to mind*), who have caused me to sin and caused me to suffer the consequences of their sin.
3. I renounce the sins and curses of _____.
I break these powers from my life and from the lives of my descendants through the redemptive work of Christ on the Cross.
4. I receive God's freedom from these sins and the resulting curses.
I receive _____. (*Listen and receive the blessing you sense the Lord wants to give you*)
5. Lord, I thank You for all You have done for me through Your death and resurrection.
I praise You for the freedom as I walk in Your truth.
6. Help me Lord, to set You always before me so that I will not be easily shaken.
7. Lord, give me the strength to fully obey You always. I commit my entire life to live in total dependency on You, my God, my Saviour, and my Deliverer!

In Jesus' Name, Amen!