

Ancestral Bondages- What are they?

Ancestral Bondages are sins, faults, failings, weaknesses, addictions, mistakes, errors, failures or omissions which are repeated in one family for more than one generation. These are patterns, similarities, behaviors which a parent has, that a child or grandchild has inherited.

Here are some examples:

Premarital sex, early marriages, or child born before marriage, adopted away, or adultery.

Mothers or Dad's who reject a son or daughter or who favor a son or daughter, e.g., first born, last born, etc.

Addictions such as eating disorders, alcoholism, drug addiction, workaholics, cigarette smoking, etc.

Sports addicts who must see every game, who love or hate teams as their parents did.

TV addictions to soap operas or shows that rule when a family eats or vacations.

Arguing over wills or money to the point of relatives not speaking to each other, for years or generations.

Critical parent, who produces a critical child, never satisfied.

Passivity-never taking control of one's life, even as an adult.

Children who must go to the same school as parents even if it makes the child unhappy.

Some diseases are genetically passed on, e.g. cancer, diabetes.

Death similarities at different generations, e.g. suicides, sickle cell anemia.

Abortions, stillborn and miscarriages are often cyclical in families.

Inability to have children.

Anti religious or national feelings or attitudes.

Healing the Family Tree

Ezek 18:2 "Fathers have eaten green grapes, thus their children's teeth are on edge." This is a proverb by which the Bible acknowledges that descendants are sometimes punished for their ancestors' sins as well as their own.

Jer 31:27- 30 "As I once watched over them (people) to uproot and pull down, to destroy, to ruin, and to harm, so I will watch over them to build and to plant, says the Lord. In those days they shall no longer say, "The fathers ate unripe grapes, and the children's teeth are set on edge,' but through his own fault only shall anyone die: the teeth of him who eats the unripe grapes shall be set on edge."

Dt 5:9-10 "You shall not bow down to idols or worship them. For I, the Lord, your God, am a jealous God, inflicting punishments for their fathers' wickedness on the children of those who hate me down to the third and fourth generation but bestowing mercy, down to the thousandth generation, on the children of those who love me and keep my commandments."

**Ps 85:5-8 "Restore us, O God our savior,
and abandon your displeasure against us.
Will you be ever angry with us,
prolonging your anger to all generations?
Will you not instead give us life;
and shall not your people rejoice in you?"**

1 Kg 8:46 "For there is no man who does not sin". Repeated in 2 Chron 6:36.

New Testament

Lk 19:10 "For the Son of Man has come to seek and to save what was lost."

1 John 1:7 "All have sinned and are deprived of the glory of God."

1 John 1: 8-10 "If we say, 'We are without sin' we deceive ourselves, and the truth is not in us. If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing. If we say, "we have not sinned," we make him a liar, and his word is not in us."

1 Jn 4:7- 8 "Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God. Whoever is without love does not know God, for God is love".

"I do what I do not want" Romans 7:15-20.

New Catholic Catechism

Original sin is a deprivation of original holiness and justice, but human nature has not been totally corrupted: it is wounded in the natural powers proper to it; subject to ignorance, suffering, and the dominion of death; and inclined to sin - an inclination to evil.

"Baptism, by imparting the life of Christ's grace, erases original sin and turns us back toward God, but the consequences for nature, weakened and inclined to evil, persist in us and summon us to spiritual battle." 405

"Ignorance of the fact that man has a *wounded nature* inclined to evil gives rise to serious errors in the areas of education, politics, social action and morals." 407

Jn 1:29 "Sin of the world" refer(s) to the negative influence exerted on people by communal situations and social structures that are the fruit of our sins."408

St. Thomas Aquinas wrote "God permits evil in order to draw forth some greater good." Thus St. Paul says, "Where sin increased, grace abounded all the more." 412

What does this tell us about the Family Tree?

- 1. We all sin. Sometimes our sins affect our descendants and others.**
- 2. Sins, ancestral bondage etc can live on after death.**
- 3. "Jesus has not lost one he has been given." So if we give Him our children and ancestors, He will save them. He is the savior of the world John 4: 42.**

What can we do to heal the Family Tree?

- 1. Start with yourself. Make a lifetime moral and spiritual inventory. This can be done in stages. You can do it one person at a time. List the sins you know that you have committed. Go to confession. Don't worry about numbers of sins, God knows them already.**
- 2. Apologize to the living for your sins, addictions, faults, failings, weaknesses, ancestral bondages, mistakes, errors, omissions and commissions by letter, phone, in person, etc. Make admitting your mistakes a daily process with asking for forgiveness.**
- 3 Have Masses said for the healing of your Family Tree. Use as many family names as you know. God knows the rest. Go to a priest who knows how to say these Masses.**
- 4. Prayer to heal your Family Tree at least 30 days.(Fr. Hampsch). Forgiveness prayer at least 30 days. (Fr. De Grandis).**
- 5. Make a Family Tree. Putting in virtues and sins, addictions and gifts, etc under each name. Only 3 generations are important. Dates are optional. The purpose of this is to see patterns that are already there, but you may be unaware of them.**
- 6. Leave your children and grandchildren a Spiritual Will. The most important gift we can give our family is our time, our faith, and healthy spiritual selves.**
- 7. Another way we can do this is to take a Bible and underline it, one for each person, child, etc. This takes time, but is worth the effort. Underline only the parts that give you hope and give to the person when you are finished.**