



WILLIAMS CHAPEL CHURCH
Chief Apostle Kimberly Nixon, Pastor



Genogram Reflection & Healing Exercise

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." — Jeremiah 29:11

For I know all about the marvelous destiny I have in store for you," says God, "a future planned out in detail. My intention is not to harm you but to surround you with peace and prosperity and to give you a beautiful future, glistening with hope." - Jeremiah 29:11 TPT

I know what I'm doing. I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for" - Jeremiah 29:11 MSG

Lord, as I look at the story of my family, help me to see with both honesty and hope. Heal the pain, redeem the broken places, and reveal the threads of Your grace in my lineage.

Observing Patterns

What repeated struggles or themes do you notice in your family line (e.g., addiction, broken relationships, silence, faithfulness, prayer)?

Are there blessings or strengths that appear in multiple generations?

Naming the Pain

- What parts of your genogram bring up grief or sadness?

- Where do you see "unfinished business" or generational wounds?

- Which patterns do you feel most deeply affect you today?



Reframing Through Faith

- Where can you trace God's faithfulness in your family's story, even in the midst of pain?
- What do you believe God is inviting you to break or release from your lineage?
- What new legacy do you desire to begin in your own life and household?

Healing Activity

Write a "**Letter of Release**"

- Address it to your family line (past generations).
- Acknowledge the pain honestly.
- Declare, through Christ, that the cycles stop with you.
- End by speaking blessings forward for future generations.

Example: *"In Christ's name, I release the burden of shame carried through our family. I break agreement with fear and declare courage, faith, and healing for my children and grandchildren."*

Prayer of Closure; Group Prayer

Gracious and Loving Father,

We have opened the pages of our family stories. Some of what we have seen has been painful, and yet we thank You that nothing is hidden from Your sight. You are the God who sees us, and You are the God who heals us.

Lord, we bring before You the broken places in our family lines—addictions, anger, abandonment, abuse, silence, and shame. We acknowledge the weight of what has been passed down, but we declare that through Christ Jesus we are no longer bound by those chains. Your Word tells us that whom the Son sets free is free indeed, and we receive that freedom over our bloodlines today.

We ask for Your Spirit to bring comfort where there are raw wounds, courage where there is fear, and hope where there has been despair. Give us the grace to forgive where bitterness has taken root, and wisdom to establish new patterns of love, respect, and holiness.

Lord, bless every family represented here. Where there has been destruction, plant restoration. Where there has been curses, release blessings. Where there has been generational brokenness, raise up generational healing and legacy.



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We declare that from this day forward, our families are marked by the blood of Jesus, covered by His grace, and empowered by His Spirit. The story of our families does not end in pain, but in Your promise of redemption.

Seal this work in our hearts, O God. May what was revealed today become a testimony tomorrow. May we leave this place lighter, freer, and more determined to walk in the wholeness of Christ.

We thank You, Lord, for being the Author and Finisher of our faith, and the Redeemer of our family stories.

In Jesus 'mighty name we pray, Amen.

Next Steps

- Share one generational burden you are releasing and one blessing you are choosing to carry forward.
- Commit to one intentional action this week that aligns with the new legacy God is building through you.

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