

## 2. Uncovering Your Family History

Before the celebration of the Mass, I encourage you to make a diagram of your family history in order to discover common ailments and problems. Please make the healing of these things your prayer intention for this Mass, especially areas where you notice a pattern.

Please draw up your family history on a piece of paper; there is a blank form in this chapter which you can photocopy and complete. List your name, spouse (if married), children, siblings, parents, grandparents, great grandparents, etc., along with the history of behavioural patterns (e.g., abuse, abortion, addictions, adultery, divorce, suicide).

In assembling your family history, you should take some time reflecting and praying about your family; ask the Holy Spirit for guidance in remembering family problems. Bringing up problems should not be accusatory, blameful, nor judgmental. We do so to bring them before Jesus so that He can bring them healing, thereby freeing everyone in your family, past, present, and future of that particular problem.

Think of any stories, myths, or folk tales that have been passed down in your family; identify great hurts, sinful behaviour, or illnesses that have come down through your family lineage; identify patterns of unforgiveness, bitterness, or estrangement. Don't discount anything; the most innocuous thought that comes into your mind may lead to the greatest healing. If we ask Him, our Lord stands ready to point out the problems we need to bring before Him and is quick to bring healing to them, as soon as we are ready to let go and trust Him with them.

1. Identify, by name, the people in your family lineage (including yourself) who ...
  - Were very superstitious, involved in pagan worship, cults, or the occult (e.g., Ouija boards, spiritualism, tarot cards, fortune telling, horoscopes, Freemasonry, witchcraft, Satanism)
  - Had a curse, spell, hex, or voodoo placed on them
  - Died in tragic ways (e.g., abortion, murder, suicide, early or violent death, war, accident)
  - Had miscarriages, stillborn, or IVF babies
  - Died without being committed to God, or feeling unloved or abandoned (e.g., in a mental institution, nursing home, prison)
  - Were considered outcasts, rejects, or black sheep

- Had a problem with addictions (e.g., alcohol, drugs, food, work)
  - Were depressed, angry, bitter, unforgiving, vengeful, prideful, greedy, perfectionist
  - Were involved in sexual perversions (e.g., pornography, masturbation, prostitution, incest, paedophilia)
  - Engaged in fornication, adultery, or had multiple divorces
2. Identify what you would consider to be "patterns" of sin in your family lineage, for instance:
    - Anger, temper, physical abuse, sexual abuse, emotional abuse
    - Holding grudges, racial prejudices, unforgiveness, revenge
    - Murder, arrogance, jealousy, materialism, greed, lust, promiscuity
  3. List any health problems that seem to be prominent in your family, for instance:
    - Cancer, heart trouble, high blood pressure, diabetes, Parkinson's, Multiple Sclerosis, Cerebral Palsy
    - Arthritis, skin problems, respiratory trouble, headaches
    - Mental retardation, mental disturbances, ulcers, dementia, Alzheimer's
    - Psychological problems, nervous breakdowns, forgetfulness
    - Any other inherited disability, disease or mental illness

### 4. In your life ...

- Are you aware of any rejection or abuse (mental / emotional / physical / sexual / ritual) when you were a child?
- Do you have any unresolved quarrels or bitterness, resentments or grudges against God or someone else? Breaks in fellowship? Bigotries or prejudices?
- Is there anyone in your family: a parent, a child, a relative or friend who has died whom you have not yet let go of and released into the care of God? Are you willing to do so now?
- Is there any unbelief, deliberate rejection of Christ, immorality of any kind, materialistic attitudes, or underhand dealings?