

Spiritual direction helps people find God in their lives. Finding God puts other things in a new light and opens areas for repentance and healing. The stages of spiritual growth that I presented show what spiritual growth is and where we can get stuck. Often addictions point to the first stage of trust, inferiority in action points to the familial stage, fear of aloneness to individuating faith, etc.

One needs *healing* if an area of life is deprived or wounded. One needs *repentance* if one is "choosing" to hold on to an attitude contrary to Jesus.

**Seeing Personal Issues in Light of Family Systems**

**Diagram Family Genogram (see Genogram Format)**

**Look for** **Gifts** (cultural, familial, personal): e.g. humor, fidelity, etc,  
**Biases** (as above) the other side of the gift: e.g. repressing pain, stubbornness, etc  
**Hurts** (3 sources): e.g. alcoholism? depression? anger? divorce?)  
**Evil** (3 sources): e.g. abuse? murder? stealing? deception and lying? etc.  
**God Image** (same 3 sources): e.g. judgemental? depriving? overprotective? etc.

**Steps in Healing**

- Identify Present Issue?** (depression when I was in Germany, etc.)
- Own your feelings around it** (e.g. hopelessness, anger, disconnection)
- Who influenced it?** (my mother, her mother etc.)
- Distribute responsibility** (Pray for guidance, what is yours? what others?)
- Repent** (change your decision/belief to God's—ask the Spirit to do it)
- Ask Healing** (for the wound that then surfaces)
- Forgive 5 areas:** 1) forgive God and 2) ask forgiveness of God, 3) forgive the other and 4) ask, and 5) forgive self.
- Intercede** (That the wounding person will receive the healing you are receiving)
- Develop grateful mutuality** across generations (goal of healing)

**II. Intercession for ancestors**

**A. What warrants this prayer?**

1. **Scripture:** 2 Mac 12:43-46, Dan 9:20, Bar 3:1-8; 1 Pt 3:18-22; 4:6; Jn 5:25; 1 Cor 15:29 (Baptism for dead); 2 Tim 1:18 (for Onesphorus)
2. **Tradition:** Orthodox (nothing final till end); West (Purgatory)
3. **Theological:** Resurrection is eternal Now; In Jesus/Mary (Church) believers are "prior" to those not yet in Christ. Evangelize them.
4. **Cautions:** not mediumistic, in and through Jesus,

**B. What areas?**

1. **Occult** (break curses (may need priest), witchcraft, spiritualism, etc.
2. **Abortions** (also Stillbirths, miscarriages, — Baptism or equivalent)
3. **Black sheep** (those cut off from family, etc.
4. **Cruel deaths** (when not prayed for; suicides, war dead, murder victims)
5. **Those unfulfilled** (who cling, control, can't release to Jesus, etc.)

**C. How Pray?**

1. **Ask forgiveness for yourself**, center in God's love.
2. **Apologize for them**, forgive them in Jesus' name, pray for healing and infilling with God's love. (get deliverance prayer if needed).