

## 5-3-26 Consumer - Curses and Blessings Study Guide

### Overview

This message uses the story of Elijah's dramatic victory on Mount Carmel (1 Kings 18) followed by his sudden fear, flight, and despair under the broom tree (1 Kings 19) to illustrate the battle between **generational curses** and **generational blessings**. In the context of the "Consuming vs. Contributing" series, we are either consuming the curse (selfishly taking and repeating family patterns of sin) or contributing the blessing (giving God's goodness to future generations). The cross of Jesus breaks every curse and adopts us into God's family, empowering us to leave blessing instead of curse for our children and grandchildren.

### Reflection Questions

1. After Elijah's greatest victory, he ran in fear and wanted to die. When have you experienced a similar emotional crash after a spiritual high?
2. What patterns (addiction, anger, rejection, lust, etc.) do you see repeating in your family line?
3. Are you primarily **consuming** (taking, self-focused) or **contributing** (giving, blessing others) in your daily life?
4. What would it look like for your family's story to change starting with you?

### Main Points

#### 1. Consumers live in the curse

1. Generational curses are real patterns of sin, bondage, and negative consequences passed down family lines.
2. Satan exploits natural weaknesses from our family of origin.
3. Consuming the curse makes us selfish, greedy, and unable to bless others (like a black hole).

#### Jesus broke every curse at the cross

Galatians 3:13 – Christ became a curse for us.

Isaiah 53 & 1 Peter 1:18-19 – He carried our weaknesses, sorrows, and inherited empty life.

Ezekiel 18:20 – We are personally responsible; no one is automatically punished for their ancestors' sins.

#### 2. Contributors live in the blessing

1. When we confess Jesus as Lord, we are adopted into God's family (Ephesians 1:3-7).
2. We receive every spiritual blessing in the heavenly realms.
3. Psalm 1:1-3 – Those who delight in God's Word become fruitful trees that prosper and bless others.
4. Generational blessings flow to future generations when we choose obedience.

#### The choice is ours

Elijah consumed bread and water (the right thing) and was strengthened to reach the mountain of God.

We must consume the Bread of Life and Living Water to break curses and release blessings.

### Application

1. **Identify:** Quietly ask the Holy Spirit to reveal any active generational curse in your life (name it specifically).
2. **Repent & Break:** Use the sermon's prayer (or your own) to renounce the curse, fall out of agreement with the enemy's lies, and declare freedom through the blood of Jesus.
3. **Replace:** Daily consume God's Word and prayer (bread and water) so you have strength to walk in blessing.
4. **Contribute:** Intentionally model and speak blessing over your children, spouse, and future generations.
5. **Share:** Tell someone this week how the cross has changed (or can change) your family story.

### **Group Discussion Prompts**

1. Which part of Elijah's story (Carmel victory or broom-tree despair) do you relate to most right now and why?
2. What generational pattern (positive or negative) have you seen most clearly in your own family?
3. How does the difference between "consuming the curse" and "contributing the blessing" show up in everyday life?
4. Read Ephesians 1:3-7 together. What does it mean to you that you have been "blessed with every spiritual blessing" simply because you are in Christ?
5. What one practical step will each of us take this week to break a curse and begin releasing blessing to the next generation?