

## **Uprooting Unhealthy Behaviors**

*By: Amanda Winder*

**I**f you've ever observed an olive tree, you know that each one has a complex root system. The roots are the building blocks of the tree. A tree must grow down before it grows up. As a tree is nourished and cultivated, the tree will begin to grow up and out. Now, suppose we think of a tree symbolically. Each one of us is similar to a tree because we have roots that make us who we are. Our genetics and potential are like a root system in our life. In the genetics of our roots system, we find unhealthy behaviors and healthy behaviors.

Each unhealthy behavior is a sign of an unhealthy spirit. An unhealthy spirit simply oppresses our spirit, mind and body. Each unhealthy spirit's job is to dominate us harshly and inflict stress in certain areas of our life. When one senses they cannot break a habit and gain self-control in an area of life, an unhealthy spirit is found. The addiction I had to sugar was an oppressive spirit. I didn't like having it as part of my root system because it continuously caused trouble. I tried to break the habit and cultivate self-control into my life, but I could not. Something else was controlling that area of my life. I needed to be freed from the obstacle in order to cultivate a healthy spirit. In order to be freed from the oppression, I had to become aware of generational roots causing the unhealthy behavior.

Like an olive tree and its root system, each human being is born with a specific genetic code. Each one of us has dominant and recessive traits. Dominant traits stand out, while recessive traits are dormant. In the spirit realm, I believe we have a genetic coding too. Just as our physical genetic coding acts, our spiritual genetic coding acts too. My parents have the dominant genes for dark hair and dark eyes. As a result, I display the dominant trait for dark hair and dark eyes. The same is true in the spirit realm. Both of my parents have a dominant spirit of addiction and control; I had a dominant spirit of addiction and control.

Our physical genetics cannot be changed. I will have dark hair and dark eyes for the rest of my life; however, my spiritual genes can be changed. Like an olive tree, I can uproot my unhealthy generational behaviors. I can live a life of freedom from behaviors that simply hinder my life. The spirit of addiction and control I had in my life were an obstacle. When an obstacle occurs in the spirit realm, we have the ability to free ourselves from it. I have the ability to allow someone to command my generational behaviors to leave for good.

In order to cultivate a healthy spirit, we must have knowledge of our unhealthy generational behaviors. When we have the knowledge, we have the choice to be freed from them. Freedom from unhealthy behaviors will allow us to cultivate our own spirit in a genuine way. Today, I encourage you to think about unhealthy behaviors you may have. Some of you may find that sickness is a generational behavior. Your parents may be diabetic, and as a result, you are too. You may also discover, like one of your parents, that you have an unhealthy behavior of anger. Whatever the case is, because of Jesus, we can now live a life free from generational behaviors. We have the ability to pull unhealthy roots from our lives so only healthy ones can flourish. Then we can cultivate healthy generational behaviors and unlock a world of potential. Your greatest potential lies deep inside of you. Let's uproot the unhealthy ways of life so only the healthy can develop and grow!