



SIMCHAT TORAH BET MIDRASH®

# THE MIKVEH PROCESS

MIKVEH SERVICE HANDOUT

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GETTING FREE OF GENERATIONAL CURSES

*Blessings and Curses---We Make the Choice*  
Simchat Torah Beit Midrash Mikveh Service

**Introduction**

*Mikveh* is a Hebrew practice through which people around the world have reached to YHVH for spiritual renewal and repentance from disobedience for thousands of years. Because it is meant to be cyclical in nature, it is helpful in reminding us of the choices YHVH grants everyone through the Torah, His Teaching and Instruction.

This Mikveh Guide is designed to encourage you to look deep within yourself and acknowledge any known or unknown sin that you or your forefathers may have committed. As we read each section, you will be given a silent moment to ask the Holy Spirit to bring to your attention anything that may have been forgotten due to traumatic events that may have occurred earlier in your life.

Use the exercises to reveal any or all curse patterns in your life. *We will then invite YHVH to cleanse us of all iniquity and transgression through a personal prayer of repentance.* You will be instructed on how to perform the immersion at home. Mikveh grants us an opportunity to turn away from our former ways and to choose a deeper, more whole relationship with YHVH.

*Are you ready to make the choice?*

\* \* \*

## Family Tree Exercise

Please write the names and/or nicknames of individual members of your family in the spaces provided:

### Paternal Side

### Maternal Side

Father's name: \_\_\_\_\_ Mother's name: \_\_\_\_\_

Grandfather's name: \_\_\_\_\_ Grandfather's name: \_\_\_\_\_

Grandmother's name: \_\_\_\_\_ Grandmother's name: \_\_\_\_\_

### Name(s) of your

Step Parent(s):

Adoptive Parent(s)

Name of Spouse:

Name(s) of Ex-Spouse(s):

All of your children:

All of your adopted children:

All of your siblings:

## Blessings and Curses

Pride can be linked as the root of all disobedience, going back to the fall of Lucifer. However, pride manifests itself in many ways. This exercise discusses seven of the more prevalent ways pride manifests itself as outlined in Deuteronomy Chapter 28.

God allows curses to come upon His people due to our transgressions, many of which go back to our forefathers. "Transgression" literally means "to cross" or "to go against" God's will. This is our active refusal to acknowledge and observe the Torah (God's teaching and instruction) in our daily lives.

The Torah describes in detail Blessings and Curses as consequences of our life choices. As a consequence of our actions, we either choose His way (Blessings), or suffer from the consequences of disobedience (Curses) in our own lives, which may be passed down to the 3rd and 4th generations. Curses that are passed down from generation to generation are known as iniquities. Transgression is our willful disobedience to God's Torah. Our transgressions can become iniquities. The decisions we make today not only determine our destiny but could determine the destiny of our future generations. It is very important to bring these iniquities and transgressions to YHVH in repentance in order to be victorious over them.

**Deuteronomy 28 explicitly discusses the following curses: <sup>1</sup>**

- Mental and/or emotional breakdown
- Repeated or chronic sickness (especially hereditary)
- Barrenness, a tendency to miscarry or related reproductive problems
- Breakdown of marriage and family alienation
- Continuing financial insufficiency
- Being "accident-prone"
- A history of suicides and unnatural or untimely deaths in your family

Do any of these curses apply to you or to anyone in your family? Let's discuss them one-by-one. After each exercise, write the names of each person in your family that are affected by these curses.

### **Mental and/or Emotional Breakdown**

*"The Lord will send on you curses, confusion and rebuke in everything you put your hands to, until you are destroyed and come to sudden ruin because of the evil you have done in forsaking him".*  
Deuteronomy 28:20



Possible Root Causes: Occult involvement whether white or black magic, paganism, earth worship (wicca, new age), involvement in secret societies i.e., Freemasonry, Lodges (Elks, Moose, etc.) fraternities, sororities, etc., involvement in horoscopes, astrology, Ouija boards, seances, tarot cards, etc.

Possible symptoms/consequences:

- Confusion and depression
- Emotional roller-coasters

### **Repeated or Chronic Sickness (especially if hereditary)**

Possible Root Causes: Not following the laws of kashrut (Biblical dietary laws); bitter root judgments or unforgiveness (especially towards parents, spouse, ex-spouse, and employers) or against anyone who abused or molested you.

Possible symptoms/consequences (as found in Deuteronomy 28):<sup>2</sup>

- Plagues or plaguing diseases (v. 21)
- Consumption or wasting disease, like anorexia or bulimia (v. 22)
- Severe burning fever (v. 22)
- Inflammation (v. 22)
- Incurable boils (v. 27 and 35)
- Tumors (v. 27)
- Scabs or festering sores (v. 27)
- Incurable itch (v. 27)
- Blindness (v. 28)
- Extraordinary, fearful, prolonged plagues, like diabetes (v. 59)
- Serious and prolonged sickness, like cancer or heart disease (v. 59)
- Every other kind of sickness and plague (v. 61)

**Note:** Late onset of diabetes and asthma often result from bitter root judgments against your parents, and/or against present or past spouses.

Hereditary - types of sickness passed down from generation to generation. Many times we are confronted with the effects of a curse.

It is difficult to suggest that any specific sickness is always, or necessarily, attributed to a curse. In many cases it is highly possible a curse is at work, but without further evidence, it would be wrong to assert this is necessarily so. There is only one "expert" whose diagnosis is final, and this is the Holy Spirit. We always need to be conscious of our dependence on Him and His sovereignty...<sup>3</sup>

## **Barrenness, a tendency to Miscarry or Related Reproductive Problems**

*“Cursed shall be the fruit of your body”, or womb. Deut. 28:18*

Possible Root Causes: Not following the laws of Niddah, sex outside Torah (fornication), pornography, abortion, affairs, soul ties (flashbacks of past relationships), comparing your spouse with your parents or in-laws, oral sex, which is a homosexual act (witchcraft).

Possible symptoms/consequences: <sup>4</sup>

- Inability to conceive
- Miscarriage
- Fetal death during or before childbirth
- Endometriosis
- Failure to menstruate, or irregular menstruation
- Debilitating menstrual cramps
- Frigidity
- Cysts, tumors or growths affecting any of the various reproductive organs.
- Any condition leading to a hysterectomy
- Prostate cancer in men
- Low sperm count in men
- Sexually Transmitted Diseases (STDs)

**Note:** Review the laws of Niddah. Have you, or are you now, having intimate relations during menstruation? Scripture is very clear that women should refrain from sexual relations for seven days from the onset of her menstrual cycle. God speaks firmly about this, and cervical cancer or other female related problems can be linked to violating this law.

## Breakdown of Marriage and Family Alienation

*“You shall beget sons and daughters, but they shall not be yours; for they shall go into captivity”, Deut. 28:41*

Possible Root Causes: religious pride, anger, not honoring your parents

Possible symptoms/consequences:

- Divorce
- Poor relationship with parents/grandparents/in-laws
- Rebellious children
- Abuse to spouse and/or children
- Neglect or Abandonment of children, causing them to be orphaned
- Critical or judgmental spirit

**Note:** Divorce will cause us to live in poverty for a season, whether spiritually, mentally, or financially.

## Continuing Financial Insufficiency

*“Cursed shall be your basket and your kneading bowl”, “You shall not prosper in your ways”, “You will be unsuccessful in everything you do”.*  
Deut. 28: 17,29

*“Because you did not serve the Lord your God with joy and gladness of heart, for the abundance of all things, therefore you shall serve your enemies, whom the Lord will send against you in hunger, in thirst, in nakedness and in need of all things.” Deut. 47:28 (Absolute poverty)*

*“There is one who makes himself rich and yet has nothing. And one who makes himself poor yet has great riches.” Proverbs 13:7*

It would be unscriptural, however to interpret poverty and abundance by materialistic standards of contemporary Western civilization. Biblically speaking, God’s abundance is having all you need to do God’s will and something left over to give to others. We must recognize that there is a higher level of wealth than just the material.<sup>5</sup>

People will go through financial roller coasters. Look at your family tree and identify all those in your family that suffer *chronic* financial insufficiency.

Possible Root Causes: Adulterous affairs; pornography and greed

Possible symptoms/consequences:

One of the biggest areas of continuing financial insufficiency is related to sexual immorality. The spirit of lust is a root of both financial insufficiency and sexual immorality. Typically, when one is involved in sexual immorality, their spirit cries out in the form of anger and rage. They can not save money because of the lust for more things or uncontrollable spending.

### **Being Accident-Prone**

*"You shall grope...as a blind man gropes in darkness." Deut. 28:29*

Possible Root Causes: molestation, abuse

Possible symptoms/consequences: <sup>6</sup>

- Freak accidents (more than likely for most people)
- Carelessness, Impulsiveness
- An unnatural impulse to do harm to another or to animals
- An unusually high number of vehicle accidents

**Note:** Many times freak accidents are unconsciously self-inflicted because the individual desires attention. Even though careless accidents reinforce a negative self-esteem of being clumsy, these accidents also bring the attention they desire. This is a cycle that needs to be broken by knowing your relationship with the Lord.

There is a force working against people to trip them, causing them to stumble, or impels them to make a rash, unpremeditated move. <sup>7</sup>

Forgiveness is needed towards those who abused you. Ask the Holy Spirit to reveal Himself to you as your protector and reveal the relationship He desires to have with you.

### **A History of Suicides and Unnatural or Untimely Deaths**

Possible Root Causes: Abuse, molestation, occult activity

Possible symptoms/consequences:

- Thoughts of suicide or trying to commit suicide
- Lack of joy in your life (When was the last time you laughed?)



- Critical or judgmental spirit
- Self-hatred
- Death of family members due to murder, suicide, or disease that took their life at an early age.

Some people are always too serious; they may feel that they do not deserve joy or to laugh or to have fun. The Lord wants us to enjoy life. The Lord laughed and also wants us to do the same. Remove, renounce, and remit the curse of any abuse that may have happened to you and forgive those who abused or mistreated you and violated your trust.

### **Forgiveness**

*“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you”.*

*Colossians 3:12-13*

First I must forgive myself, and then, I must forgive everyone who has hurt me physically, spiritually and emotionally.

### **Process to forgive others**

*“Jewish tradition identifies three stages in the process of forgiveness, whether you are being forgiven or you are forgiving others. The steps are identified by the words s’lichah (“forgiveness”), m’chilah (“letting go”), and kapparah (“atonement”). Forgiveness begins with the conscious intention to forgive. But if the process ends there, the feelings of guilt or resentment reappear when you least expect them. Letting go means, “I no longer need the past to have been any different than it was.” At this stage, you may remember the pain, but you are no longer consumed either with guilt or resentment. With atonement, you can accomplish something positive that otherwise wouldn’t have been possible. You still remember, and you still may feel the pain, but the act of atonement transforms the pain into a blessing”. Rabbi Ted Falcon, Ph.D.*

## Home Immersion

The proper way to enter into a mikveh is to first make sure you are already physically clean. This represents the cleansing process of repentance that was done during the mikveh service. You may want to first take a shower prior to your immersion so you do not confuse *physical cleansing* with *spiritual cleansing*. The immersion is done as evidence that you have already been made spiritually clean and physically represents your change of status—your repentant heart. After a physical cleansing, fill your bathtub with a couple of inches of water, get in, then turn on the shower, and let the water drain out of the tub while the shower is still running to complete the mikveh process.

### **Confession:**

Lord God, God of Abraham, Isaac and Jacob, I ask You now to forgive me of my disobedience, iniquities and transgressions. I ask You to forgive my forefathers for turning their backs on Your Torah. I forgive all those who hurt me physically, spiritually and emotionally. I ask that all demonic influences be bound and not permitted to operate in my life according to Torah, and that your Spirit be loosed to operate in my life according to Torah, to rule and reign in my life, and to help me walk out Your Will. I ask this in the name of my Lord and Savior, Yeshua HaMashiach. Amen.

Bibliography:

1. Prince, Derek., Blessing or Curse, You Can Choose, Chosen Books, 1990
2. Ibid. Pg. 47
3. Ibid. Pg. 48
4. Ibid. Pg. 48, 49
5. Ibid. Pg. 53, 54
6. Ibid. Pg. 56
7. Ibid. Pg. 57

# THE MIKVEH PROCESS

The Hebrew word "Mikveh" means "immersion." Immersion in water! Immersion in the Spirit! Emerging "born again" in a renewed life with the Lord! *The Mikveh Process* is healing immersion deep within yourself to acknowledge any known or unknown sin. An immersion deep within your past, to identify and confess generational curses and patterns of habitual sin. Rabbi Messer and


Mrs. Messer immerse in the Spirit to guide you gently through this dramatic experience.

Through *The Mikveh Process* you will:

1. Ask the Holy Spirit to uncover things that have been forgotten due to traumatic events that may have occurred earlier in your life.
2. Use exercises to reveal any or all generational curses or patterns in your life.
3. Invite Yeshua (Jesus Christ) to cleanse you of all iniquity and transgression through personal prayers of repentance.
4. Learn how to perform the "Mikveh" – "water immersion" – at home.
5. Experience the cleansing Power, and healing Love of the Lord's embrace.

*The Mikveh Process* breaks generational curses, releases God's blessings, and restores the intimacy in a deeper relationship with the Lord.

Are you ready to break curses? Are you ready to make way for blessings? Are you ready for a deeper relationship? Then You're ready for the life-changing experience of *The Mikveh Process*!



Rabbi Ralph Messer is the President and Senior Pastor of Simchat Torah Beit Midrash® (STBM) — a congregation and school based in Colorado.

For more than 32 years, Rabbi Messer has taught the Hebrew Roots of the faith to various denominations, cultures, and groups, throughout Colorado, across the country, and internationally as a popular keynote conference speaker and minister. As the founder of STBM and the International Center for Torah Studies™ (ICTS), Rabbi Messer is pioneering a work to bring the "Good News" of Yeshua, Jesus Christ, in the Torah to all the nations.

Along with his wife Maureen, Rabbi and Mrs. Messer also have six children actively serving with them in the ministry.



SIMCHAT TORAH BEIT MIDRASH®

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## Deuteronomy 28 (The Message)

**28** <sup>1-6</sup> If you listen obediently to the Voice of God, your God, and heartily obey all his commandments that I command you today, God, your God, will place you on high, high above all the nations of the world. All these blessings will come down on you and spread out beyond you because you have responded to the Voice of God, your God:

God's blessing inside the city,  
God's blessing in the country;  
God's blessing on your children,  
the crops of your land,  
the young of your livestock,  
the calves of your herds,  
the lambs of your flocks.  
God's blessing on your basket and bread bowl;  
God's blessing in your coming in,  
God's blessing in your going out.

**7** God will defeat your enemies who attack you. They'll come at you on one road and run away on seven roads.

**8** God will order a blessing on your barns and workplaces; he'll bless you in the land that God, your God, is giving you.

**9** God will form you as a people holy to him, just as he promised you, if you keep the commandments of God, your God, and live the way he has shown you.

**10** All the peoples on Earth will see you living under the Name of God and hold you in respectful awe.

**11-14** God will lavish you with good things: children from your womb, offspring from your animals, and crops from your land, the land that God promised your ancestors that he would give you. God will throw open the doors of his sky vaults and pour rain on your land on schedule and bless the work you take in hand. You will lend to many nations but you yourself won't have to take out a loan. God will make you the head, not the tail; you'll always be the top dog, never the bottom dog, as you obediently listen to and diligently keep the commands of God, your God, that I am commanding you today. Don't swerve an inch to the right or left from the words that I command you today by going off

following and worshiping other gods.

**15-19** Here's what will happen if you don't obediently listen to the Voice of GOD, your God, and diligently keep all the commandments and guidelines that I'm commanding you today. All these curses will come down hard on you:

God's curse in the city,  
God's curse in the country;  
God's curse on your basket and bread bowl;  
God's curse on your children,  
    the crops of your land,  
    the young of your livestock,  
    the calves of your herds,  
    the lambs of your flocks.  
God's curse in your coming in,  
God's curse in your going out.

**20** GOD will send The Curse, The Confusion, The Contrariness down on everything you try to do until you've been destroyed and there's nothing left of you—all because of your evil pursuits that led you to abandon me.

**21** GOD will infect you with The Disease, wiping you right off the land that you're going in to possess.

**22** GOD will set consumption and fever and rash and seizures and dehydration and blight and jaundice on you. They'll hunt you down until they kill you.

**23-24** The sky over your head will become an iron roof, the ground under your feet, a slab of concrete. From out of the skies GOD will rain ash and dust down on you until you suffocate.

**25-26** GOD will defeat you by enemy attack. You'll come at your enemies on one road and run away on seven roads. All the kingdoms of Earth will see you as a horror. Carrion birds and animals will boldly feast on your dead body with no one to chase them away.

**27-29** GOD will hit you hard with the boils of Egypt, hemorrhoids, scabs, and an incurable itch. He'll make you go crazy and blind and senile. You'll grope around in the middle of the day like a blind person feeling his way through a lifetime of darkness; you'll never get to where you're going. Not a day will go by that you're not abused and robbed. And no one is going to help you.

**30-31** You'll get engaged to a woman and another man will take her for his mistress; you'll build a house and never live in it; you'll plant a garden and never eat so much as a carrot; you'll watch your ox get

butchered and not get a single steak from it; your donkey will be stolen from in front of you and you'll never see it again; your sheep will be sent off to your enemies and no one will lift a hand to help you.

**32-34** Your sons and daughters will be shipped off to foreigners; you'll wear your eyes out looking vainly for them, helpless to do a thing. Your crops and everything you work for will be eaten and used by foreigners; you'll spend the rest of your lives abused and knocked around. What you see will drive you crazy.

**35** GOD will hit you with painful boils on your knees and legs and no healing or relief from head to foot.

**36-37** GOD will lead you and the king you set over you to a country neither you nor your ancestors have heard of; there you'll worship other gods, no-gods of wood and stone. Among all the peoples where GOD will take you, you'll be treated as a lesson or a proverb—a horror!

**38-42** You'll plant sacks and sacks of seed in the field but get almost nothing—the grasshoppers will devour it. You'll plant and hoe and prune vineyards but won't drink or put up any wine—the worms will devour them. You'll have groves of olive trees everywhere, but you'll have no oil to rub on your face or hands—the olives will have fallen off. You'll have sons and daughters but they won't be yours for long—they'll go off to captivity. Locusts will take over all your trees and crops.

**43-44** The foreigner who lives among you will climb the ladder, higher and higher, while you go deeper and deeper into the hole. He'll lend to you; you won't lend to him. He'll be the head; you'll be the tail.

**45-46** All these curses are going to come on you. They're going to hunt you down and get you until there's nothing left of you because you didn't obediently listen to the Voice of GOD, your God, and diligently keep his commandments and guidelines that I commanded you. The curses will serve as signposts, warnings to your children ever after.

**47-48** Because you didn't serve GOD, your God, out of the joy and goodness of your heart in the great abundance, you'll have to serve your enemies whom GOD will send against you. Life will be famine and drought, rags and wretchedness; then he'll put an iron yoke on your neck until he's destroyed you.

**48-52** Yes, GOD will raise up a faraway nation against you, swooping down on you like an eagle, a nation whose language you can't understand, a mean-faced people, cruel to grandmothers and babies alike. They'll ravage the young of your animals and the crops from your fields until you're destroyed. They'll leave nothing behind: no grain, no wine, no oil, no calves, no lambs—and finally, no *you*. They'll lay siege to you while you're huddled behind your town gates. They'll knock those

high, proud walls flat, those walls behind which you felt so safe. They'll lay siege to your fortified cities all over the country, this country that GOD, your God, has given you.

**53-55** And you'll end up cannibalizing your own sons and daughters that GOD, your God, has given you. When the suffering from the siege gets extreme, you're going to eat your own babies. The most gentle and caring man among you will turn hard, his eye evil, against his own brother, his cherished wife, and even the rest of his children who are still alive, refusing to share with them a scrap of meat from the cannibal child-stew he is eating. He's lost everything, even his humanity, in the suffering of the siege that your enemy mounts against your fortified towns.

**56-57** And the most gentle and caring woman among you, a woman who wouldn't step on a wildflower, will turn hard, her eye evil, against her cherished husband, against her son, against her daughter, against even the afterbirth of her newborn infants; she plans to eat them in secret—she does eat them!—because she has lost everything, even her humanity, in the suffering of the siege that your enemy mounts against your fortified towns.

**58-61** If you don't diligently keep all the words of this Revelation written in this book, living in holy awe before This Name glorious and terrible, GOD, your God, then GOD will pound you with catastrophes, you and your children, huge interminable catastrophes, hideous interminable illnesses. He'll bring back and stick you with every old Egyptian malady that once terrorized you. And yes, every disease and catastrophe imaginable—things not even written in the Book of this Revelation—GOD will bring on you until you're destroyed.

**62** Because you didn't listen obediently to the Voice of GOD, your God, you'll be left with a few pitiful stragglers in place of the dazzling stars-in-the-heavens multitude you had become.

**63-66** And this is how things will end up: Just as GOD once enjoyed you, took pleasure in making life good for you, giving you many children, so GOD will enjoy getting rid of you, clearing you off the Earth. He'll weed you out of the very soil that you are entering in to possess. He'll scatter you to the four winds, from one end of the Earth to the other. You'll worship all kinds of other gods, gods neither you nor your parents ever heard of, wood and stone no-gods. But you won't find a home there, you'll not be able to settle down. GOD will give you a restless heart, longing eyes, a homesick soul. You will live in constant jeopardy, terrified of every shadow, never knowing what you'll meet around the next corner.

**67** In the morning you'll say, "I wish it were evening." In the evening



you'll say, "I wish it were morning." Afraid, terrorized at what's coming next, afraid of the unknown, because of the sights you've witnessed.

**68** GOD will ship you back to Egypt by a road I promised you'd never see again. There you'll offer yourselves for sale, both men and women, as slaves to your enemies. And not a buyer to be found.

**The Message (MSG)**

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