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SF770: Soul Care

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Personal and Family Inventory

My family has struggled with alcoholism, rage, shame, sexual immorality, and a religious spirit. All these sins impacted me as well as my two sisters deeply. It was ironic because my family was actually a family of leaders in our local church. My father was an elder and a God-fearing man. My mother was extremely diligent and fully given to the Lord. However, the symptoms of these sins rose to the surface because the roots were not dealt with.

My father grew up in an alcoholic family. My grandfather was a Korean man living under Japanese oppression and was trained to become a captain in the Japanese army. After the war, he went back to find his family and presumed them all dead. He lost himself in alcohol for several years and when my father's family and him reunited, he was a shell of himself. He was a hardened man; at one point, he was the literal Judo champion of Japan (when there was no weight class). But he lost himself in rage and alcohol. My father and his siblings were sent to live in America alone when he was 13. He experienced a lot of racism and grew up with a lot of anger and rage. My father and most of my uncles became hard alcoholics filled with rage. By the time he met my mother, he was a smoker, drinker, and gambler and did not know the Lord.

On my mother's side, sexual immorality and alcoholism were strong. My grandmother was raped and also eventually became the mistress of my grandfather. My mother and her siblings grew up in the second house. She was a very happy, free-spirited woman. But when she found out why people were always laughing at her and her family, she tried committing suicide (she was about 10). She said that the Lord saved her from the suicide attempt and she gave her life to the Lord. She wanted an

education but in Korea, women were not given the same rights as men. She told me she begged her father for finances to pay for schooling when she was 15. She said he made her beg on her knees outside the house all night and he did not come out once. After this, she said she made a promise to never ask for help ever again. She left home and went to America. She worked her way through school and eventually rose to become a top executive at Ernst and Young. Through the years, she developed a casual tendency to drink wine which got heavier and heavier over time. I'd qualify her as a functional alcoholic now. She sincerely loves the Lord and is genuine, just like my father. But we all know that He is doing a deeper healing work in all of them right now.

Sexual sin was prominent in my family. My parents had no affairs and lived for the Lord. But my siblings and I all dabbled in wild living. We all also grew a taste for alcohol and for me and one of my sisters, a hard reliance on it. She is still addicted. I am free from it. We all also enjoyed other substances like drugs and for myself, I loved cocaine and cigarettes. I have been freed from all addictions. I don't even drink alcohol anymore and the Lord told me not to smoke anything either (cigars as well, maybe I'll ask God again when I'm 50 if anything's changed). I don't miss it.

A lot of these symptoms of sexual sin were kept hidden until they couldn't be. I was heavily addicted to porn while still serving as a faithful leader in the Church. I eventually began to unravel in college and my sin manifested greatly. My oldest sister got pregnant from a man who left her. My second oldest sister also went in to wild living. We were all going wild one after the other. Through this time, I didn't diagnose it, but I know we all had thoughts of anxiety, depression, and suicide. I wanted to kill myself several times and almost bit off my tongue once.

Religious history wise, we all grew up in and still believe fully in God. It wasn't that we just believed in God either, we were very devout. My parents were both extremely faithful in their serving. They had their issues, yes, but they were also dangerous for the Kingdom. They served the Lord well,

evangelized every week and led many to Christ, they encouraged the Church with their passion and strength. My mother would wake up every morning and pray hard before long 14-hour days of work. My father would also wake up as well and be praying. Yes, they were emotionally unhealthy, but it's because they didn't have the luxury of healing that I have today. One thing I've realized as I've grown older is that they were really just fighting to survive and were doing the best they could in the ways they knew how. I have no bitterness towards my parents and am still filled with a lot of gratefulness. I know they have a genuine relationship with the Lord. And more than anything, I want to continue to contend for their freedom while they are here on Earth. Aside from Christianity, there were no other practices besides and no occult activity.

But, there was a lot of fighting, bitterness, anger, and grudge-holding in my family. The grudge-holding was evident in my parent's marriage. My father was not a Christian when my mother and him got married. All he told my mother was that he was open to going to Church. In the first few months of the marriage, he was okay, but she told me that one day he just exploded. And then he started just exploding and letting out his rage frequently. He did genuinely love her but he was insanely unhealthy and very rough around the edges in general. He's the kind of man that will speak his mind (sometimes unwisely) especially when he sees something that he thinks is unjust. My mother at heart is very gentle, and so they were very different in so many ways. After a few years, he was radically saved and he quit drinking, smoking, and gambling cold turkey; that's how he is, he's very all-in or not at all, black or white. I can relate with that. However, she still held much bitterness because their marriage was very difficult those first few years and even moving forward. This bitterness would very often leak out in every fight. I can recall so many different things that she would bring up again and again. My father would usually try to hold back, but it was like she was egging him on. Eventually he'd just explode like a volcano and then the tables would turn where she would begin saying he hasn't changed. Reflecting on this, it was very demonic behavior. But I usually observed this happening just about every week of my life. I deeply

appreciate them, but there were many memories where I would just be filled with so much frustration and hate towards them. There was lots of fighting and explosive rage and bitterness all the time. I eventually became intensely rage-filled. I would get to a place where I would see all red, hyper-ventilate, and have the strongest urge to destroy whatever was around me, people and objects included. I was delivered from this. I also took vows too to never be like or forgive my father. I renounced them. But I still can have tendencies towards hot anger. I usually sense things first in my gut. But even with anger, I used to feel this heat in my inner gut and then I'd just have this urge to erupt. The Lord has given me intense freedom in this area, and I am tasting the fruit of self-control through His spirit these days.

There was no violence in my family. However, I was sexually exploited as a younger child. My family attended a large church in Chicago when I was younger. I remember often being pressured by older guys into kissing older teenage girls when I was 6. I did not understand that this was wrong. I began to become hyper-sexual and sensitive to my body around this time, looking back this was not normal at all. I also engaged in manipulative, sexual behavior with various women in college. I did not commit rape but the spirit behind all of these was without a doubt, rape. I enjoyed manipulating and having power over women; I found that many women were drawn to me and this is truly not because I'm a super attractive guy. I know I used the discernment and leadership gifting God gave me for evil back then and I'm disgusted with my actions to this day. I would be lying if I said I don't feel residual shame from this. I'm still healing even from my own actions and failures. I've been transparent about this with many people, especially my wife. And I have made great strides in healing and deliverance. I have also set several safe-guards to never let myself in any area of compromise and full transparency has been key before God, my wife, and others. No secrets!

There have been no other sexual immorality, infidelity, perversion, or other sexual sin that I am aware of in the family tree. However, there has been a deep history of lying and secrecy. Stemming from

our culture, our family was taught that whatever happens at home stays at home. I've heard this phrase so many times. After an explosive fight, my father would look at me as a young child and demand my secrecy. I remember feeling like I was bearing the weight of our family on my shoulders. I eventually just grew up thinking that this was how it's supposed to be. Family first before everything, even our own healing.

Writing this inventory has been helpful in mapping out the patterns of sin in my family and understanding the origin of a lot of my wounding. I'm also thankful for how much the Lord has truly delivered me from myself. I look forward to continuing to process deeper healing, self-awareness, and walk into freedom while leading others there with me.