



## Community Church

### Relationship Revolution: Emotionally Healthy Spirituality

Going Back in Order to Go Forward

Week of January 22, 2012

This week we will consider our families of origin and coming to grips with how they have helped in formulated who we are. We will look at both the gifts and the “emotional baggage” these have created in our lives. *(Some ideas for this study have come from the Emotionally Healthy Spirituality Workbook)*

1. How would you describe the family that you grew up in? (For example, encouraging, negative, controlling, free, angry, distant, fun loving)
  
2. What are some of the strengths and challenges from growing up in your family of origin?

#### View Lifegroup: DVD Week #3

*The need to go back to go forward is defined in two biblical truths. First, the blessings and sins of our families going back two to three generations profoundly impact who we are today. Second, discipleship requires putting off the sinful patterns of our family of origin and relearning how to do life God's way in God's Family.*

#### **Read Genesis 39:1-23**

*Joseph is an example of a person who had a difficult family of origin. Out of jealousy and anger, his brothers sold him into slavery in Egypt. For the next 10 plus years he lives as a slave, is wrongly accused of rape and then imprisoned.*

3. Picture yourself in Joseph's position in prison. What types of feeling would you have about your family? Yourself? God?

#### **Read Genesis 50:15-21**

*Through God's providence Joseph ends up second in command in Egypt and during a famine his whole family including his Father come to live in Egypt. After his fathers' death the brothers begin to worry.*

4. In verses 15-21 what assumptions are Joseph's brothers making about him?

5. Read verses 19-21. In your own life story, how do the following quotes speak to you?

- “Don’t be afraid.”
- “Am I in the place of God?”
- You intended to harm me, but God intended it for good...”

**Digging Deeper –**

All of us have received life messages from our parents or caregivers. (get an education, money is everything, don’t trust people, etc) We have also had “earthquake” events (deaths, divorce, shameful secrets, etc)

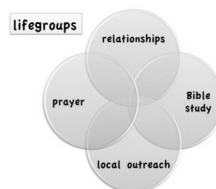
1. List the messages about life that you have received from

- Father (Caretaker)
- Mother (Caretaker)
- “earthquake” events in your family history.

2. What is the cumulative life message that all these have caused you to receive?

3. In what ways can you see the good God intends “in, through and, in spite of,” your family and past?

4. List two to three steps that God is asking you to take in the “hard work of discipleship” to work through your past? (Going Backwards in Order to Go Forward)



**(Optional Further Study)**

Book, Emotionally Healthy Spirituality, by Peter Scazzero  
*Walk to Jesus, with Jesus and others to Jesus. 1 John 2:6*