

**Relationship Revolution:
*Emotionally Healthy
Spirituality***

Going Back to Go Forward

Ephesians 4:17-24; Genesis 37-50

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1. The Problem of Emotionally Unhealthy Spirituality
2. Know Yourself that You May Know God
- 3. Going Back in Order to Go Forward**

Going Back to Go Forward

Ephesians 4:17-24; Genesis 37-50

Five Basic Needs for Healthy Development

The need for “place”

The need for “nurture”

The need for “support”

The need for “protection”

The need for “limits”

Going Back to Go Forward

Ephesians 4:17-24; Genesis 37-50

The Past Forms Us but Christ Transforms Us

Ephesians 4:17-21- Audience: Gentile Christians

Ephesians 4:22-24 – Three actions taking place
collectively and continuously

1) “Take Off – Old Self”

Old self formed primarily by family and events

2) “Made New – Attitude”

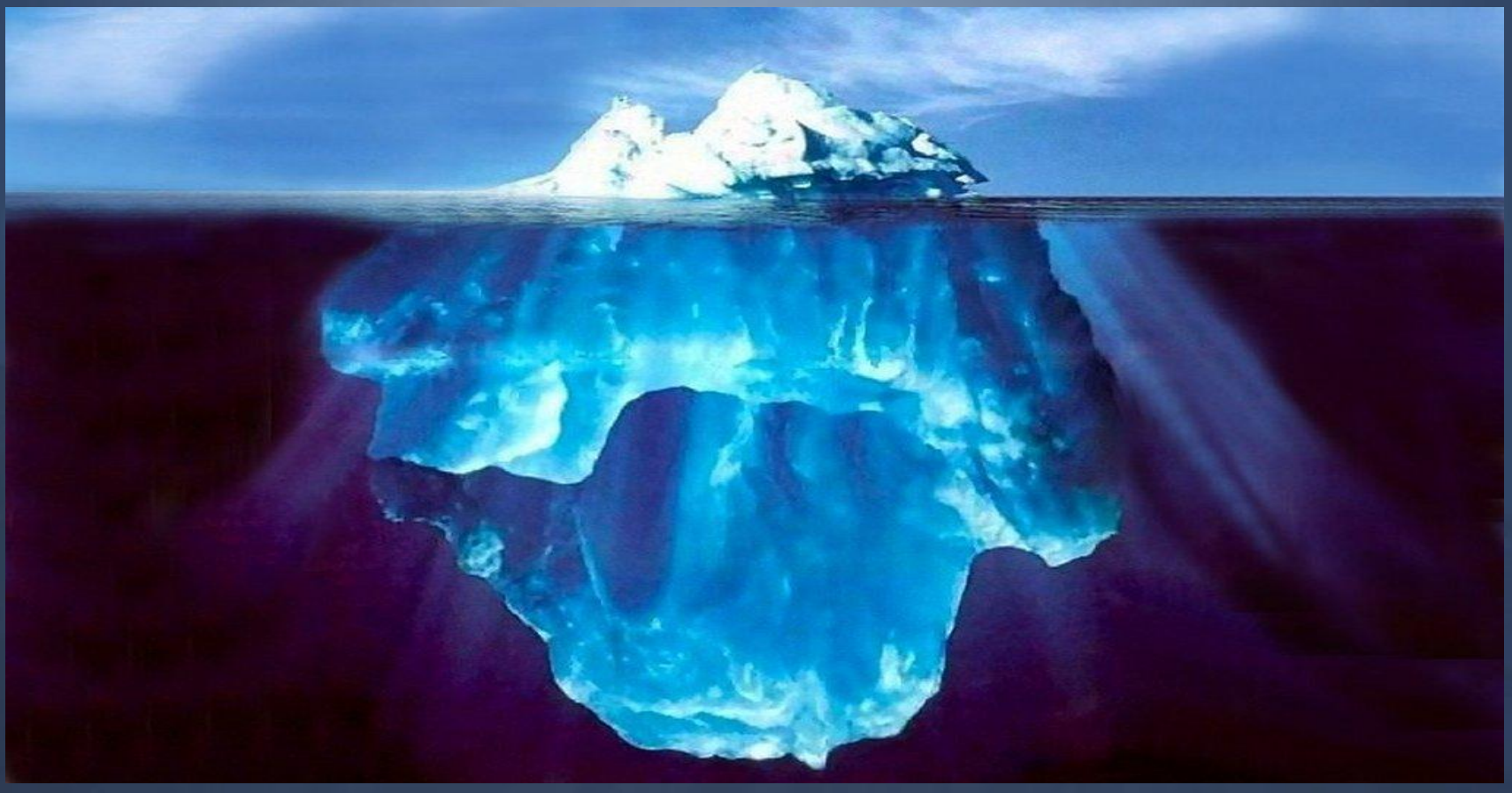
Mind - understanding (thought, feeling, will)

3) “Put on - New Self”

The “Real You” – in Christ

Iceberg Model

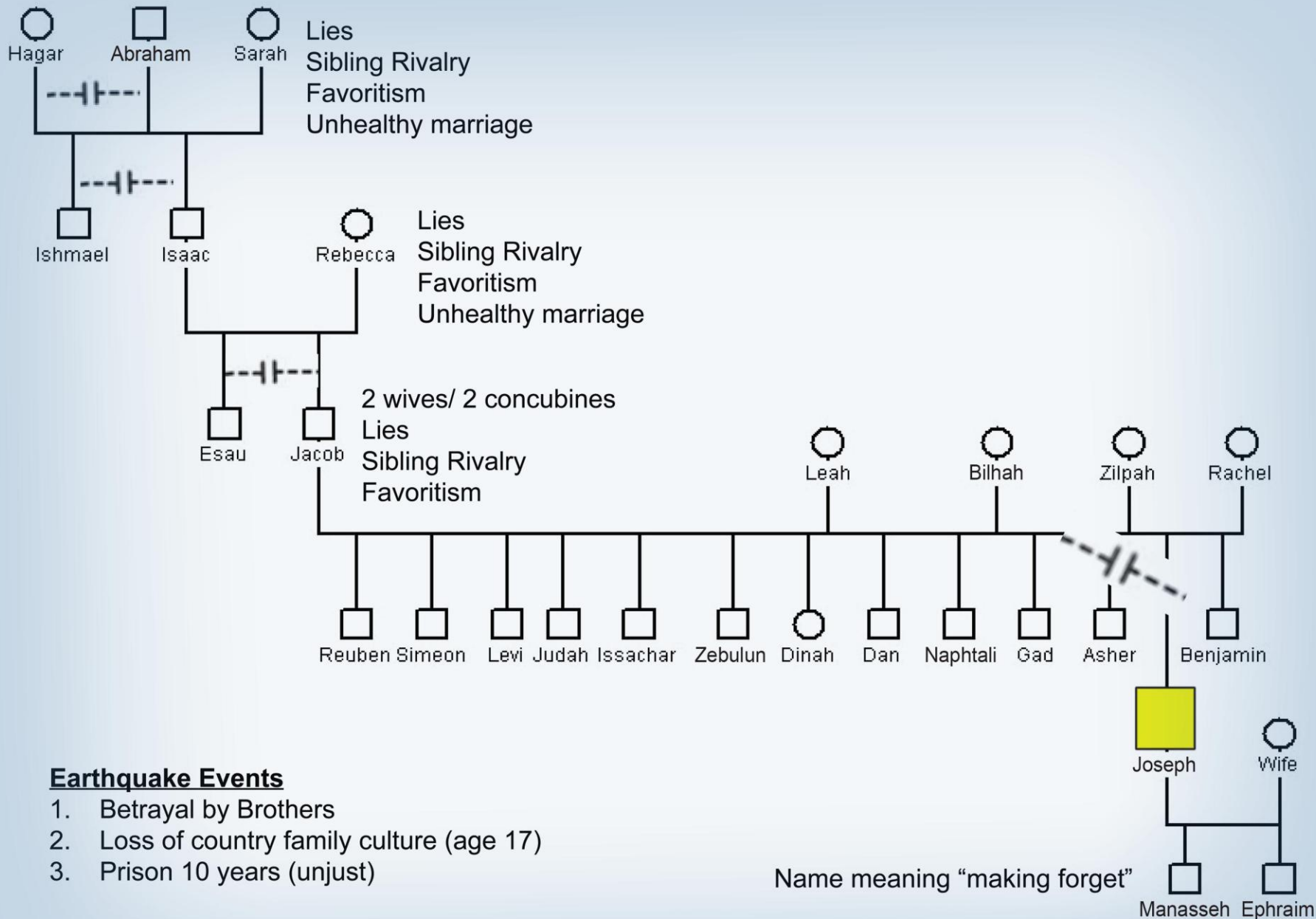
What Lies Beneath The Surface



LEARN INVEST FOLLOW EXPERIENCE **APPLICATION**

Going Back to Go Forward

- 1) Recognize the Impact of our Family of Origin and Major Events



Earthquake Events

1. Betrayal by Brothers
2. Loss of country family culture (age 17)
3. Prison 10 years (unjust)

Name meaning "making forget"

Name meaning "fruitful in land of suffering"

LEARN INVEST FOLLOW EXPERIENCE **APPLICATION**

Going Back to Go Forward

1) Recognize the Impact of our Family of Origin and Major Events

Joseph Recognized the Impact / Went Back

- Name of 1st Child – Genesis 41:51

Manasseh “forget”

Grieving with His Brothers – Genesis 45:1-2,5,8

LEARN INVEST FOLLOW EXPERIENCE **APPLICATION**

Going Back to Go Forward

1) Recognize the Impact of our Family of Origin and Major Events

2) Discern the Good God Intends “in, through and in spite of” our Family and Past

Genesis 50:20 - Joseph’s Core Truth – Our Calling
“But God”

Man’s evil plans do not derail God’s Story

LEARN INVEST FOLLOW EXPERIENCE **APPLICATION**

Going Back to Go Forward

- 1) Recognize the Impact of our Family of Origin and Major Events
- 2) Discern the Good God Intends “in, through and in spite of” our Family and Past
- 3) Do the Hard Work of Discipleship

Learning to live the truths of your new family

Learning to Grieve – Genesis 41:52