

# Emotionally Healthy Spirituality

## “How Your Family Tree Affects Your Life”

### Genesis 37-50 – September 6, 2015

#### Back to School Sermon Series

EMOTIONALLY HEALTHY SPIRITUALITY		
An 8-Week Sermon Series on Spiritual and Emotional Maturity		
Date	Message Title	Bible Text
Aug. 23	Emotionally Healthy Spirituality	1 Corinthians 13
Aug. 30	Becoming Your Authentic Self	Ephesians 4:22-25
Sept. 6	How Your Family Tree Affects Your Life	Genesis 37-50
Sept. 13	The Dark Night of the Soul	2 Corinthians 12:1-10
Sept. 20	Good Grief (The Inside Out Movie)	Book of Job
Sept. 27	Slowing Down to Be With Jesus	Psalms 46:10
Oct. 4	Learning New Skills to Love Well	Romans 12:9-21
Oct. 11	St. Benedict's Secret to Loving Christ Above All Else	Matthew 22:37-39

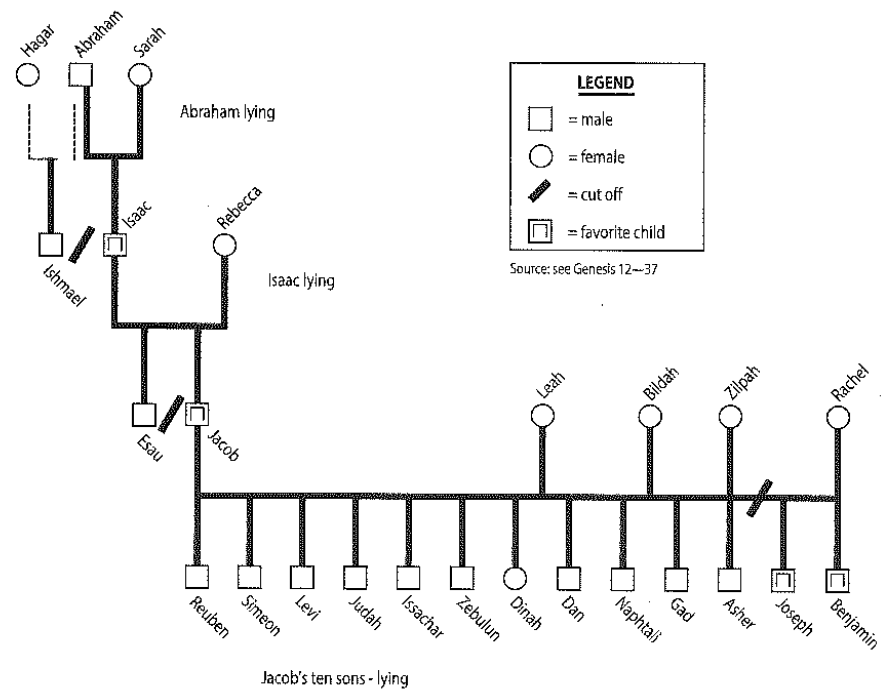
#### Today's Big Point

The blessings and sins of our \_\_\_\_\_ profoundly impact who we are today. Discipleship requires putting off the sinful patterns of our family of origin and \_\_\_\_\_ how to do life God's way in God's family.

- **Exodus 20:5-6** – You shall not bow down to (idols) or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate Me, but showing love to a thousand generations of those who love Me and keep My commandments.
- Jesus is in your heart, but Grandpa is in your bones!
- **Ephesians 4:22-24** – You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.
- God's family is a laboratory that God has provided for us to relearn how to do life God's way
- **Mark 3:33-35** – "Who are My mother and My brothers?" He asked. Then He looked at those seated in a circle around Him and said, "Here are My mother and My brothers! Whoever does God's will is My brother and sister and mother."
- **Ephesians 1:5** (The Message) – Long, long ago He decided to adopt us into His family through Jesus Christ.

#### Case in Point: Joseph (Genesis 37-50)

- Joseph's family tree



- Recurring sin patterns in Joseph's family tree (generational sins):
  - (1) \_\_\_\_\_ (Genesis 12:10-20; 20:1-18; 26:6-11; 27:1-29; 37:28-35)
  - (2) \_\_\_\_\_ (Genesis 21:1-14; 25:27-28; 37:3-4; 42:4)
  - (3) Sibling rivalry (cut off relationships) (Genesis 21:8-21; 27:30-28:9; 37:3-4)
- Joseph "put off" the sinful patterns of his family of origin and relearned how to do life God's way:
  - (1) Joseph "put off" lying and spoke the truth
    - Joseph spoke the truth regarding Potiphar's wife (Gen. 39:6-10)
    - Joseph spoke the truth to his brothers about how they hurt him (Genesis 45:1-15; 50:15-21)
  - (2) Joseph "put off" favoritism and treated his two sons as equals (Genesis 48:1-22; 50:22-23). Isaac only blessed one of his sons; Joseph sought to have both of his sons blessed (48:1).
  - (3) Joseph "put off" sibling rivalry and did the work of confrontation and forgiveness necessary to pursue healthy relationships (Genesis 45:1-15; 50:15-21).
  - (4) Joseph learned to trust God with all things (Genesis 50:20).

**Application #1** – Draw out your \_\_\_\_\_ (genogram) and then share it in detail with a few trusted people. Details to include when you share are:

- Describe each family member. What were they like?
- Describe your parents' and grandparents' marriages.
- How was conflict and anger handled in your family of origin?
- Are there any alcoholics (substance abusers) in your family tree? How did their alcoholism affect those around them? How did that affect you?
- How was sexuality talked about (or not talked about)?
- How was money handled?
- Were there any family secrets (out of wedlock pregnancy, abortion, incest, financial scandal)?
- Were there any traumatic losses? How are they talked about?
- Do you see any generational themes?
- Important: How has all of this affected you? How have these patterns surfaced in your life?
- Important: What are some areas where you need to relearn God's way in God's family?

Ideas: Share your family tree with...

1. A friend or accountability partner.
2. Your spouse.
3. A professional Christian counselor (yellow list on Care kiosk).
4. A trained prayer minister in Grace Fellowship's Freedom and Healing Ministry. To schedule (same gender) contact [pamalsheikh@outlook.com](mailto:pamalsheikh@outlook.com)
5. Your small group.
6. Your children in appropriate ways at appropriate ages. No secrets.

A Prayer to Break Generational Sins:

Lord Jesus, I bring before you my sins and the sins of my parents and ancestors. Specifically, I confess to you the sin of \_\_\_\_\_. On behalf of myself and my family I say I am sorry for this sin. I renounce this sin and turn away from it. I thank You for Your forgiveness secured for me and my family through Your sacrificial death on the cross, and I claim Your blood over this sin. Right now, in Jesus' name, I break the power of this sin over my family. I declare in Jesus' name that this sin stops here and may go no further. This sin will not continue in my children or grandchildren. Instead, I speak and declare blessing into my family line. I declare in Jesus' name that my children and grandchildren and great-grandchildren will be mighty men and women of God to the glory of the King of kings and the Lord of lords. Amen.

**Application #2** – Lord, I invite You to “\_\_\_\_\_” me. Please teach me Your ways in Your family. Some major areas where I need to “put off” my family of origin's way of handling things and “put on” God's way are:

	<b>Way Family of Origin Handled</b>	<b>God's Way of Handling in God's Family</b>
<b>Money</b>	<ul style="list-style-type: none"> <li>• Money is the best source of security</li> <li>• The more money you have, the more important you are</li> <li>• Yell about money</li> <li>• Use money to control</li> </ul>	<ul style="list-style-type: none"> <li>• Money is temporary</li> <li>• God is our Provider</li> <li>• All that we have comes from God. We thank Him. We give back to Him the first portion.</li> <li>• We tell our money where to go (budgeting)</li> <li>• We stay out of debt</li> <li>• We communicate truthfully and lovingly and regularly about money</li> </ul>
<b>Conflict and Anger</b>	<ul style="list-style-type: none"> <li>• Avoid conflict at all costs</li> <li>• Don't get people mad at you</li> <li>• Anger is dangerous and bad</li> <li>• Loud, constant fighting is normal</li> <li>• Explode in anger to make your point</li> <li>• Sarcasm is an acceptable way to release anger</li> </ul>	<ul style="list-style-type: none"> <li>• Speak the truth in love to one another</li> <li>• If someone hurts you, tell them (speak the truth)</li> <li>• If you hurt someone, apologize</li> <li>• Forgive each other</li> <li>• Anger is a God-given emotion but most also be under the control of God's Spirit</li> <li>• Don't stuff things under the rug</li> <li>• Use your words</li> </ul>
<b>Sex</b>	<ul style="list-style-type: none"> <li>• Sex is not to be spoken about</li> <li>• Women are for men to use</li> <li>• Pornography is OK</li> <li>• Sexuality in marriage will come easily</li> <li>• Sex is bad, wrong, dirty</li> </ul>	<ul style="list-style-type: none"> <li>• Sex is God's creation and is very good</li> <li>• Sex can and should be talked about within the context of relational trust</li> <li>• God designed sex for the marriage relationship</li> <li>• Sex is complicated but good</li> </ul>
<b>Grief and Loss</b>	<ul style="list-style-type: none"> <li>• Sadness is a sign of weakness</li> <li>• Don't allow others to see you grieving</li> <li>• Get over losses quickly and move on</li> <li>• You are not allowed to be depressed</li> </ul>	<ul style="list-style-type: none"> <li>• Grief and sadness are God-given emotions that should be felt and processed</li> <li>• Grief is part of the healing process of a loss</li> <li>• Mourn with those who mourn; rejoice with those who rejoice</li> <li>• God wants to use others to help you in your grieving journey and healing journey</li> </ul>

- Dave Ramsey's "Financial Peace" is a great place to learn how to handle money God's way. <http://www.whatisgrace.org/careministry>
- Parents: For talking to pre-teens about sex, I highly recommend Stan and Brenna Jones' "God's Design for Sex" series (4 books) and Dennis and Barbara Rainey's "Passport to Purity"
- Recommend: Grief Share. <http://www.whatisgrace.org/careministry>