

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	Psalm 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

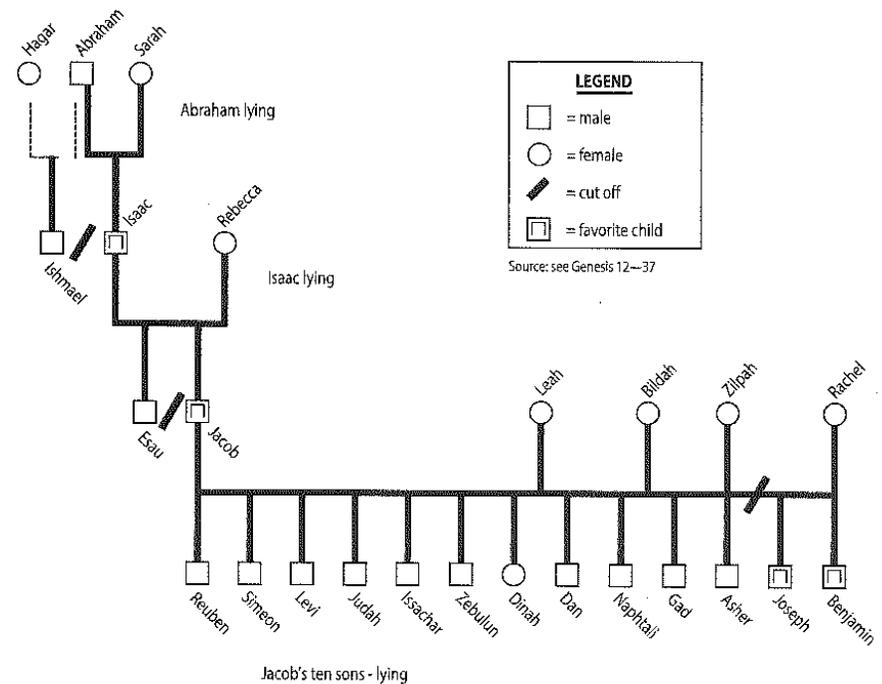
Today's Big Point

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
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:

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

- 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>