

Life Group Preparation Notes:
Emotionally Healthy Relationships
Session 3 - Genogram Your Family

In preparation for Life Group:

Watch Vimeo: Session 3. Watch the session at home in preparation for life group.

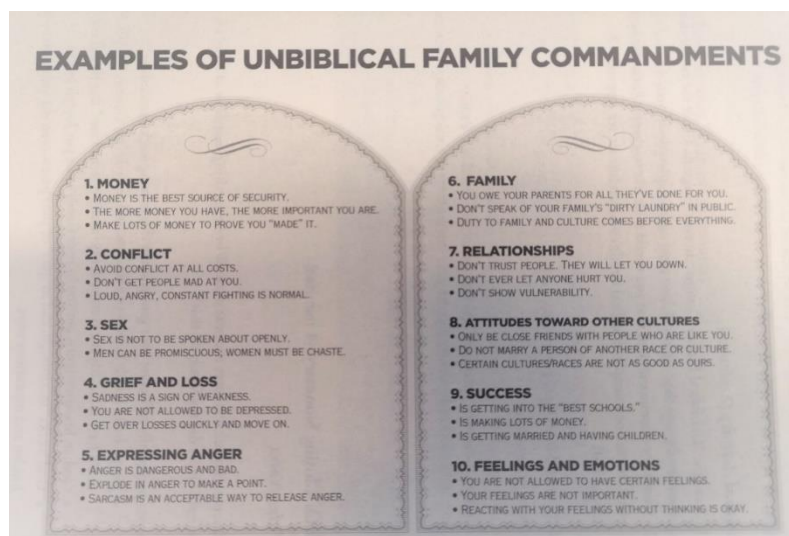
<https://vimeo.com/332669286> (Password for the vimeo link is: EdgeChurch). Make notes as you watch. Share one phrase that impacted you most from the video.

Notes from the video - have them with you when watching the video:

Genogram Your Family:

- A genogram is a visual tool to help us look at the history and dynamics of our family over three or four generations.
- The purpose: To become aware of and to break the sinful pattern in your family of origin in order to live out your God-given purpose in the world.
- **Two Biblical Truths about Families:**
 1. The blessings and sins of our families have an impact lasting for at least three to four generations.
 - “He punishes the children...for the sin of the fathers to the third and fourth generations.” (Exodus 3:4-7)
 - The Hebrew word for punish means “tends to be repeated”. What happens in one generation often repeats itself in the next.
 2. Becoming a Christian is to be birthed into a new family and a new culture.
 - When we come to Christ, we are birthed and adopted into God’s family.
 - Discipleship is learning to do life in Jesus’ family.
 - This is hard work...Why? Jesus may be in your heart, but grandpa lives in your bones.

Look at the sample chart of Unbiblical Family Commandments:



Complete the questions below on genogram:

1. List the life messages you received from each of your parents or caretakers (ex: Don't be weak. Education is everything. You must achieve to be loved. Don't be sad; things could be worse. Make a lot of money. Don't trust people they will hurt you.)
2. List any "earthquake" events that sent "aftershocks" into your extended family. (ex. Abuse, premature or sudden deaths/losses, divorces, shameful secrets revealed.)
3. Review the three separate boxes and summarise what messages about life/yourself/others you internalized. Then fill in the middle box, "Cumulative messages I received".

Father (Caretaker)
Messages received
about life:

Mother(Caretaker)
Messages received
about life:

**"Earthquake" events in
family history:**

Cumulative messages I received:

Group Time:

Worship: Suggested song is "Here as in Heaven" By Elevation Worship. Listen to the words of the song and pray back to God a phrase that stands out to you.

Pray: Take 2 minutes of silence to "be still and know that I am God." Psalm 46:10. Then pray prayers of thanks for His presence.

Check-in: Share what was considered “success” in your family growing up. How did that impact you?

Purpose: To break destructive patterns you repeat from your family.

Key Principle: We can only change what we are aware of.

Introduction: “The New Testament describes becoming a Christian as a spiritual rebirth through which we are adopted into a new family - the family of Jesus. God does forgive the past, but he does not erase it. We are given a new start, but we still come in as babies drinking milk and are expected to grow up and become mature adults who love well.

We all come into the family of Jesus with brokenness and wounds from being born into a broken world and imperfect families. God’s intention is to heal us, but we must first become aware of what needs to be changed in us.

Discipleship, then, must include honest reflection on the positive and negative impacts on our family of origin as well as other major influences in our lives.

This is hard work. But the extent to which we can go back and understand how our history has shaped us will determine, to a large degree, our ability to break destructive patterns and grow in love toward God and people.”

Bible Study: Mark 3:31-35

Group Discussion:

1. Describe the type of people that were circled around Jesus inside the house.
2. What does Jesus’ words mean to you: “There are my mother and my brother, anyone who does God’s will is my brother and sister and mother.” (verse 34-35)?
3. We are not focusing on our positive legacies in the following exercise due to the tendency to avoid looking at the negative aspects of our families.
4. Read the “Unbiblical Family Commandments” diagram. Share with the group the two or three commandments that you think have most negatively impacted you.
5. Choose one “commandment” that you would most like to change and tell the group which it is and why.
6. Share what one or two insights are you learned regarding how your family has impacted who you are today from the Cumulative questions or Earthquake events above.

Check-out and Prayer:

Reflect on these two experiences (the Genogram and Unbiblical Family Commandments) and complete this sentence:

I am beginning to realise that_____

Pray around in a circle for one another to trust God with the broken parts of the past and how He wants to make something beautiful of the future.

Application:

- As you prayerfully reflect on your genogram in the coming week, remember:
 - Joseph had a family history of pain, loss, and tragedy (see Genesis 37-50). He could have said, “My life is ruined. My family wrecked me.” But he did not.
 - God, in His sovereignty, put you in your family as he put Joseph in His.
 - God works “in, through, and in spite” of your past - even the very worst - in hidden and mysterious ways.
- Before the next session, practice the Community Temperature Reading, Stop Mind Reading, and Clarify Expectations skills from the previous 2 weeks at least once.
- Review your genogram at least once during the next week, asking the Holy Spirit to show you other insights he might have for you.
- Meet with your life group partner to share insights from your genogram.
- Print your notes and add them to your file. Bring your file to life group each week.

Others:

Watch for opportunities to share with others an aspect that has been meaningful to you from this session.

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