

EMOTIONALLY  
HEALTHY



RELATIONSHIPS

THE AUTHENTIC — YEAR OF COMMUNITY

## **Understand Your Family of Origin**

Exodus 34:6-7 & Mark 3:31-34

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We must understand our family of origin. We have to go back in order to go forward.

The blessings and sins of our families going bad two to three generations profoundly impact who we are today.

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.

### **Exodus 34:6-7**

And the LORD passed by before him, and proclaimed, "The LORD, the LORD, a God merciful and gracious, slow to anger, and abundant in lovingkindness and truth, keeping lovingkindness for thousands, forgiving iniquity and transgression and sin; and that will by no means clear the guilty, visiting the iniquity of the fathers upon the children, and upon the children's children, upon the third and upon the fourth generation.

### **NOT SAYING:**

- Generational curses
- God will punish you for something your grandpa did

### **Deuteronomy 24:16**

Parents are not to be put to death for their children, nor children put to death for their parents; each will die for their own sin.

### **Ezekiel 19:20**

The one who sins is the one who will die. The child will not share the guilt of the parent, nor will the parent share the guilt of the child. The righteousness of the righteous will be credited to them, and the wickedness of the wicked will be charged against them.

"Each generation's failures makes the next generation's environment in which they grew up even more difficult to be

faithful to YHWH and because of that it's like the compounding interest of sin and destructive family habits keep accumulating over the generations.”

- Tim Mackie

“Unfortunately, it is not possible to erase the negative effects of our history. This family history lives inside all of us, especially in those who attempt to bury it. The price we pay for this flight is high. Only the truth sets us free.”

- *Emotionally Healthy Spirituality*

“What is passed is not the trauma itself, but its impact... Silence is the key mechanism by which trauma in one generation is communicated to the next. We are accustomed to think of silence as an absence of sound, but it functions in families in much more complex and confusing ways. Silence can communicate a wealth of meanings. It is its own map: Don't go there; don't say that; don't touch; too much; too little; this hurts; this doesn't... Silence...co-occurs with numbers of other phenomena. Shame, a painful affect in which one feels exposed as 'fundamentally deficient in some vital way as a human being' is one of them.”

- Kaethe Weingarten, *Witnessing the Effects of Political Violence in Families: Mechanisms of Intergenerational Transmission and Clinical Interventions*

Becoming a Christian is to be birthed into a new family.

## **Mark 3:31-34**

Then Jesus' mother and brothers arrived. Standing outside, they sent someone in to call him. A crowd was sitting around him, and they told him, "Your mother and brothers are outside looking for you."

"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."

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.

### **The Key Principle:**

We can only change what we are aware of.

- How did your family process anger?
- How did your family do sadness and grief?
- How did your family talk about money?

Our story is composed of three things—events, emotions (surrounding the events we experienced) and interpretations (what we think we learned from the events and emotions of our lives). Events and emotions don't become a story without an interpretation. Our interpretation is the script of our lives.

- Plass & Cofield, *The Relational Soul*

### **Genesis 50:19-21**

But Joseph said to them, “Don’t be afraid. Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. So then, don’t be afraid. I will provide for you and your children. ” And he reassured them and spoke kindly to them.