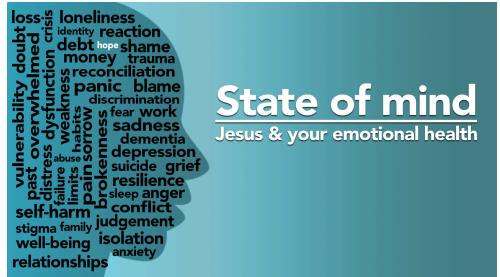


2: Break the power of the past

Those who follow Jesus become new, they are transformed, converted, renewed, "born again". As Paul writes, "if anyone is in Christ, the new creation has come: The old has gone, the new is here!" (2 Cor 5:17)



Our family of origin is the single most powerful and formative influence that has shaped the person we are today.

Our families are our first training ground in how to respond to situations emotionally.

"Our emotional response to anything is a collage of our personality, upbringing, selfimage, worldview, experiences, and beliefs." -Matthew Elliott

To be adopted into God's family does not erase the past. We all come into the family of Jesus with past hurts and brokenness. God's intention is to heal our brokenness and send us out a broken world as "wounded healers."

We are grateful for the positive influences our families have had. We are also grateful that any negative influences can be healed, transformed and used by God for his kingdom. Discipleship, therefore must include honest reflection on the positive and negative impact of our families of

origin as well as the major influences in our lives.

Questions

What characteristics have you inherited from one of your parents that you appreciate?

What is a characteristic that you know is unhealthy or a weakness?

What are/were your families views on:

Money, Success, Faith, Marriage, Sex Gender roles, Expressing emotion, Loss, grief, depression

If you were to draw out your family tree or a family portrait, what characteristics tend to be repeated?

How you inherited behaviours or emotional responses that are contrary to the kingdom of God?

How has your family shaped you? What has been handed down to you?

What other influences in your life have helped or hindered you?

To continue the conversation, share in your small group

How does your family rate in the following?

	Good	Average	Poor
Respect for each other			
Developing skills and talents			
Express love and compassion			
Boundaries and Discipline			
Self-Image			
Kingdom Values (1 Cor 13:4-8, Gal 5:22-23)			
Time together			
Good Habits			

Church is a place where people bring their emotional baggage, past experiences and assumptions and then try to live as “family”.

What challenges does this present to living as a people who choose to follow Jesus and seek to worship God in our everyday lives?

To continue the conversation, share in your small group