

BECOMING LIKE JESUS: PRACTICE ONE

DEALING WITH OUR PAST (1/16-1/22)

LEADER GUIDE

EAT (If your group is eating)

ANNOUNCEMENTS: Member Meeting 1/23 4pm - Dinner provided, Envision 2/19 (signup)

WEEK ONE

If there are new people who weren't there last week, feel free to take a few minutes to hit the high points and how MC will operate this season (mention opting-in situation). Otherwise get started

Hand out guides & practices

Leader: This week we are getting things started by listening to a podcast together on Family of Origin by the Allender Center. As we listen together, jot down one or two things you would like to talk about together as a group.

[PODCAST LISTEN](#) (23 MINUTES)

DISCUSSION (10 MINUTES)

1. Share one of the thoughts or questions you had while listening to the podcast?
2. As you listened, did anything make you think of your own family?
3. How does thinking & talking about your family of origin make you feel?
4. If natural conversation doesn't include the concepts/quotes below, take a few minutes to read the quote and have some discussion around it.

"Our sense of self—our proclivities and desires and identity—arise within the matrix of the complex world of abuse and trauma, of heartache and goodness, of joy, of victory, of all sorts of things. We are not, on the other hand, merely a complex bundle of determinism. We are not just a compilation of cultural and familial expectations. We are co-created by God, by our families, and in our own interaction with God and with others, we shape a sense of who we are. But we need to take into account how our family of origin has opened the door to who we are."

"We need to understand that honesty is not dishonor. [...] Naming what is true is simply creating a context where we can own the reality of what we became, how we chose to respond, the unique advantages and disadvantages of being in our home. All that needs to be seen as not dishonoring."

GENOGRAM OVERVIEW (5 MINUTES)

Leader: The first part of getting started is for us to learn how to create our own family genogram (family map), so go ahead and open your genogram workbook and we will watch a short video on how to make our genogram and then we will overview the first four exercises together.

Watch the [Family Genogram Tutorial](#).

As far as the genogram goes, the first step is to just get them filled out as far as we can (ideally 3-4 generations). We will start adding the additional symbols as we go.

EXERCISE OVERVIEW (10 MINUTES)

Leader: Now that we have explored how to make our own genogram we will walk through the first four practices - which we will be doing between now and the week of 1/30.

A few notes:

- On page 2, there's a list of questions to help you navigate the next few weeks of Practice. Don't feel like you need to answer them all. Maybe tackle a few each week. Each week, you'll start to have "aha" moments of revelation. When those come, write them down in a journal or your workbook, and share them with somebody in your Community.

EXERCISE 1: KEY EVENTS

- Fill out the four boxes of key events:
- In "Trauma" write in any traumatic moments in your own life - the death of a parent or sibling, a divorce, growing up in poverty (or wealth), a childhood disease or accident, moving often, etc. You're looking for key events that shaped you in ways you might not yet have realized.
- In "Redemptive Moments" write in any redemptive moments in your own life - getting saved in high school, getting into your dream college, your parents getting sober, moving to a new city or school where you discovered something you loved, a best friend, etc. You're looking for key events that Jesus has used for good in your life.
- In the second column, do the exact same thing, but for your family going back 3-4 generations. Under "Trauma", put things like the premature death of a grandparent, a family scandal, etc.
- Under redemptive moments, put things like an ancestor coming to follow Jesus, etc...
- Remember: you're trying to identify key events that may have played a shaping influence on you who you are and who you have become.

EXERCISE 2: GENERATIONAL SIN

- List out any generational sin in your life *and* in your family going back 3-4 generations. For example, things like alcoholism, fits of rage, adultery, abuse, etc.
- If you feel safe, this can be a healthy conversation to have with a sibling, parent, or grandparent.
- When you finish your list, before you move on, ask the Father, "Are there any generational sins I'm missing here?"
- Pause for a moment and remember the death of Jesus on your behalf, to "forgive us our sins and purify us from all unrighteousness." (1 John 1v9)

EXERCISE 3: GENERATIONAL BROKENNESS

- List out any generational brokenness in your life *and* in your family going back 3-4 generations.
- "Brokenness" is a much larger category that includes anything outside of what God intended in the beginning. These are not necessarily issues of morality or right and wrong. For example, things like premature death, disease, infertility, miscarriages, addiction, obesity, mental illness, eating disorders or unhealthy relationships with food, poverty, wealth, or cult practices such as Freemasonry or Scientology, etc.

- When you finish your list, before you move on, ask the Father, “Is there any generational brokenness I’m missing here?”
- Pause for a moment and remember this line from Paul’s letter to the Romans: “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” (Romans 8v28)

EXERCISE 4: GENERATIONAL SINS AND BROKENNESS THAT I CARRY FORWARD

- Now it’s time to put it all together.
- Look over your lists of generational sin and brokenness. Write down anything that you carry forward in your own life.
- Spend some time in prayer over each item on the list. Make time to confess these before the Father, asking God for forgiveness or asking for and receiving His grace.
- Ask the Father, “Is there anything you want to say about these sins in my life” Remember, conviction is from the Holy Spirit, but shame and guilt are *never* from God. Silence the voices of shame and guilt in your heart and mind.
- Pause for a moment and sit in this declaration of God’s name from Exodus: “The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the third and fourth generation.” Realize that the number one description of God’s character is “compassionate.” Sit in the reality that God’s baseline emotion toward you is mercy.
- If you’re up for it, share this list with your Community or a close friend that you trust. Don’t go on this journey alone!

WORK THROUGH THESE DISCUSSION QUESTIONS (10 MINUTES)

1. Any thoughts, creative ideas, or feedback on this coming week’s Practice?
2. Have you ever thought about sin in your own life going back to your parents’ lives? Or your grandparents’ or great-grandparents’ lives?
3. Do you live under any kind of fear of how your sin will effect your children (if you have children)?
4. When we talk about this sort of thing, how does everybody feel about going on a journey like this as a Community? Scared? Excited? Unsure? Ready to bolt for the door?

Leader Note: Be sure to remind folks that additional resources (sample genogram, digital guide and genogram workbook, relevant reading, list of local counselors, and coping skills), can be found at redemptionchurchga.com/mcguides.

CLOSE IN PRAYER (5-10 MINUTES)

Make space to spend real time praying for one another and the coming exercises.

Content adapted from practicingtheway.org