

Emotionally Healthy Relationships

Genogram the Family part 2

Discipleship that changes your relationships with others

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8 Necessary Skills

1. Clean Fighting
2. Ladder of Integrity
3. Incarnational Listening
- ~~4. Explore the Iceberg~~
5. Genogram Your Family part 4,2
- ~~6. Stop Mind Reading~~
- ~~7. Clarify Expectations~~
- ~~8. Community Temperature Reading~~

Each skill must be built upon.



“Our family messaging shapes internal values we may or may not be aware of that continue to impact us today”



What we talked about

- The impact of the internal messages from our fathers, mothers, selves, and earthquake events in our childhood

Homework

- Review your family messages
- Prayerfully ask God for an additional insights or false messages you may have received

Are there any new insights from your family messaging that you would like to share with the group?

Let's consider Joseph's family story:

1. What assumptions are the brothers making about Joseph in verse 15?
2. Why do you think Joseph weeps in verse 17?
3. Joseph breaks the normal way his family deals with hurt and conflict by forgiving. How might you have responded in you were in Joseph's shoes?
4. Joseph responds in 19-21 with 3 things: Don't be afraid, Am I in the place of God?, You intended evil, but God meant it for good.

Which one speaks to you the most and why?

Genesis 50:15-21 ▾ King James Version ▾

15 And when Joseph's brethren saw that their father was dead, they said, Joseph will peradventure hate us, and will certainly requite us all the evil which we did unto him.

16 And they sent a messenger unto Joseph, saying, Thy father did command before he died, saying,

17 So shall ye say unto Joseph, Forgive, I pray thee now, the trespass of thy brethren, and their sin; for they did unto thee evil: and now, we pray thee, forgive the trespass of the servants of the God of thy father. And Joseph wept when they spake unto him.

18 And his brethren also went and fell down before his face; and they said, Behold, we be thy servants.

19 And Joseph said unto them, Fear not: for am I in the place of God?

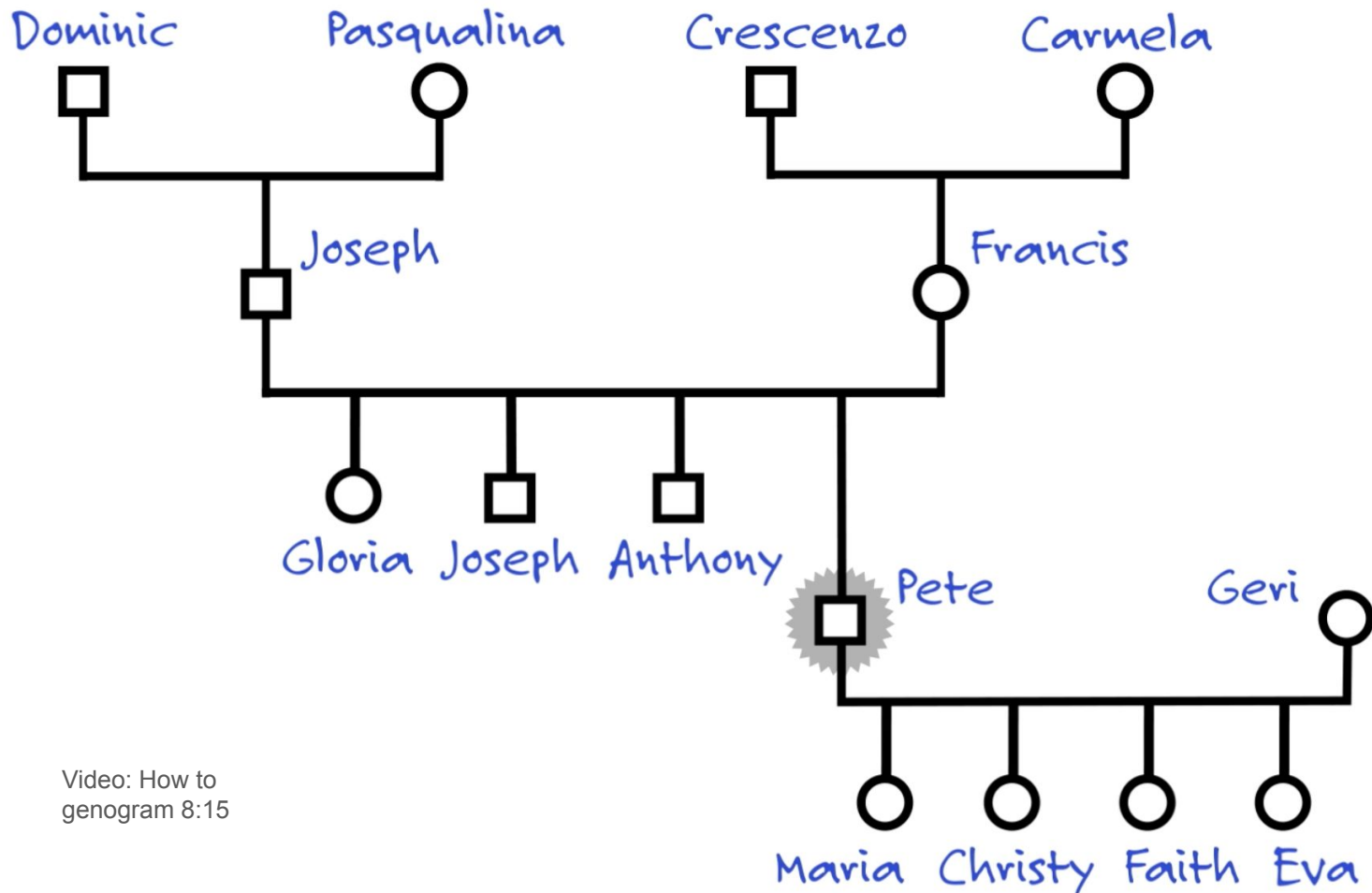
20 But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.

21 Now therefore fear ye not: I will nourish you, and your little ones. And he comforted them, and spake kindly unto them.



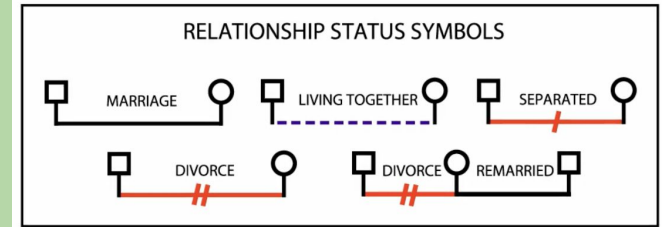
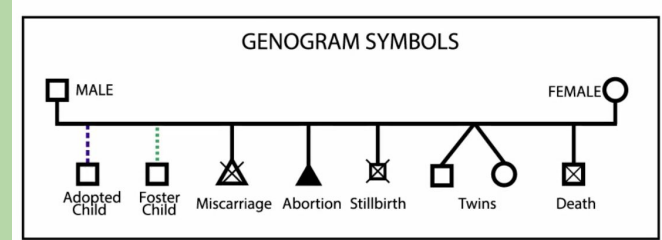
Family Genogram:

“a visual representation of a families structure and relationships”



Video: How to
genogram 8:15

RELATIONSHIP	RELATIONAL DYNAMICS	SYMBOL
Conflicted	A consistent pattern where issues do not get resolved between people.	
Cut Offs	People in the family stop talking to one another or avoid contact.	
Distant/Poor	Low or minimal emotional connection between family members.	
Enmeshment	Pressure is created for family members to think, feel and act alike. There is low tolerance for people to be separate, to disagree, or be different.	
Abuse	A severe crossing of personal boundaries - whether it be sexual, emotional, or physical, severely injuring the dignity and humanity of another.	



THEMES

Cutoffs

Overworking

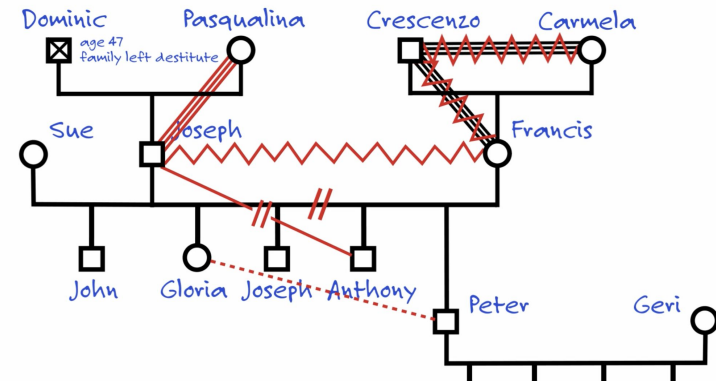
Abandonment

EARTHQUAKE EVENTS

Cousin with down synd.

Anthony joins cult/cut-off

Cousin kill





Question:

What patterns or behaviors do you notice in your extended family? Are these same patterns happening in your family?



Question:

What is one thing you could start today to change an undesired pattern or behavior? What spiritual discipline do you need to modify or start?

Money: steward of God's money; be generous as God allows; live within your means; no unnecessary debt

Conflict: do not avoid conflict; learn to negotiate; learn maturity in conflict; fight cleanly

Grief and Loss: your grief is important to God; grieve and don't ignore; practice patience with God in times of loss

Success: become the person God intends you to be; learn from failures; live in humility depending on God

Positive Family Messages

Family: thank God for your family; unlearn sinful patterns; do life differently with Jesus' family

Relationships: live peacefully with all men; respect differences; receive God's love so you can give God's love

Feelings: pay attention to emotions; pray and consider feelings before acting; use emotions to mature and love others

Anger: ask why; do not stuff or project anger; do not let the sun go down on your anger



What we did

- Reviewed previous lessons
- Analyzed Joseph's family story
- Mapped a 3-generation family genogram

Homework

- Observe your behavior over the next week. When something seems out of order, ask yourself, "How did my family do that?"

Next week: Pastor Hedrick
Incarnational Listening