

## Breaking the Power of The Past

Emotionally Healthy Spirituality, is about breaking the power of the past, and defeating regrets, and discouragement. It is about \_\_\_\_\_, not denial or illusion.

We all must be aware of the fact that we have a certain amount of “emotional baggage” in our journey through life from our families.

“ \_\_\_\_\_ ” frees us to live joyfully in the future.

When the Bible uses the word “family,” it refers to our entire extended family over three or four generations.

This is generational dysfunction. What happens in one generation (not always) but often repeats itself in the next.

Family patterns in the past are played out in the \_\_\_\_\_.

Study: Read: Exodus 34:6,7 -- Matthew 10:37

Jesus knew our families were flawed, and our relationships and patterns of loving are broken due to \_\_\_\_\_.

The way to break the cycle of sin is to accept Jesus Christ as Lord and Savior. Then you are transferred into a new family---  
---the body of Christ.

Our views about success, authority, sexuality, race, cultures, marriage, gender roles, and how to express anger we learned growing up in our family.

The great news is that your biological family of origin does not determine your future. God does!

Study: John Chapter 3:1-8; Ephesians 1:3-10; Mark 3:33-35 Matthew 10:37-39

\_\_\_\_\_ is putting off the old sinful patterns and habits of our biological families and being transformed to live as members of Christ family.

This transformational process is central to abundant living in Christ’s family.

Christ intention is that we grow up into \_\_\_\_\_ men and women transformed by the indwelling presence of Christ.

God declares we are lovable. We are good enough in Christ!

Study: Luke 15:21-24

God’s intention is that our churches are to be places where, slowly but surely, we are re-parented in doing life Christ’s way.

Unhealed wounds open us to habitual sin against God and others. \_\_\_\_\_ people \_\_\_\_\_ people.

As we are transformed by love, the whole of our spiritual lives is finally about surrender and obedience to God’s perfect will.

We are free. We are operational. We are missional. We are disciples.