

EHS3

Breaking the Bonds of Family Brokenness

A Triad is made up of three people at LWF who seek to *encourage, discern, and intercede* in each other's lives.

The goal is to become friends who meet weekly to help each other be apprentices of Jesus: learning to live with Him, become like Him, and walk in His ways. This is done in the power of the Holy Spirit, who is the transformative presence of Jesus in us.

In today's Triad meeting, we will discern how we have overcome brokenness from previous generations, encouraging one another to embrace the freedom from bondage found only in Christ.

Use the schedule below as a basic guideline, not a rigid framework.

0:00 – 0:10 Catch Up and Check In – How is everyone doing?

0:10 – 0:15 Cover Basic Logistics

- Does the schedule over the next weeks work for everyone?
- Any concerns or questions for your triad leader to relay to the LWF team?

0:15 – 0:20 Open with Scripture (2 Corinthians 5:17-21), a 30-second period of silence/personal reflection, and then Prayer

¹⁷ Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. ¹⁸ All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation; ¹⁹ that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting to us the message of reconciliation. ²⁰ Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God. ²¹ For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

0:20 – 0:55 **Discern: Breaking Free From Strongholds**

The third chapter of *EHS* echoes the first part of your Triad experience; your Story informs your present and future growth in Christ. But more than simply telling your Story, this chapter seeks to help you identify generational patterns and sin in your family line as a way to invite Christ's freedom. Reflecting honestly on past sin in your family and in you can be difficult and even emotionally taxing. Please pray Christ's comfort and healing for one another (silently) as each of you share your thoughts.

- At the risk of being redundant with past sessions of your Triad, take a few minutes to briefly describe the atmosphere in your home, from childhood through adolescence. Why was the atmosphere this way? Did you tend to go along with the atmosphere or seek to change/rebel against it?
 - Using the model on pp. 90-91, on what level would you place your family while growing up?
 - If you had to use just three words to summarize your childhood/youth home's atmosphere, which words would you pick?
 - As you think through the family atmosphere and the category in which you placed your family, what impact does the atmosphere and the boundaries (or lack thereof) still have in your life today? What aspects of your childhood home's atmosphere exist in your current home?
- What emotions are you experiencing as you've spoken about this time in your life and as you've listened to the others in your Triad share their experience?
- Read over Scazzero's list of "emotional bags" carried over from his family of origin on pp. 86-87. Do you identify with any of this "baggage"? If not, are there "emotional bags" that surfaced in your mind as you read through this chapter or discussed the atmosphere of your childhood home just now?



For some of us, identifying sin in our parents or grandparents is relatively easy because the brokenness was so visible. Such sins may include addiction, racism/bigotry, anger/violence/abuse, divorce, Godlessness, etc. Other sin, however, may be less perceptible because of its private nature or social acceptance. Such sins may include gluttony, pride, bitterness, unforgiveness, a critical spirit, perfectionism, self-reliance, self-doubt, “success” idolatry, etc. (see also the list of values in the illustration on p. 78) Even more difficult, if we had little to no contact with a parent or grandparents, or don’t really remember much about them, we may be unable to identify what sins existed in our family of origin, outside a work of God or the testimony of others who know them better than you.

- What temptations or sin patterns have you battled in your past that you are fairly certain exist(ed) in your parents, grandparents, and/or in their parents?
- If you have children, what sin patterns from your life or family do you sense the enemy is using or may attempt to use to deceive them in their lives?
- To what extent, if any, do you discern you’ve been able to break free from one or more generational sins through the power of Jesus’ healing?
 - What areas of generational sin do you discern have yet to be addressed or still need Jesus to address more acutely?

0:55 – 1:10

Encourage: Finding Freedom From Sin In Christ

A few weeks ago in your Triad, we discussed a healthy framework for discipleship. On page 83, Scazzero offers another aspect of how we should follow Jesus: “Discipleship is the putting off of the sinful patterns and habits of our families of origin and being transformed to live as members of Christ’s family.” On the same page, he goes on to write, “In God’s family, success is defined as being faithful to God’s purpose and plan for your life.”

As mentioned in the last Triad meeting, our value is not found in what we do, what we have, or in what others think about us. God loves us for who we are. His love for us is unconditional. He knows more about the nuances of your generational sin and the sin in your life than you do and still loves you, regardless.

You are blessed to be a blessing.

- How does Christ’s power to free us from past brokenness empower us to live faithfully for Him in the present?
- In what ways do you seek to consistently remind yourself of the freedom from sin (both generational and personal) that you have in Christ Jesus?
- What does faithfulness to God’s purpose and plan for your life in the present season look like over this next week? The next month?

1:10 – 1:20

Intercede: Praying for One Another to Close

Based on the discussion and final questions of the previous section, pray for one another. As you pray, don’t restrict yourself to the stated prayer requests alone, but allow yourself to be guided by the Spirit (i.e., *discern!*) to pray for God to work in one another’s life. Pray God would meet opportunities for growth with Christ’s transformation by the power of the Spirit. Intercede, seeking God’s best for one another. *Ask God to do what only He can do.*



1:20 – 1:25

Preview Your Next Triad Meeting

Before your next Triad meeting, **read chapter four of *Emotionally Healthy Spirituality***. Pray for one another as you read and consider your next Triad discussion.

Optional: Attached is a worksheet for building your own genogram, as demonstrated on pp. 84-88 of *EHS*. Building a visual of your own genogram may prove helpful to you, especially if you found it difficult to address questions regarding your family's past during today's discussion. If your Triad prefers, you could take your next discussion to review one another's genograms and discuss what themes you discovered, if any.





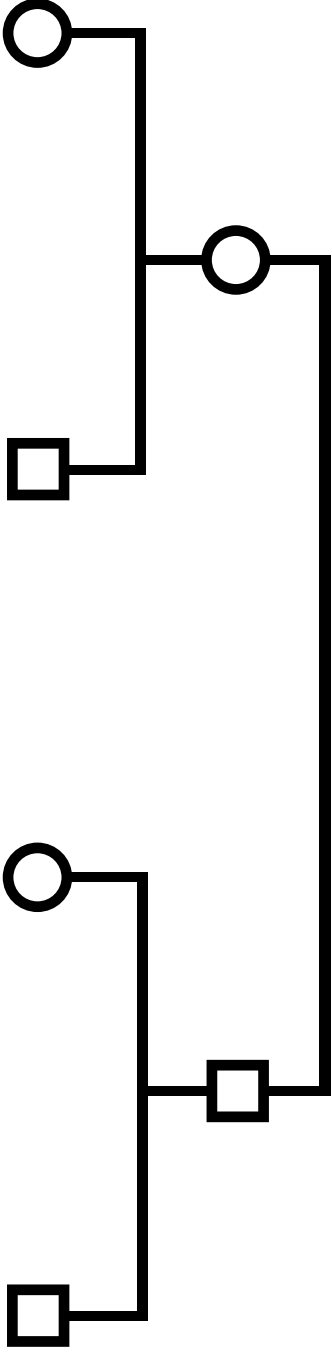
TEAM TRANSFORMATION
VIDEO SERIES

PETE SCAZZERO

EXPLORE YOUR GENOGRAM

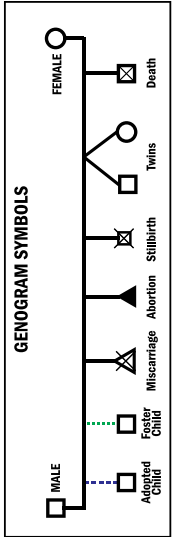
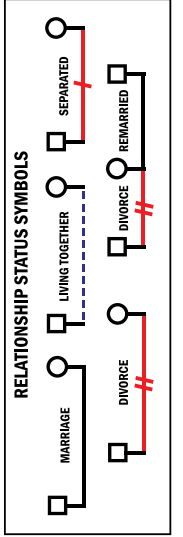
Become Leaders who
Go Back to Go Forward

A Genogram Experience to
Build a Deeply Changed Church



GENERATIONAL THEMES

"EARTHQUAKE" EVENTS



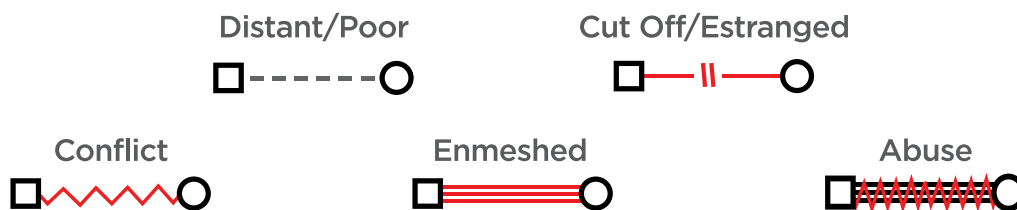
Genogram Worksheet

We look at our families, not to find fault, but to get a realistic picture of what unhealthy patterns might be blocking our growth and maturing in Christ. We are not focusing on our positive legacies in this exercise due to the limits of time.

Fill in 1 - 3 through the eyes of your childhood (8 to 12 years old):

1. Next to each family member (parents, grandparents, siblings, and children) write down 2-3 adjectives describing them.
2. On the lines between your parents describe their marriage(s). Describe your grandparent's marriages, and then your own marriage (in 2-3 words).
3. Use the symbols from the chart below to describe the relationships between your family members.

Emotional Relationships Legend



Distant/Poor: Low or minimal emotional connection between family members.

Cutoff/Estranged: Family members avoid communication or contact.

Conflict: Issues don't get resolved.

Enmeshed: Pressure is created for family members to think, feel, and act alike. For example, you are expected to attend a family event and you do so in order not to deal with someone else's disapproval.

Abuse: Severe crossing of personal boundaries, injuring the dignity and humanity of another — whether it be sexual, emotional, or physical.

4. On the right side of your paper, note generational themes. (*For example, addictions, affairs, losses, abuse, divorces, depression, mental illness, abortions, children born out of wedlock, etc.*)

5. Beneath that note "earthquake events" in your family history, i.e. events that significantly impacted the family. (*For example, premature deaths, abuse, suicide, war, cancer, business collapse, affairs, immigration from another country, etc.*)

Take a step back and consider your genogram:

- 6.** What might be one or two insights you are becoming aware of in terms of how your family (or any earthquake events) impacted who you are today?