

E.H.R. #3 – FAMILY 2Corinthians 5:14-20

04/29/2018
Sunday a.m.

SLIDE 1 – EHR – CONTINUATION OF EHS

- Emotionally Healthy Spirituality → spiritual maturity REQ emotional maturity
- Emotionally Healthy Relationships → mature Christian discipleship & healthy/mature interpersonal interactions
 - Focusing on discipleship & life-transformation
 - Contending for EHS & EHR – as much as depends on us

SLIDE 2 – RELATIONSHIPS: FROM BROKENNESS → WHOLENESS

- Relationships in the family of Jesus – from **brokenness to wholeness**
 - Defensive, no self-awareness, isolation, blame, anger issues, fearful, self-absorbed, addiction, dishonest vs.:
 - Approachable, self-aware, calm (no fits), take responsibility, delight or joy, courage, selfless/giving, free, honest

SLIDE 3 – EMOTIONALLY HEALTHY – RELATIONSHIPS

- Discipleship, interpersonal interaction → Relating to each other – godly way
- Fully mature as measured – in Christ... growing up – **Ephesians 4:11-16**
 - Context for maturity/maturing is *always* relationships with others
 - Living in truth with self & others

SLIDE 4 – IN THE FAMILY...

- Biblical understanding of family – multi-generational/3 generations
 - E.g. “I Am the God of Abraham, Isaac, & Jacob...”

SLIDES 5-14 – 2CORINTHIANS 5:14-20; 5:17-19 ESV

SLIDE 15 – NEW IN CHRIST #ADULTING

- What happens when we are adopted into the family of God, through Christ?
- The ramifications of being “in Christ” →
 - Think in terms of family of origin, heredity, family traits
 - Not the blood of biology – blood of Christ
 - Beyond physical resemblance → behaviors, patterns, bondages, etc...
 - Christian discipleship → be becoming fully mature/Christ-like
 - Off w/the old, on w/the new → thoughts, behaviors, patterns, traits
 - Dig to explore family patterns/mark/avoid sin patterns → pursue Christ
 - “How family shaped me” – breaking destructive patters
 - Bible examples/Louie examples
 - Abraham & Isaac – lied about wife being sister; Jacob – ‘deceiver’
 - Broken relationships, divorce, affairs, money/debt issues, addiction, self-destructive living, anger issues, etc...
- We’re Italian/Irish/Scottish etc... - ‘the story of our family’ –
 - “This is just how we are”
- New life in Christ = #HARDWORK

SLIDE 16 – FIGHT THE PARADOX

- Battling the paradox: *BELIEVING* in God's grace, love, forgiveness – LIVING as though it is irrelevant/not applicable to me
- Throwing off the old, putting on the new – often will be the shapings of my FOO
 - What if it feels like I'm betraying my FOO by identifying these things?
 - Why should I work through these things? Aren't they just WHO I AM?

SLIDES 17-19 – LUKE 14:25-27

SLIDE 20 – JESUS: LORD & SAVIOR

- Key part of discipleship = putting Christ first/above all others
- Hebrew concept of love/hate – “let go” – **Matthew 6:33** – **Seek 1st**

SLIDE 21 – GENOGRAM – FOO = FAMILY OF ORIGIN

- Ancestry.com – 23andme.com – reviewing the family tree
- Grandparents (both sides), Parents, me & my siblings
 - Still married/stayed married?
 - Divorce, affairs, relational issues (cut off from family, disowned, anger issues, finances, addiction, workaholism, etc...) ?
 - Remarried? – how many times? What characterized relationship?
- DIG: What are the familial, inborn, hereditary/passed on to me patterns/habits that could get in the way of me growing in Christ?
 - Vs. “it's under the blood” – forgiven, yes. But it still needs to be addressed
 - Why focus on negative legacy vs. the positive? (we ignore, minimize the negative & usually don't address it sufficiently)
- What are 1 to 2 lessons I can learn from FOO? How does that impact me?
 - Work of discipleship – living God's way, resisting family patterns

SLIDE 22 – MY FAMILY'S TEN COMMANDMENTS

- What are my FOO commandments/traits in these 10 areas:
- Money, Conflict, Sex, Grief/loss, Expressing anger, Family, Relationships, Attitudes towards other cultures, Success, Feelings/emotions
 - How do I do _____ in the family of Jesus?
 - Discipleship – what does God say about _____ ?
- Couple weeks of living life w/mindfulness
 - As I experience issues of life – reflections – how did FOO deal with this?
 - Becoming aware: working through with counselor, therapist, mentor, coach (healing relationship)
- Every family broken w/sin issues
 - Will I be faithful to God when the crap is hitting the fan?
 - God wastes nothing – wounded healer

SLIDE 23– WHAT AM I DOING WITH THIS?

SLIDE 24 – PRAYER IS AVAILABLE