

REAL Relationships – Part 2

Pastor Rick - 2/14/21

Icebreaker: Share a bit about your grandparents. What adjectives would you use to describe them?

Scripture: Matthew 7:1-5; Mark 3:31-35; Ephesians 1:5

Assessment: Check with the group to see if more people had a chance to do the assessment and ask if anyone will share something that they learned from it.

Discuss:

1. Discuss the quote from Pete Scazzero: “While we are affected by powerful eternal events and circumstances through our earthly lives, our families are the most powerful group to which we will ever belong.” Do you agree? Why or why not?
2. What messages did you receive about parenting? Gender roles? Marriage? Race and racism? About sex and sexuality, about God? About feelings, and anger, conflict?
3. Read aloud Mark 3:31-35. Imagine the scene as Jesus’ mother and brothers arrive at the house. Try to picture yourself as part of the story.
 - a. Where do you find yourself? What are you feeling?
 - b. Describe the qualities of those circled around Jesus inside the house.
 - c. How do you hear Jesus’ words, “Here are my mother and my brothers! Whoever does God’s will is my brother and sister and mother” (verses 34-35)?

Application

1. Take some time this week and reflect your family’s commandments: How have they impacted you and your relationships today?
 - The cost of ignoring the impact of our past on our present life is costly...
 - When our family’s values or invisible scripts are contrary to the teachings of Jesus.
 - In God’s family success is defined as being faithful to God’s purposes in this life. Matthew 6:33
 - God intends that his new community of people (the church) to be a place where we are set free!
2. Complete your family’s Genogram. What are one or two insights you learned regarding how your family has impacted who you are today? Reflect and individually complete this sentence: “I am beginning to realize...”
3. Observe your behavior over the next week. When something seems out of order ask yourself, “How did my family do that?”
4. Continue with spending time alone with God in silence. Consider setting a group goal and check in with one another next week (agree to spend __ number of minutes in silence with God daily).

Close in prayer remembering that God in his sovereignty put you in your family. He works “in, through and in spite” of your past—even the very worst—in hidden and mysterious ways. God wants to take your past and give you a great future. May we trust God to take all the broken parts of our history and create something beautiful with our lives that we can offer to the world.

Unbiblical Family Commandments

1. MONEY

- Money is the best source of security.
- The more money you have, the more important you are.
- Make lots of money to prove you “made” it.

2. CONFLICT

- Avoid conflict at all costs.
- Don't get people mad at you.
- Loud, angry, constant fighting is normal.

3. SEX

- Sex is not to be spoken about openly.
- Men can be promiscuous; women must be chaste.

4. GRIEF AND LOSS

- Sadness is a sign of weakness.
- You are not allowed to be depressed.
- Get over losses quickly and move on.

5. EXPRESSING ANGER

- Anger is dangerous and bad.
- Explode in anger to make a point.
- Sarcasm is an acceptable way to release anger.

6. FAMILY

- You owe your parents for all they've done for you.
- Don't speak of your family's “dirty laundry” in public.

- Duty to family and culture comes before everything.

7. RELATIONSHIPS

- Don't trust people. They will let you down.
- Don't ever let anyone hurt you.
- Don't show vulnerability.

8. ATTITUDES TOWARD OTHER CULTURES

- Only be close friends with people who are like you.
- Do not marry a person of another race or culture.
- Certain cultures/races are not as good as ours.

9. SUCCESS

- Is getting into the "best schools."
- Is making lots of money.
- Is getting married and having children.

10. FEELINGS AND EMOTIONS

- You are not allowed to have certain feelings.
- Your feelings are not important.
- Reacting with your feelings without thinking is okay.

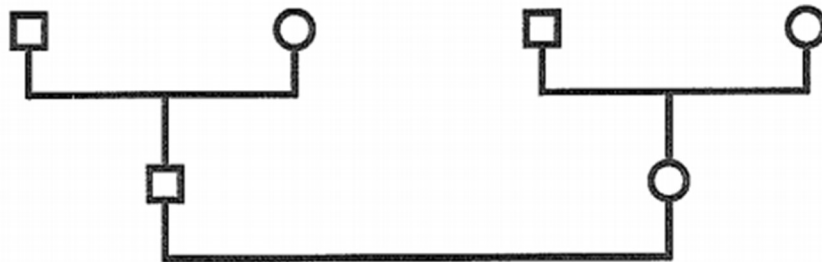
GENOGRAM WORKSHEET

Material by Pete & Geri Scazzero

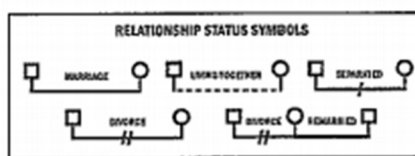
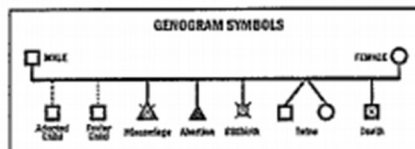
We look at our families, not to find fault, but to get a realistic picture of what was healthy and unhealthy so we can grow, heal, and mature into our authentic selves in Christ. We are not focusing on our positive legacies in this exercise due to the limits of time, as well as our tendency to avoid examining the negative aspects of our families.

Fill in your answers through the eyes of your childhood (8-12 yrs 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 below to depict the relationship between family members. Use the legend below and draw line symbols to connect family members.



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 hurting the dignity and humanity of another.	



THEMES

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