

REAL Relationships – Part 3

Pastor Rick - 2/21/21

Icebreaker: What's the coldest place you have been?

The Purpose: To become aware of your emotions, with the goal of processing them and discerning God's will. Human beings are like icebergs—10% is above the surface and visible; 90% is below the surface and invisible.

Scripture: Matthew 7:1-5; Proverbs 4:23; Mark 7:14-23; Ephesians 3:14-20; Psalm 22

Discuss:

1. Read aloud Psalm 22:1-2, 12-14. Try to put yourself in David's shoes (and in Jesus' place, as these verses also refer prophetically to his death on the cross).
 - Name a few of the emotions David may have been feeling as he wrote this psalm.
 - If David visited your church and shared what he wrote in this text, how might you respond?
 - How might your prayer life change if, like David, you could bring to God what is actually in you and not what you think should be in you?
2. Pete Scazero shares three truths about emotions:
 - Unprocessed emotions don't die.
 - Healthy community requires that people know themselves.
 - Feelings help us discern God's voice.

Think of a time in the past 24 hours when you experienced strong emotions. Ask yourself: How is God coming to me through how I'm feeling?

3. Pastor Rick shared, "The ultimate purpose is to allow the Gospel to transform ALL of who we are, both above and below the iceberg. The result--we will be better lovers of God, of others, and even ourselves." How is your view of the Gospel growing and evolving?

Application:

1. Take some time this week and reflect on the following questions:
 - What are you angry about (from past or present)?
 - What are you sad about (a small or big loss, disappointment, or choice)?
 - What are you anxious about (money, future, family, health, job)?
 - What are you glad about (a relationship, an opportunity, your church)?
2. Complete your family's Genogram. What are one or two insights? Reflect and individually complete this sentence: "I am beginning to realize..."
3. Continue 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. While we can't see all that God can, we continue to trust His work in our lives.

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.

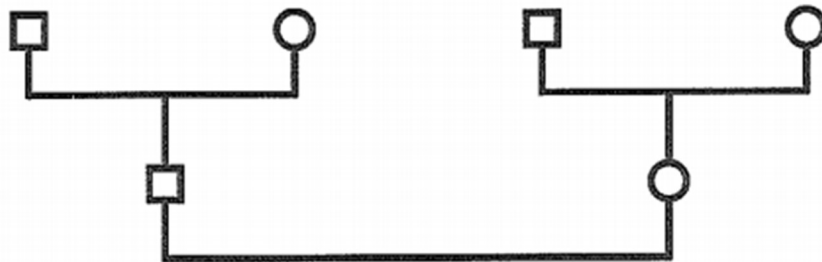
GENOGRAM WORKSHEET

Material by Pete & Geri Scazzero

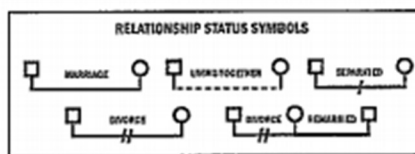
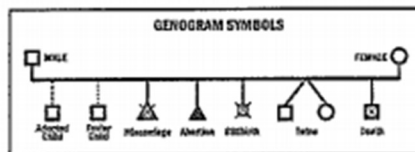
We look at our families, not to find fault, but to get a realistic picture of what was healthy and unhealthy so we can grow, heal, and mature into our authentic selves in Christ. We are not focusing on our positive legacies in this exercise due to the limits of time, as well as our tendency to avoid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

EARTHQUAKE EVENTS