



Week 7- “Overcoming Family Sin Patterns”

In this series we are asking the questions: Why do we not change sometimes? Why as Christians do we have a hard time growing and bearing the fruit that comes from the Gospel? We are discovering that all of us have weeds and thorns that get stuck in our hearts that are choking out the seed of the Gospel and the life and fruit in it. In this week’s message, we explore the idea that sometimes thorns get stuck in our hearts that we inherit from our family and the culture we grew up in. Paul invites us to an honest evaluation of this idea and shows us what Christ did to help us overcome the patterns that keep us stuck.

1. What stood out to you from the message?

Read Ephesians 2:11-20 and Ephesians 3:14-18

2. What sin patterns have you seen in your family?

3. Have you been able to honestly admit these patterns and how they manifest themselves in your life?

4. What vows have you personally made around these patterns?

5. Can you see where you grasp for control or where fear may be driving you in these areas? If not, would you be willing to ask God to help you see them?

6. Why is it important to be honest with yourself, God, and others concerning these patterns?

7. Is a feeling of shame strengthening the patterns in your life?

8. Do you need help in breaking the power of shame in your life? If so, are you willing to get the help you need?

9. What does it practically look like to train your soul to re-live the Gospel everyday?

10. What would it mean to you to find freedom from the thorns in your heart?

Are you willing to begin asking God what family sin patterns are stuck in your heart? The beauty of the Gospel is that because of what Christ has done we have the ability to surrender these things to Him and allow what He has done to define who we are instead of the brokenness that we inherit. Jesus willingly was sent far away from God so that we could draw near and find freedom in Him. We no longer have to stay stuck in the old sin patterns that get passed down from generations and we can allow Him to break the cycles that keep us stuck.