

NOTES: Emotionally Healthy Discipleship
Breaking the Power of the Past, October 22-23, 2021

“For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, “Abba! Father!” The Spirit Himself testifies with our spirit that we are children of God, and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him so that we may also be glorified with Him.” (Romans 8:15–17, NASB95)

A core issue of discipleship is that our past has an effect on our ability to follow Jesus completely in the present.

Abraham, Isaac, and Jacob

- A pattern of lying
- Parent favoritism
- Dysfunctional sibling
- Poor intimacy in marriage.

1. Acknowledge how the blessings and sins of your family going back 3-4 generations impacts you today.

- Spiritual and moral compromise
- Sexual sins
- Unresolved conflicts

2. Recognize we are birthed into a new family. The family of Jesus.

We get a new heart, new nature, and a new spirit.

“Then I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your filthiness and from all your idols. “Moreover, I will give you a new heart and put a new spirit within you; and I will remove the heart of stone from your flesh and give you a heart of flesh. “I will put My Spirit within you and cause you to walk in My statutes, and you will be careful to observe My ordinances.” (Ezekiel 36:25–27, NASB95)

3. Put off the sinful patterns of your family of origin and culture, and learn how to do life in the new family of Jesus.

“But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory, both now and to the day of eternity. Amen.” (2 Peter 3:18, NASB95)

- Get a great future out of your past
Name and tame the negative patterns in your family. Be honest
Pull out the positive blessings that has been handed down to you!(p. 184)
- Break the power of the past in every area of your life

Reflective Questions

How has my family of origin blessed my life now, and what must I reject?

What patterns in my life are from my past, and I need to stop repeating?

Am I still walking in the sins of the past today? I need to repent and ask forgiveness and forsake this sin.

Take time to think and praise Jesus for how far you have coming in the new family of God?

What is your next step in your love for Jesus?

Sermon Discussion Questions: Emotionally Healthy Discipleship
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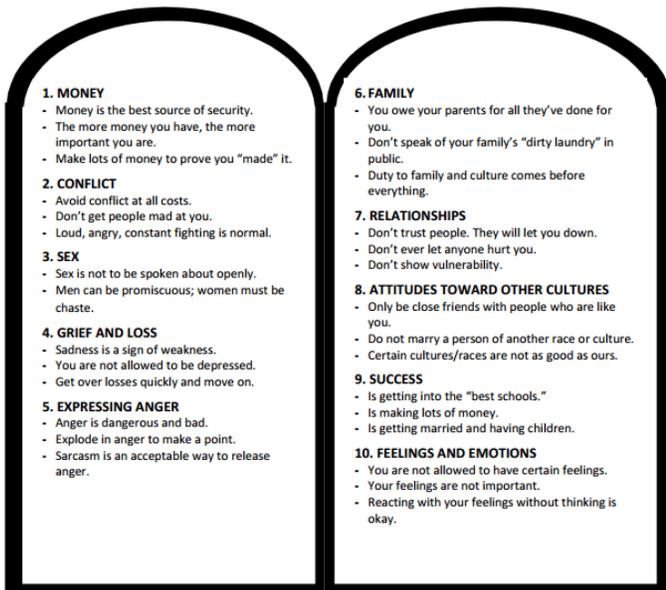
“For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, “Abba! Father!” The Spirit Himself testifies with our spirit that we are children of God, and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him so that we may also be glorified with Him.” (Romans 8:15–17, NASB95)

1. What was your family like growing up when you were 12 years old?
2. What are some of the unspoken messages you received growing up?
3. Read the above verse from Romans. When did you come into the new family of God? When was your “adoption”?
4. If you could describe your family with just 3 words, when you were 12 what would it be?

5. Read this verse together. What are the new things we receive in Christ?

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6. Looking at the pic below, Do any of these look familiar? What things from your growing up family, is hardest to change in your life? What is a challenge to put off?



7. As we grow in our love for Jesus, what is Jesus speaking to you right now? What power over you from your past needs to be broken (see pic again)