

1 - Functional family	place defined by role	relational glue is getting stuff done
2 - Dramatic family	drama brings them together	relational glue is drama
3 - Traumatic family	enduring racism, poverty, abuse, etc	relational glue is surviving trauma
4 - Chaotic family	lack of adult leadership, free for all	relational glue is chaos
5 - Moralistic family	tends to have someone who keeps family in line	relational glue is the rules
6 - Authoritative family	stay out of the way of the enforcer	relational glue is the enforcer
7 - Emotionally entangled	caregiver(s) use children as source of emotional stability	kids are source of relational glue
8 - Mature interdependent	each are an individual and still connected	always sense of love

10 Descriptors of Relational Health

- 1) receptive vs reactive
- 2) resilience vs rigidity
- 3) aware vs unaware
- 4) responsible vs blaming
- 5) differentiated vs enmeshed
- 6) empathetic vs detached
- 7) strong vs fragile
- 8) stable vs unstable
- 9) realistic vs idealistic
- 10) imagination vs stale

10 Spiritual Qualities of Health

- 1) God is for me vs against me
- 2) gratitude vs complaining
- 3) content vs dis-ease
- 4) virtue (Spirit) vs vice (flesh)
- 5) trust vs mistrust
- 6) hope vs despair
- 7) mind of Christ vs mind of world
- 8) humility vs pride
- 9) love vs self-centeredness
- 10) desire and longing vs apathy

Sin - repent and receive forgiveness

Wounds - acknowledge and receive
healing

Weaknesses - own so others can
forebear with me

Cultivate Contemplative Disciplines

Purpose of disciplines is to integrate our conscious and unconscious selves with the gospel

- 1) Solitude and Silence**
- 2) Contemplative Reading of Scripture and Prayer**
- 3) Sabbath**
- 4) Friendship**