

Emotionally Healthy Relationships

Part 3-Understanding Your Family History

Consider the family of Jesus...

Then Jesus' mother and brothers arrived. Standing outside, they sent someone in to call Him. A crowd was sitting around Him, and they told Him, "Your mother and brothers are outside looking for you."

"Who are my mother and my brothers?" he asked.

Then he looked at those seated in a circle around him and said, "Here are my mother and my brothers! Whoever does God's will is my brother and sister and mother."

Mark 3:31-35 NIV

Two Biblical truths about families...

1. The blessings and sins of our families have an **IMPACT** lasting for at least three or four generations.

"...He punishes the children and their children for the sin of the parents to the third and fourth generation." Exodus 34:7 NIV

- The Hebrew word for *punish* means "tends to be repeated".

2. Becoming a Christian is to be birthed into a **NEW** family and **NEW** culture.

Yet to all who did receive Him, to those who believed in His name, He gave the right to become children of God—children born not of natural descent, nor of human decision or a husband's will, but born of God. John 1:12-13 NIV

- When we come to Christ, we are birthed and adopted into God's family.

Key Thought: We cannot CHANGE what we are not aware of. God brought the Israelites out of Egypt but He couldn't take Egypt out of the Israelites.

Consider the example of Joseph...

1. Joseph had a family history of pain, loss and tragedy. (See Genesis 37-50)
2. God, in his sovereignty, put you in your family as he put Joseph in his family.
3. God works "in, through, and in spite" of your past—even the very worst—in hidden and mysterious ways.

Final Thought: God wants to take your PAST and give you a great FUTURE out of it.

What will it take for you to trust God to take all of the broken pieces of your history and create something beautiful with your life that you can offer to the world?