Emotionally Healthy Church

Break the Power of the Past

Abraham had a baby with the wrong woman (Gen 16).

Isaac tried to give the Blessing to the wrong son (Gen 27:1-3).

Jacob tricked his father into giving him the blessing (Gen 27:5-41).

He was then tricked into marrying the wrong woman (Gen 29).

* When God made a Promise to Abraham (Gen 12:1-3), how much trouble was he getting into? How much trouble was he getting into with us?
* How much of God’s work with us is healing us and getting us spiritually healthy (Eph 4:13-15)? Why does he grow us up at the same time he expects us to do his work in this world?
* How much of your life is deeply affected by your family? How is that good? How is that bad?
* What people in your family and past have been/are impossible for you to be around? How has your walk with the Lord made that more possible? What are you hoping and praying for in those relationships?
* How traumatic was the Flood on Noah and his family Gen (9:21)? How traumatic was the crucifixion on the disciples (Luke 24:37)?
* How have ‘earthquakes’ - traumas - in your life shaped you?
* Have you identified them?
* Have you shared them with those closest to you?
* Do they dominate you as much as they used to?
* How is the church and your family healthier when you are healthy?