

GOING BACK - COMMANDMENTS THAT HAVE SHAPED US

from *Emotionally Healthy Spirituality* by Pete Scazzero

MONEY

- Money is the best source of security
- The more money you have, the more important you are.
- Make lots of money to prove you "made" it

CONFLICT

- Avoid conflict at all costs
- Don't get people mad at you.
- Loud, angry, constant fighting is normal

SEX

- Sex is not to be spoken about openly
- Men "can" be promiscuous, women must be chaste
- Sexuality in marriage will come easily
- Sex is gross

GRIEF AND LOSS

- Sadness is a sign of weakness
- You are not allowed to be depressed
- Get over losses quickly and move on

EXPRESSING ANGER

- Anger is dangerous and bad
- Explode in anger to make a point
- Sarcasm is an acceptable way to release anger

FAMILY

- You owe your parents for all they've done for you
- Don't speak of your family's "dirty laundry" in public
- Duty to family and culture comes before everything

RELATIONSHIPS

- Don't trust people. They will let you down
- Nobody will ever hurt me again
- Don't show vulnerability

ATTITUDES TOWARD DIFFERENT CULTURES

- Only be close friends with people who are like you
- Do not marry a person of another race or culture
- Certain cultures /races are not as good as mine

SUCCESS

- Is getting into the "best schools"
- Is making a lot of money
- Is getting married and having children

FEELING + EMOTIONS

- You are not allowed to have certain feelings
- Your feelings are not important
- Reacting with your feelings without thinking is okay

GENDER ROLES (added)

- Women take care of the home and family, men work outside the home and provide
- Women should be meek and mild, men should be tough and strong

SMALL GROUP DISCUSSION:

Differentiation - Revisit page 58-61 and discuss where you land on the scale

Share what you learned from looking at how your family of origin has impacted your values and belief systems.

Share where you are in your Journey of Faith with the Lord right now? Are you stuck, growing, in a crisis in your life or faith? Honestly share where you are.

Hold space for others to share without needing to "fix" or move them to a different stage.

It is said that at least 20% of the church is stuck at a wall but is afraid to be honest about where they are inside church - they often carry shame.

What messages did you receive about life family, church or culture?

What messages have you internalized and still believe today that don't align with who GOD says you are?

DIVE DEEPER:

Read Chapter 3 & 4 in *Emotionally Healthy Spirituality* by Pete Scazzero

CHART YOUR FAMILY

Pray that the Lord reveal to you the things He wants you to learn from your family.

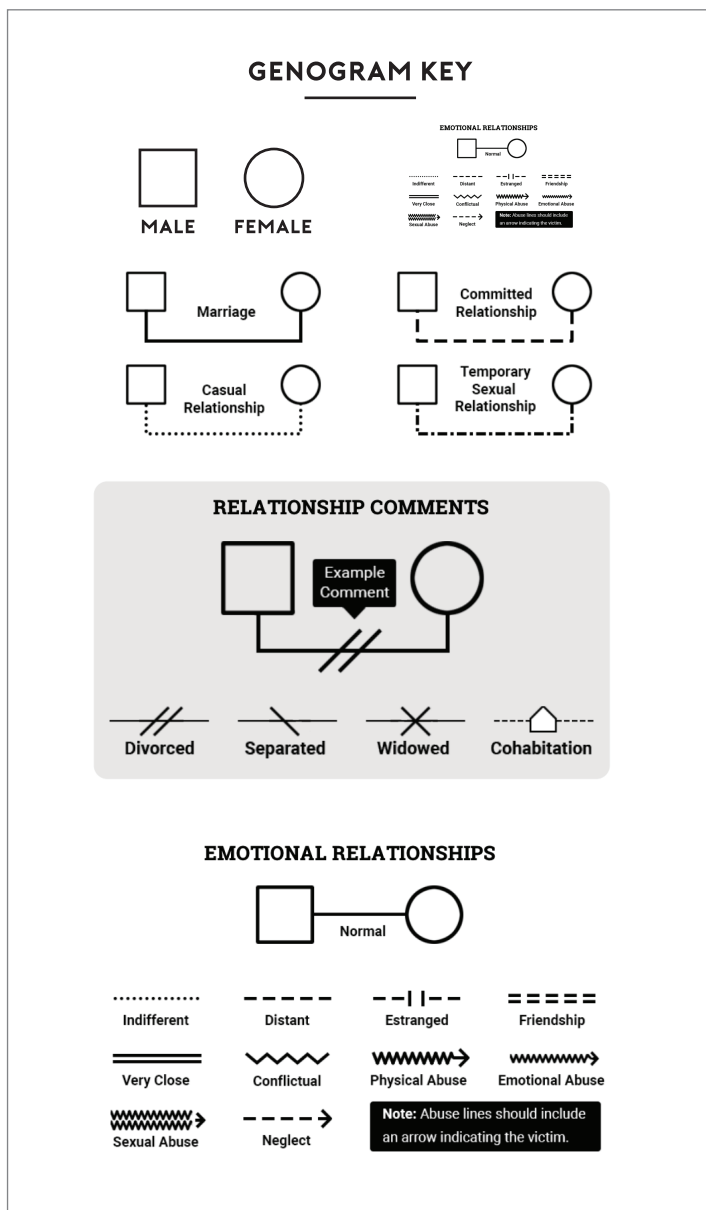


DIAGRAM RELATIONSHIP CHARACTERISTICS

BETWEEN FAMILY MEMBERS. ex: Strained, co-dependent, favored, abandoned, abusive, healthy, disconnected, etc.

WRITE DOWN SOME MAIN THEMES ABOUT YOUR FAMILY:

What do you know about each of your family members?

What do you know about their personality?

What are the relationship dynamics in your family?

HOW DOES GOD WANT YOU TO RESPOND:

What is not helping you?

What is a gift to my life & spirituality?

What do I want to hold on to?

What do I feel the Lord exposing that he wants me to let go of and change?