

THE FAMILY OF GOD

Week 3 | Dealing With Your Past

1. Catch Up On Life:

As a church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between (1 Thessalonians 2:8, Romans 12:10, 15).

Suggested time: 10-20 minutes

- How are you doing?
- What can you thank God for this week?
- When were you most aware of Jesus' presence this week? When were you least aware of Jesus' presence this week?
- Do you have any practical needs? (If so, please visit our [Needs](#) page)

2. Review the Mission:

Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go. (John 20:21 and 2 Corinthians 5:18-20)

Suggested time: 10-20 minutes

- **People:** Who in your life can you be building with right now? What does that look like during this season?
- **Plan:** Are there any rhythms planned (virtual or in-person) that we can invite these friends into? What spiritual conversations do you want to initiate with them soon?
- **Pray:** Let's pray for our people by name; pray for their needs, opportunities to connect, and opportunities to have spiritual conversations that help them take next steps toward Jesus.

3. Scripture & Sermon Discussion:

God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him (2 Timothy 3:16-17, Colossians 1:9-12, and James 1:22-25).

Suggested Time: 30-60 minutes

i. Scripture Discussion

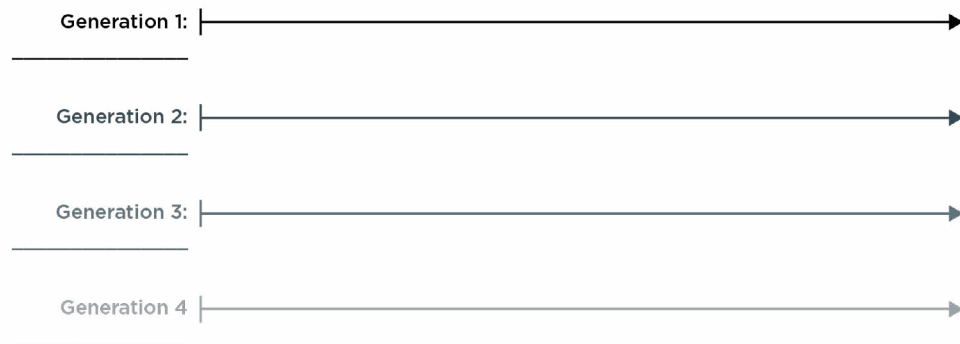
What stood out to you from the sermon?

To recap, last week we mentioned that God's design for families and church family is to display a Trinitarian, self-sacrificial love to others from one generation down to another. However because of sin and brokenness in and around us, rather than receiving and experiencing love and wisdom from others we often experience pain and brokenness instead (see charts below)



Now let's take some time to fill out the blank Family Chart below. If you're without kids, place yourself on Generation 4. If you're a parent, place yourself on Generation 3 and your kids on Generation 4.

YOUR FAMILY CHART:



- Put in people's names on the appropriate generation line. Write down your kids, your siblings, your parents, your grandparents, grand- or great-grandparents you know.
- Add other significant people in your village in the appropriate generational line (aunts/uncles, LG, SG leaders, friends, etc.)
- Draw blue lines where God has blessed you with love, wisdom and grace through these people.
- Draw red lines where you and your family have experienced sin and brokenness. As a reminder the wounds we talked about this week are:
 1. Abuse
 2. Absence/abandonment
 3. Passivity
 4. Manipulation
 5. Overbearing/controlling
 6. No restriction/structure
 7. Impossible pressure to perform
 8. Lack of practical training

Once you work through your Family Chart, work through the steps below one at a time. If you have a large group, consider breaking into smaller groups so people have adequate time to share.

As a further resource, we have Recovery inventory questions made available on this week's sermon page.

Step 1: Know Your Wounds and Deficits.

Read 1 Peter 1:18-19. Where do you see "futile ways of life" (i.e. wounds, deficits, weaknesses) in your family tree? (areas of red that show up in multiple places from one generation to the next)

Where are you the most tempted to deny/downplay or blame others for the red in your chart? Why is that?

Step 2: Bring Your Wounds and Deficits to Jesus.

Read 1 John 1:5-6. What are you most tempted to try to hide from Jesus? Are there any parts of your life or family tree that you are hesitant to talk to Jesus about? If so, why?

Step 3: Bring Your Wounds and Deficits to Church Family.

Read 1 John 1:7. Why does the passage say that walking in the light gives us fellowship with one another?

Are there any things in your life that you know about and have talked to Jesus about it but haven't talked to church family about? If so, why not?

Step 4: Find Gospel Healing for Your Wounds.

Read Isaiah 53:5. How do Jesus' wounds heal our wounds? What are some truths from scripture that speak directly into your particular wounds and deficits? (LifeGroup is also welcome to offer any gospel truths as well.)

Step 5: Go to the Church Family You've Got and Learn How to Fill Up Your Deficits.

How can you allow other people to speak into your wounds and deficits?

Step 6: Help Others Deal With Their Wounds.

Read 2 Corinthians 1:3-4. List out specific ways God has comforted you in your life and thank Him for it.

Is there anyone in your life right now who needs the same comfort from God that you've received? What are practical ways you can share God's love and comfort with them this week?

Pray: To close, let's spend our time praying for one another by name out loud. If your group is large, you may consider getting into smaller groups to allow for enough time to pray.

- Thank God for revealing these wounds to us by His Spirit
- Ask God that through this exercise we would experience deeper healing and forgiveness in Christ Jesus
- Ask God that He would move us to have deeper intimacy with Himself and deeper connection with one another in our church family
- Ask God to prompt us by His Spirit to take steps of repentance this week however that looks like.

We would also highly recommend signing up for this upcoming cycle of Recovery starting February 1. You can find out more and sign up on this week's sermon page as well.