



MAKING MEMORIES

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SESSION 2 - HEALING MEMORIES

SERIES BIG IDEA

This series will challenge us to take a big-picture view on what truly matters: our most important relationships.

MESSAGE BIG IDEA

Forgiveness is the path to healing memories.

SCRIPTURE

Genesis 12:10-13, Genesis 27:18-29, Genesis 37:16-20, 26-32, & Exodus 34:6-7

ICEBREAKER AND OPENING THOUGHT

The questions are designed to help group be aware of how family history affects our behavior.

BIBLE DISCUSSION

Read the scripture out loud and allow your group time to think through the questions. Explore how the blessings and sins of our families have a long lasting impact on the generations that follow.

LIFE APPLICATION

Walk your group through these questions slowly. We cannot change what we don't recognize. Looking back at our family history allows us to see both healthy and unhealthy patterns that we can use to fuel change in the future.

If you feel the group needs some softer questions consider these:

1. How did your family view money? How was it tied to success or security?
2. How were feelings and emotions expressed in your family? Was sadness allowed? Were there feelings you couldn't express?
3. How did your family handle conflict? Do you handle it the same way or have you adopted a different approach?

ALTERNATIVE

Complete Genogram your Family exercise from Peter Scazzero's *Emotionally Healthy Spirituality* course before answering the questions. Use the attached worksheet and accompanying video: www.emotionallyhealthy.org/genogram

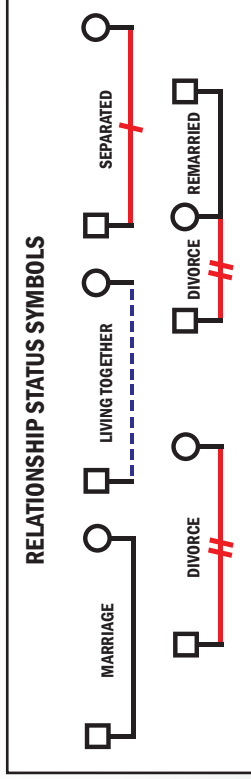
CHALLENGE

Over the next week, reflect on a painful memory in your past. Consider how generational patterns contributed to the situation. Contemplate steps you need to take to be released from that generational pattern and ask God to forgive those who have hurt you. Allow God to redeem the situation by helping you to instill positive generational patterns that will be repeated for generations to come.

GENOGRAM YOUR FAMILY



RELATIONSHIP	RELATIONAL DYNAMICS	SYMBOL
Conflicted	A consistent pattern where issues do not get resolved between people.	
Cut Offs	People in the family stop talking to one another or avoid contact.	
Distant/Poor	Low or minimal emotional connection between family members.	
Enmeshment	Pressure is created for family members to think, feel and act alike. There is low tolerance for people to be separate, to disagree, or be different.	
Abuse	A severe crossing of personal boundaries - whether it be sexual, emotional, or physical, severely injuring the dignity and humanity of another.	



THEMES

EARTHQUAKE EVENTS
