



Genesis 3:1-13 Part 3: Pull it By the Root

“Emotionally Healthy Church”

CENTRAL

Adapted from *The Emotionally Health Church* by Peter Scazzero

Name something in your adult life that you find yourself struggling with/vowed you would never be like that you saw your parents (or primary caregivers) doing or saying that annoyed or hurt you.

Consider Abraham’s family tree.

What dysfunctional cycles, generational curses or destructive patterns have been passed on in your family?

Jot down the “rules” and “commandments” spoken and unspoken (the underlying assumptions) your family had.

Money: _____

Success: _____

God: _____

Gender Roles in Marriage/Relationships: _____

Social Justice: _____

Complimenting/Praising: _____

Sex: _____

Play/Recreation: _____

Expressing Anger: _____

Loss/Grief: _____

Genesis- _____

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Read Genesis 3:1-13

- does it question the Word God has spoken to you?
- does it require you to disregard God's Word?

Where are you?
 Who told you that you were naked?

Describe Adam and Eve's sin (vv.1-7).

What are the consequences (vv.8-13) of Adam and Eve's choice on their relationship with God?

...with each other? _____

In what ways do you, at times, observe the same dynamics played out in your life today?

Family of Origin

-discipleship= _____ from family of origin → family of Christ

-discipleship= _____ learning + _____ learning

"In the minds of many today, the repression of feelings and emotions has been elevated to the status of...virtue. Denying anger, ignoring pain, skipping over depression, running from loneliness, avoiding confusing doubts, and turning off our sexuality have become a way of spiritual life [and badge of spiritual armor]." (EHC, p.57)

What are three things God wants you to unlearn and relearn as a part of God's family?

Since church is the place where people bring their entire family history what sorts of challenges does this present to functioning as a church family, the family of God?

"Emotional health and spiritual maturity are inseparable.

It is not possible to be spiritually mature while remaining emotionally immature."

Complete this Sentence: As a result of this study, I am beginning to realize _____

Want to Go Deeper: Rewrite your family's Ten Commandments based on your understanding of what God teaches through Scripture.

Want to Go Deeper: sketch a family tree; what patterns (positive and negative) do you see in relationships?

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