

Emotionally Healthy Spirituality
Chapter 3: Questions Taken from the Workbook

1. What stood out to you most from this chapter's teaching on going back in order to go forward?

2. On page 73, Scazzero sums up our need to go back in order to go forward with two essential biblical truths: 1. The blessings and sins of our families going back two to three generations profoundly impact who we are today. 2. Discipleship requires putting off the sinful patterns of our family of origin and relearning how to do life God's way in God's family.
 - i. What concerns or fears might you have in looking back at your family of origin to discern unhealthy patterns and themes?

3. From the "10 Commandments" on page 78, what messages did you receive about life? (Feel free to add your own if it's not on the list).

4. On pages 91-95, Scazzero goes through the story of Joseph. Imagine yourself in Joseph's shoes sitting in a prison cell without any hope of freedom. What thoughts, feelings, or doubts might you have about your family? About yourself? About God?
 - i. Slowly read Genesis 50:19-21. Here we see Joseph's response to the enormous losses he experienced in his life. Carefully consider the different aspects of this response noted below. As you think about your life story, which one speaks the most to you and why?
 1. "Don't be afraid"
 2. "Am I in the place of God?"
 3. "You intended to harm me, but God intended it for good."

5. Joseph had a rich sense of being part of his family of origin and how it had shaped his life – both good and bad. We must honestly face the truths about our family of origin as well. Prayerfully complete the chart on the following page.
 - i. First, list the life messages you receive from each of your parents or caretakers (ex. Don't be weak Education is everything, Don't be sad; things could be worse).
 - ii. Next, list any " earthquake" events that sent "aftershocks" into your extended family (ex. abuse premature or sudden deaths/losses, divorces, etc.)
 - iii. Last, review the three separate boxes and summarize what message is about life/yourself/others you internalized. Then fill the bottom box, "Cumulative messages I received."

Messages received from my
father (caretaker) about life?

Messages received from my
mother (caretaker) about life?

“Earthquake events in
family history:

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Cumulative messages I received?