



Week Three: Genogram Your Family

Family of origin stuff (both healthy and unhealthy) has a radical impact on your life.

“You shall have no other gods, only me.

God says, No carved gods of any size, shape, or form of anything whatever, whether of things that fly or walk or swim. Don't bow down to them and don't serve them because I am God, your God, and I'm a most jealous God, punishing the children for any sins their parents pass on to them to the third, and yes, even to the fourth generation of those who hate me. But I'm unswervingly loyal to the thousands who love me and keep my commandments. Exodus 20:4-6

PUNISH - The Hebrew word punish can be translated as “tends to be repeated”. There are patterns and themes in families that tend to be repeated over generations: abuse, chemical dependency, adultery, unhealthy conflict styles, etc. Some of the values lived out by families in the Bible tend to be repeated over and over again.



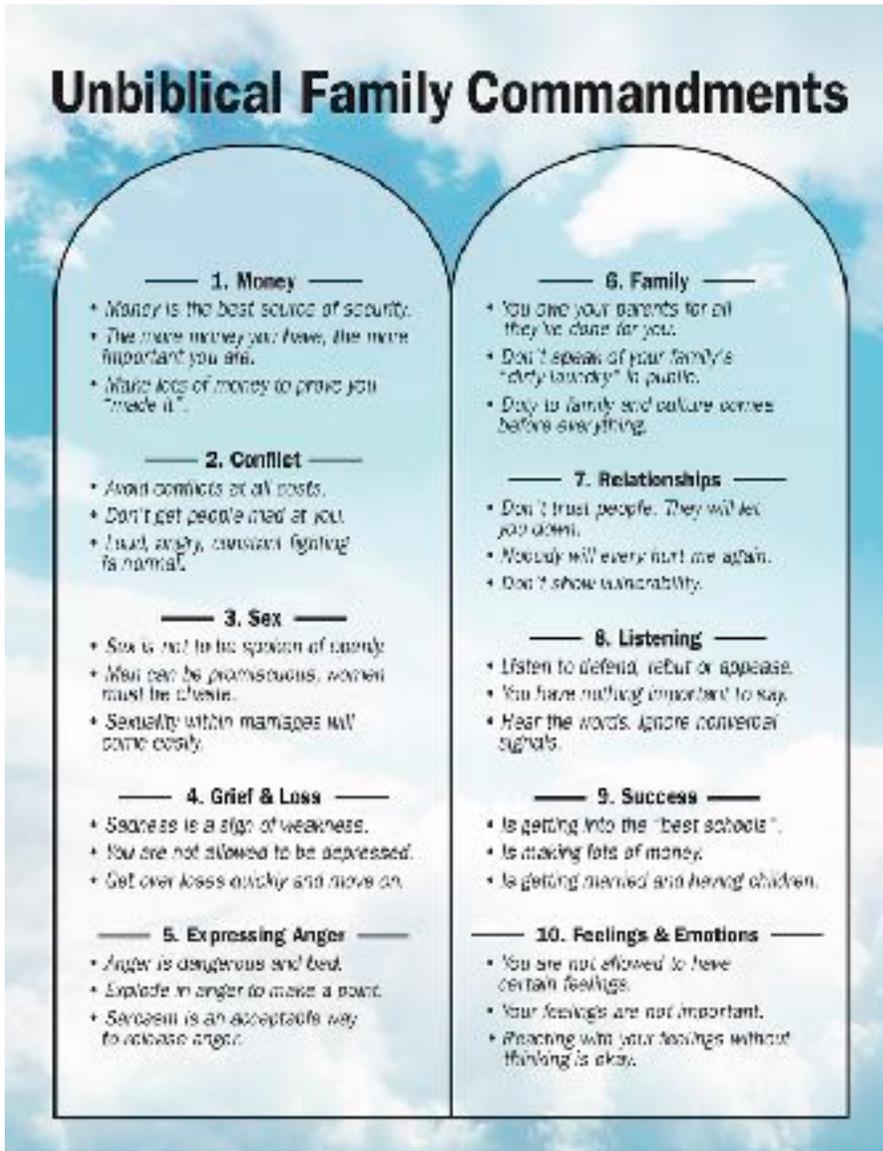
The question for us is, “What from my family of origin (going back 3 generations) do I want to keep and carry with me?”

What are the things that I'd like to stop carrying/dragging with me?

We need to go back to go forward. We need to deal with some of the pain and trauma in order to move forward in freedom.

Genogram - a Genogram is a visual tool. It maps out our families back three generations. It identifies things like cause of death, health issues, relationships, conflict and more. A Genogram doesn't have to be complicated. See the attachment for Genogram symbols. Watch the “Introduction to the Genogram” by Well member Tracey Srenaski. Both of these resources are posted on the church website - middle of the homepage
<http://www.thewellmn.church/>

Unbiblical Family Commandments



Were any of these present in your family? What values do you want to have around money, conflict, sex, grief & loss, expressing anger, family, relationships, listening, success, emotions & feelings?

Remember the Good News!

We are not defined by our past. We are defined by our God who calls us son, daughter, beloved, worthy, redeemed. Because of this great love, we can with confidence, bring our whole selves to Jesus, asking him to shine a light into every dark corner of our lives. We have nothing to fear. We have nothing to hide. In Christ Jesus, we are FREE!

"If you stick with this, living out what I tell you, you are my disciples for sure. Then you will experience for yourselves the truth, and the truth will free you." John 8:31-32

HOMEWORK - create your own Genogram

1. Take your Genogram, your family memories, your Unbiblical Family Commandments and bring them to God.
2. See what you notice in those things. Think about how those things (the good and the bad and the neutral) have impacted you.
3. Pray about it. Ask God to help you decide what to keep and what to let go of. Remember, you can let go of the rope!
4. Consider signing up to have one of the marriage and family therapists help you interpret your Genogram. The Well also has a list with Tracey Srenaski and other local counselors should you decide you want to dive deeper.

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Jonathan Walton's spoken word poem, AFTER MY GENOGRAM is available on Youtube.

