

# PARTE V: Bendiciones Generacionales (English)

📅 Fecha @August 3, 2022

## REVIEW EMOTIONALLY HEALTHY COMMUNITY

- **Be Prepared**
- **Speak for yourself**
- **Respect others**
- **Do not try to fix, save, or correct other people**
- **Don't make assumptions**
- **Trust and learn from silence**
- **Maintain confidentiality**
- **Consistency**
- **Get out of your comfort zone**

## QUESTIONS ABOUT LAST WEEK'S PRACTICE

- Doing this practice, what narrative scripts were revealed to you?
- During your time of listening, prayer and/or community were you able to replace any lies you have been believing with the truth?
- Did you have any revelations or turning points from last week's practice that you'd like to get the whole community excited about?
- Would someone be willing to share a narrative script that was revealed to you through this practice? Perhaps a lie you've been believing?

## READ THIS SUMMARY

It's been a long, hard five weeks, but now we're finally ready for the payoff. The focus of this week's practice will be generational blessing.

During this practice we have been looking at the story of Abraham, Isaac, Jacob and their twelve sons, four generations that formed the nucleus of Israel. But this time, we are not looking at generational sins, but generational blessings. The reality is that this family was a mixture of good and bad. Most families are like that.

A key task in our learning of Jesus is to identify the patterns we inherit from our family of origin, but then decide which patterns we need to stop, start, and/or continue. But especially, the goal this week is to identify the "blessing" or "inheritance" you carry from your family line, if any. To celebrate. To thank God for it. And then make sure it lives on in the next generation.

To that practice we turn now.

## **READ THE BIBLE TOGETHER**

### **Genesis 12:1-3**

- Abraham's blessing was passed down from generation to generation. What are some blessings you have inherited from your family of origin?
- God's promise was to bless all the nations of the earth through Abraham's family. Why do you think families play such an important role in God's plan for the world?
- In a society where the family is rapidly falling apart, what does this say about how we build family in the church? And in this small community?
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## **PRACTICE OF THE WEEK**

**Note:** Although this is week five, they will appear under week four in the genogram guide.

### **Here is the practice of the week:**

This week is the roadmap on how to move forward. After five emotionally draining weeks, we're finally ready to put it all together with three simple exercises.

- If you are single, now is a good time to clarify what you want to break and what you want to carry forward to the generations that come after you.
- This is an especially useful practice to do if you are newly married or starting a family. Now he brings two very different families of origin (husband's and wife's) into a new family unit. The result will be a completely new combination. What are you going to continue? What will you discard? What are you going to contribute? Spend time together going over your stop, start, and/or go list.

### **EXERCISE 1: STOP**

- Write any patterns, scripts, traditions and values of your family of origin that you want to break.
- Think back to the last four weeks of exercise and think about the highlights.

### **EXERCISE 2: START**

- Write down all the patterns, scripts, traditions and values that you want to start with your generation.
  - It could be a simple script like "The family that plays together, stays together". Or a fun tradition like always buying a Christmas tree the day after Thanksgiving. Or it could be a community value or generosity or the practice of going to church on Sunday. Anything goes here. Dream a little. And then watch those dreams start to come true.

### **EXERCISE 3: CONTINUE**

- Write down all the patterns, scripts, traditions, and values of your family of origin that you want to pass on to the next generation: your children, or just the children you have a relationship with through family, community, church, etc. .
  - If you can't identify a blessing from your family line because of the emotional pain of your story, don't let it ruin you. The future is open before you. Let the Father start a new family line through your story. Take this time to pray in that direction.

- This is a key part of the practice. It is essential that we identify the blessing of our family line, thank God for it, and carry it forward.

**Note: Remember that this practice is in the genogram guide under week FOUR.**