

PARTE II: El Dios Que Nos Adoptó y Que Sanó Nuestro Pasado

📅 Fecha @July 13, 2022

REVIEW EMOTIONALLY HEALTHY COMMUNITY

Before we start this practice, we are going to mention the guidelines for an emotionally healthy community to make sure we practice it today.

- **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 THE PRACTICE OF THE WEEK

Because this practice is emotionally heavy, only respond to what you feel comfortable sharing.

- Was it difficult for you to complete your genogram? Why or why not?
- What was one idea, event, or pattern from your family of origin that was surprising or new to you? If nothing caught your eye, share the event or pattern from your

family of origin that you think has had the most impact on your life to date.

- Any “wins” someone got from doing practice last week that you'd like to cheer the whole group on?
- Any forward "aha" moments?

READ THIS SUMMARY

Going back is not always easy, if it was difficult or even impossible for you to do this practice because of the memories it brings up, that's fine. There is no eagerness. This practice is to help you move forward and not to cause more pain.

As many may realize, identifying sin and generational breakdown is not a task for the faint of heart, it is a difficult task. But the ultimate goal is to develop a framework for your life that helps you identify where you've come from, so you can better understand who you are and where you're going.

With that said, we know that it was a practice that takes time, and takes a lot of emotional strength to carry out. That is why, for this week, we made the decision to bring forward one of the final teachings to give more time to finish last week's practice.

Lastly, please don't let this practice scare you. Trust in the Holy Spirit to help you with the task ahead and lean on your Community and facilitator for emotional support.

READ THE BIBLE TOGETHER

Regardless of whether your past scares you because of everything it brings emotionally, or you consider that your past was good, there is a truth that applies to everyone; **God has adopted us into his family and is healing our past; AND THAT'S GOOD NEWS.**

Psalm 27:9-10

- How do you think these words of King David apply to your life?

Romans 8:15

- After reading this verse, what do you think I can help you to know this verse with this practice of **Dealing With Our Past?**

- What do you think of the phrase our pastor said, **GOD RESTORES OUR PRESENT BY HEALING OUR PAST?**

PRACTICE NEXT WEEK

Next week's practice is split in two.

- The first part is to start, or finish last week's practice. We know it was emotionally heavy so we want to give another week for the Holy Spirit to give you the emotional strength to do the practice, or the discipline to take the time and do it.

Ask these questions:

- Are there any questions about the practice exercises?
- Is there something that someone did that helped you when doing the practice that could help others?
- Is there someone who would like us to pray for something specific?

The second part **is not in the genogram guide.**

- Print the DECLARATIONS OF FAITH AND RESTITUTION document.
- Every morning in your quiet and still time, take out these statements and say them.
- Remember, these statements **are not motivational phrases or mantras, they are God's words over your life.** Say them in faith, out loud, and believing them.

Note: Remember that this practice is not in the genogram guide. It is at casaevidencias.com/declaraciones.

CONCLUSION

As we said last week, this is one of the most difficult practices because it is emotionally charged. The goal IS NOT to finish the practice and move on to the next thing. **The goal is to deal with our past in order to move forward into the future.**

So if you couldn't do it because of the memories it brings, remember that the same Spirit that gave Jesus the power to rise from the dead is the same Spirit that is in you.

And remember these three recommendations.

1. **Take the time to do this:** You don't have to do everything, just what you feel capable of doing.
2. **Commit to yourself:** We recommend that you do this practice during your quiet and still time. But no matter when you do it, make the commitment that you are going to do it.
3. **Support from your facilitator:** This is a way NOT TO DO IT ALONE. Lean on your facilitator at any time, for this God has placed these people in our lives. This is a practice to do in community.