

Opening—

Begin in your large group by answering this question: *What is one truth you've learned about God and/or yourself over these first 3 sessions?*

This session begins the discussion about our families of origin. We all have the families we have for better or worse. They have had profound impact in our formative years in shaping our identity. In order to move forward in the identity we have received in Christ, we must look back and take an honest look at the way our family has shaped our sense of identity up to this point.

Before you start the video teaching spend time in your process groups praying for one another. **Prayer Prompt: What has consumed your thoughts and energy this week? Pray about that.**

Video Teaching—**1. Play part 1, then respond to these questions:**

What patterns or practices have you received from your family of origin for which you are thankful? What patterns or practices have you received from your family of origin you wish to change?

2. Play part 2, then respond to the following prompts:

*What did you learn about emotions from your family of origin?
What emotions were accepted? Which emotions were unacceptable?*

3. Play part 3 and respond to the following questions:

*In what ways do you try to protect, distract, or numb yourself from your emotions?
Which emotions do you most try to avoid?*

Closing Discussion—**Return to your full group and respond to the the following prompts:**

Share with the group how it fills right here, right now to experience this teaching. What do you notice coming up inside you? (Is there resistance, hope, dread, confusion?)

Last Question—Are there any apparent emotional patterns or unhealthy practices from your family of origin you want to surrender to the Lord tonight?

If so, share that with your group and ask them to pray that Jesus gives you peace and wisdom to walk free from those things starting now.

Pray for one another to experience the Spirit's freedom in all those areas God has brought to the surface through your discussion tonight.

Personal Reflection Questions—

1. Consider the emotional patterns modeled for you growing up by completing the homework below.

Group Preparation Questions—

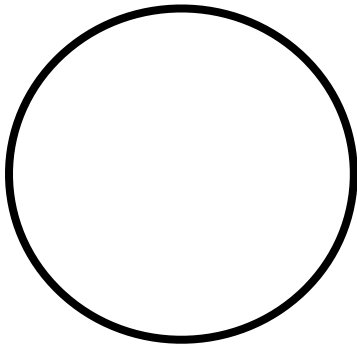
1. When you were upset as a child, what would you do? Who would you go to when you needed comfort? How were you responded to when you needed comfort?

Emotional Family Map—

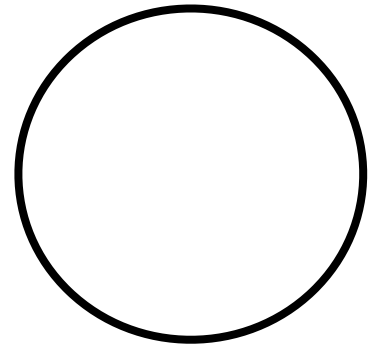
Take a moment and contemplate what you learned as a child about the expression of emotions in your family of origin.

1. What did you learn about emotions and their expression in your family of origin?
2. What were the explicit rules about emotional expression in your family?
3. What were the hidden rules about emotions in your family?
4. What emotions were allowed within the family system?
5. What emotions were prohibited within the family system?
6. Using the diagram below consider the seven primary emotions in the center. In each circle write the emotions that you perceived as being “allowed” by each of the family members.
7. Now go through the exercise a second time but write the emotions you experienced as being “prohibited” by each of the family members and yourself.

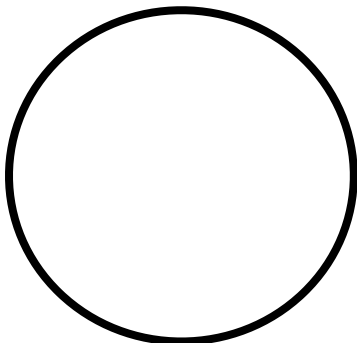
My Father



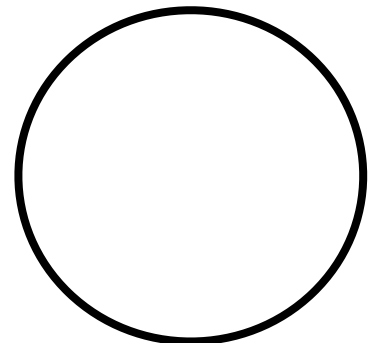
My Mother



My Siblings



Myself



**Anger
Sadness
Fear
Shame
Joy
Disgust
Surprise**