

PILGRIM HOME CHURCH

FOR REFLECTION AND DISCUSSION:

(From Emotionally Healthy Spirituality study guide Study)

Have a pen and paper ready to better discuss the following questions

1. Do you remember being annoyed or hurt by something your parents or primary caregivers did, then vowing to yourself “I will never be like this when I grow up”? Yet, in our adult life we often find ourselves struggling with the same character defects and unhealthy patterns as our parents did. Share one/two examples.
2. Growing up, each one of our families operated under a set of rules or “commandments”. Some were spoken and spelled out, others were unspoken and “understood”. Take a few minutes to write down any rules, attitudes, and underlying assumptions your family had in regards to: Money, success, expressing anger, and loss/grief. Share with your group and explore how these continue to influence you today.
3. What are one or two things that you believe God wants you to “relearn” now that you are part of His family? Take a few minutes to write 3-5 things on a list and share with your group.
4. What are some of the challenges you are personally experiencing and this re-learning process? How can those around you (family and/or church) help you to heal/relearn? How can you help those around you?
5. The church is a place where people bring their entire family histories with them through the door. What sorts of challenges does this present to functioning as a church family after God’s own heart? And how can we deal with these issues in a loving and Christ-centered way?

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Better Together

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GO BACK TO GO FORWARD

WITH ANDRÉS PÉREZ

Emotionally healthy spirituality is about reality, not denial or illusion. It is about embracing the reality that we were birthed into a particular family, in a particular place, at a particular moment in history. This week we explore this second principle of emotional health. True spirituality frees us to live joyfully in the present. However, it requires going back in order to go forward. To do this we must learn to break free from destructive and toxic patterns of our past to live the life of love God intends, which is the very heart of spirituality and discipleship in the family of God. (Scazzero, EHS, 93, Revised). Join us as we continue to walk together in this journey towards healing and reconciliation in Christ!

SCRIPTURE: *Genesis 45:1-9 (CEB)*