

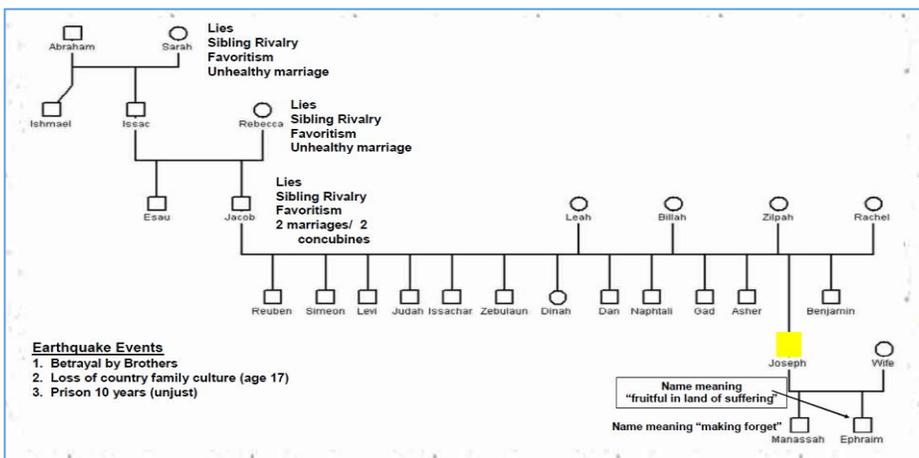
Emotionally Healthy Spirituality

Sunday, February 22, 2015

Going Back In Order To Go Forward Genesis 50:15-21

Pre-wired by God that 5 Basic Needs be Met for Healthy Development-Pesso

- need for "place"
- need for nurture
- need for support
- need for protection
- need for limits



Three Practical Applications:

1. Recognize the iceberg in you from your family.

Ten Commandments of the Unhealthy Family:

I. Money

- Money is the best source of security.

II. Conflict

- Avoid conflict at all costs.

III. Sex

- Sex is not to be spoken about openly.

IV. Grief and Loss

- Sadness is a sign of weakness.

V. Expressing Anger

- Anger is dangerous and bad.

VI. Family

- Duty to family & culture comes before everything

VII. Relationships

- Don't trust people. They will let you down.
- Nobody will ever hurt me again.
- Don't show vulnerability.

VIII. Attitudes towards other cultures

- Do not marry a person of another race or culture.

IX. Success

- Success is shown by making lots of money.

X. Feelings and Emotions

- Not allowed to have certain feelings.

2. Discern the good that God intends – “in, through and in spite of” your family and past.

3. Make the decision to do the hard work of discipleship.

You intended (PLANNED) to harm me, but God intended (PLANNED) it for good to accomplish what is now being done, the saving of many lives.

Genesis 50:20

“For I know the plans I have for you,” declares the Lord, “Plans to prosper you and not to harm you, plans to give you a hope and a future.”

Jeremiah 29:11

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28

Many are the plans in a man's heart, but it is the Lord's purpose that prevails.

Proverbs 19:21