



## Week 3: Go Back in Order to Go Forward

*Emotionally healthy spirituality is about reality, not denial or illusion.*  
- Pete Scazzero

**Genesis 50:15-21**  
*The Story of Joseph*

### How do I go back & move forward?

#### 1 Face up to the past.

- Joseph admitted honestly the sadness and losses of his family.

#### **Common unwritten rules of family:**

##### **Money**

Lie: Money is the best source of security.

Truth: Jesus is our refuge & strength.

##### **Success**

Lie: Success brings self-worth.

Truth: Our self-worth is because we were created in God's image.

##### **Conflict**

Lie: Avoid conflict at all costs.

Truth: Avoiding conflict is not healthy – we should resolve conflict in a loving, healthy way.

##### **Grief & Loss**

Lie: Sadness is a sign of weakness.

Truth: We embrace grief. We let God make us compassionate.

##### **Expression of Anger**

Lie: Anger is dangerous and bad.

Truth: We express anger in an appropriate way and it's part of our discipleship.

#### 2 Discern the good.

- Joseph had a profound sense of the "bigness" of God.

#### 3 Make the decision to partner with God.

- Joseph rewrote the "script" of his life according to scripture.

### My Family's 10 Commandments

*Use the section below to think about the "rules" or beliefs you grew up with in your family regarding each topic listed.*

1. Money: \_\_\_\_\_

\_\_\_\_\_

2. Conflict: \_\_\_\_\_

\_\_\_\_\_

3. Sex: \_\_\_\_\_

\_\_\_\_\_

4. Grief & Loss: \_\_\_\_\_

\_\_\_\_\_

5. Expressing Anger: \_\_\_\_\_

\_\_\_\_\_

6. Family: \_\_\_\_\_

\_\_\_\_\_

7. Relationships: \_\_\_\_\_

\_\_\_\_\_

8. Attitudes Toward Different Cultures: \_\_\_\_\_

\_\_\_\_\_

9. Success: \_\_\_\_\_

\_\_\_\_\_

10. Feeling & Emotions: \_\_\_\_\_

\_\_\_\_\_

