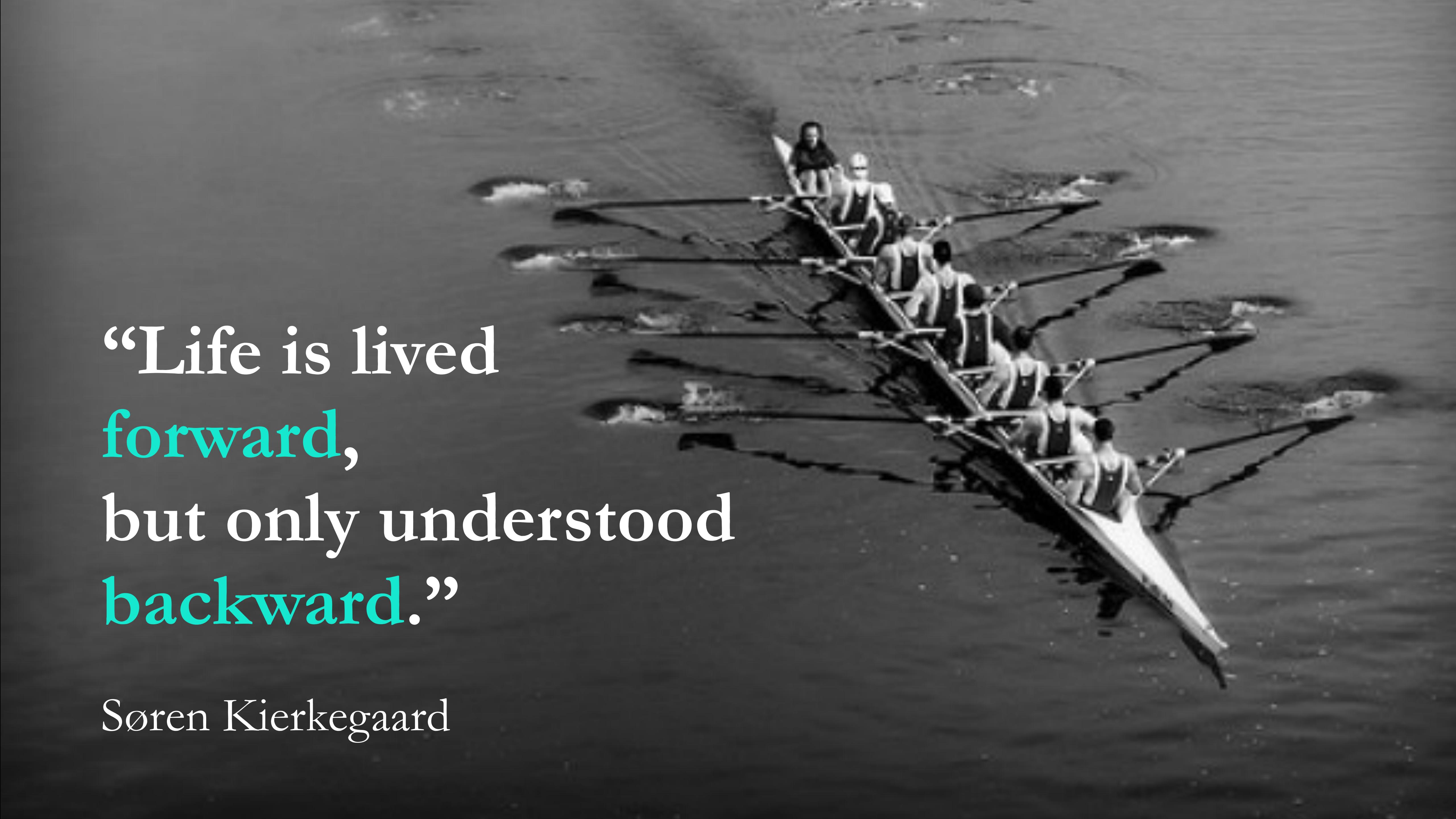


A large iceberg is shown floating in a body of water. The visible portion above the surface is a massive, jagged, light blue structure, while the submerged portion below the surface is a deep, dark blue. The background shows a clear sky.

emotionally healthy spirituality  
**Going Back in order to Go Forward**



“Life is lived  
**forward**,  
but only understood  
**backward.**”

Søren Kierkegaard

NOBODY  
CARES ABOUT  
ME !

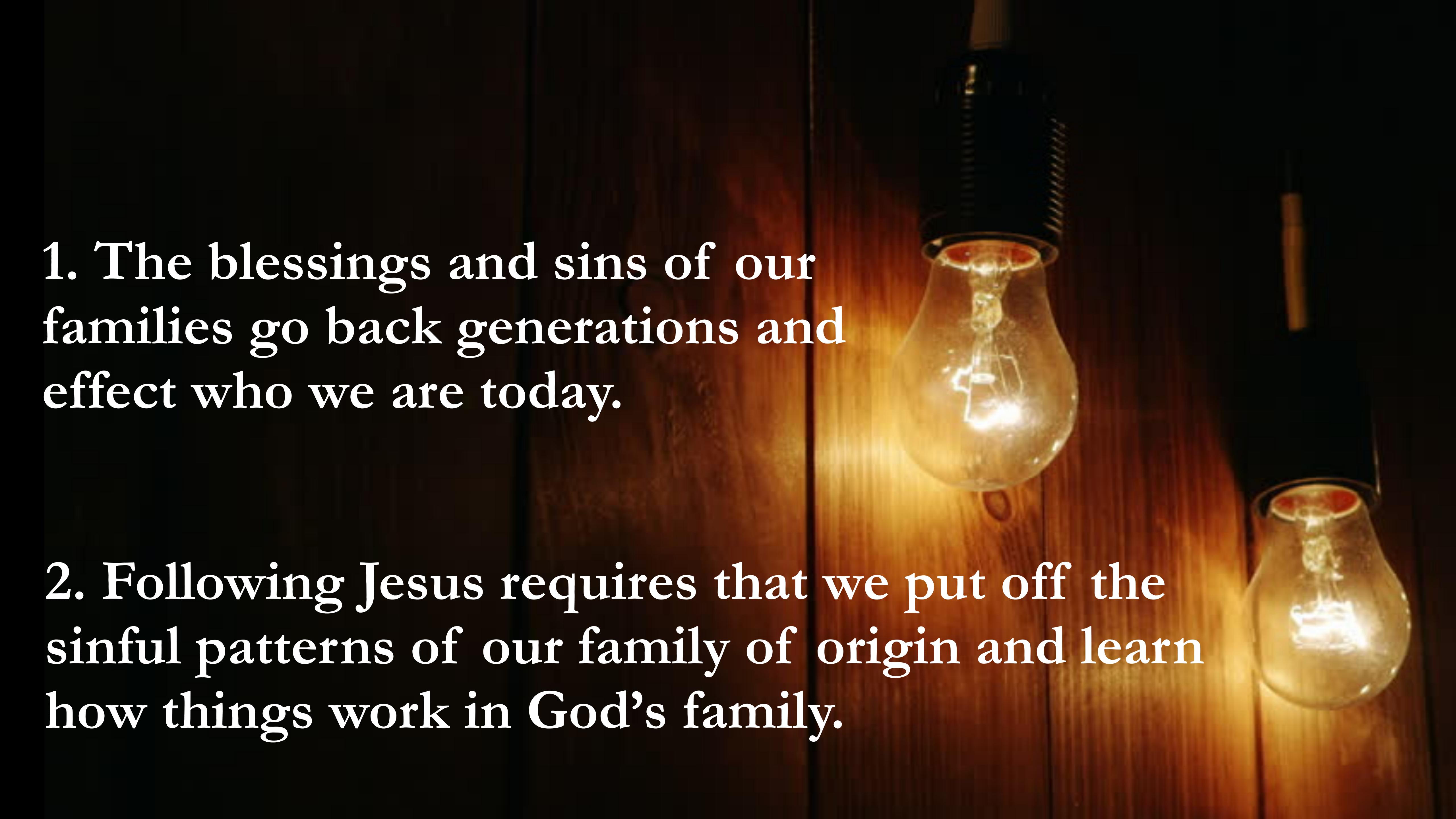


I'M GOING TO  
DIE ALONE !



I HATE  
MY LIFE !

EMOTIONAL BAGGAGE

- 
1. The blessings and sins of our families go back generations and effect who we are today.
2. Following Jesus requires that we put off the sinful patterns of our family of origin and learn how things work in God's family.



These patterns must be broken in order to become spiritually alive and emotionally healthy.

went back in  
oJbseepgo  
forward

But How?



fineart  
america

# 1. He had a sense of the Bigness of God

“I am Joseph, your brother, whom you sold into slavery in Egypt. But don’t be upset, and don’t be angry with yourselves for selling me to this place. It was God who sent me here ahead of you to preserve your lives... all for good! He brought me to this position so I could save the lives of many people. So it was God who sent me here, not you! And he is the one who made me an adviser to Pharaoh, the manager of his entire palace and the governor of all Egypt.”

Genesis 45:4-8 (NLT)



## 2. He honestly faced the sadness and losses of his family

...2 Then he broke down and wept. He wept so loudly the Egyptians could hear him, and word of it quickly carried to Pharaoh's palace.

“Weeping with joy, he embraced Benjamin, and Benjamin did the same. 15 The brothers' faces still alive?” But his brothers were speechless! They had after stunned to realize that Joseph was standing there in front of them. 4 “Please, come closer,” he said to them. So they came closer. And he said again, “<sup>16</sup>Am I your brother, whom you sold into slavery in Egypt.”

Genesis 45:1-4 (NLT)





3. He re-wrote  
his life script  
according to  
God's purposes



4. He  
partnered  
with God  
to be a  
blessing

- Sense of God's bigness
- Faced the sadness & losses of his family
- Rewrote his life's script  
The sinful parts of our family histories don't have to define us!
- Partnered with God's family means we learn a new way of being.





emotionally healthy spirituality  
**Going Back in order to Go Forward**