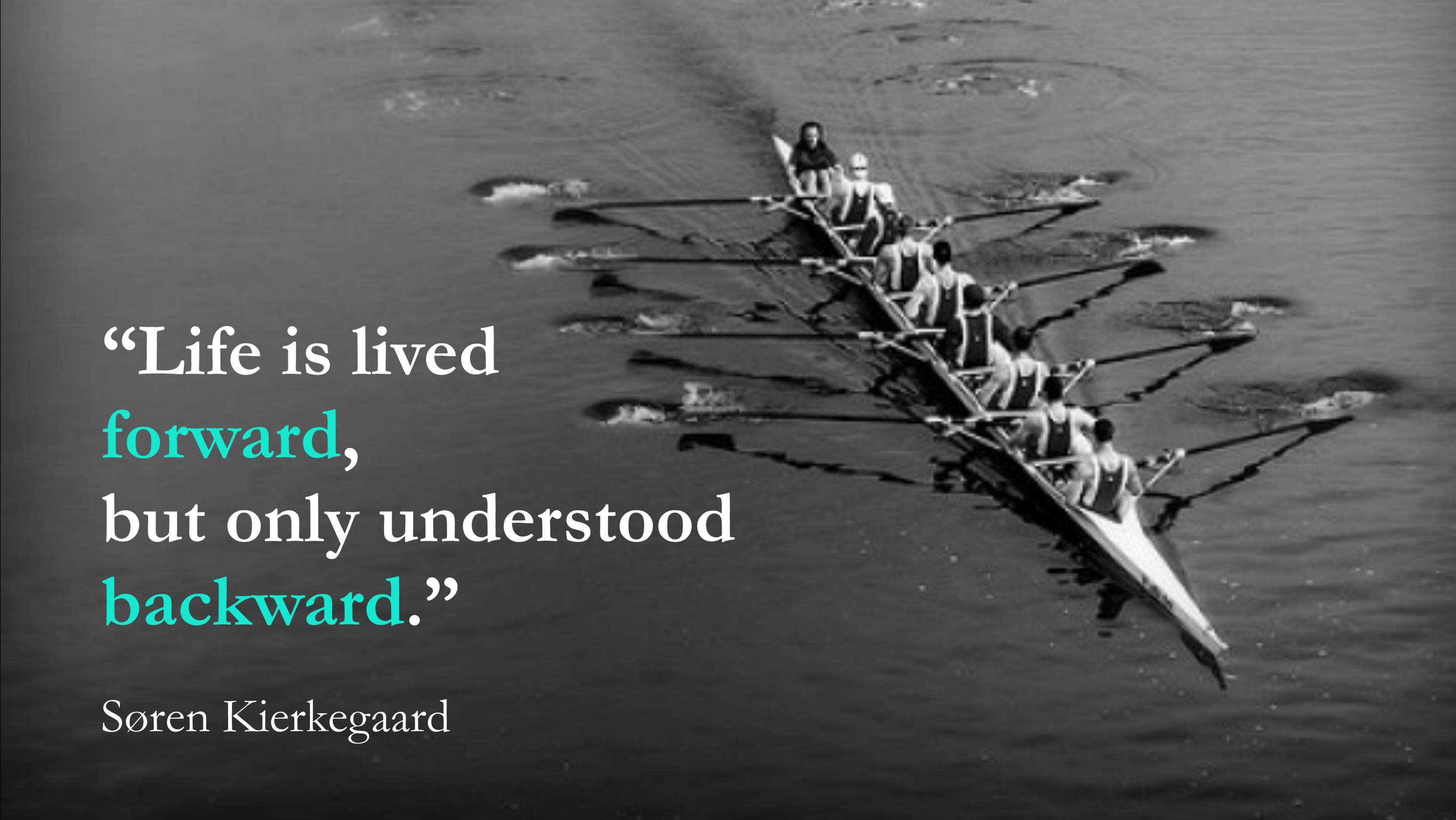




emotionally healthy spirituality
Going Back in order to Go Forward



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

Søren Kierkegaard



NOBODY
CARES ABOUT
ME!

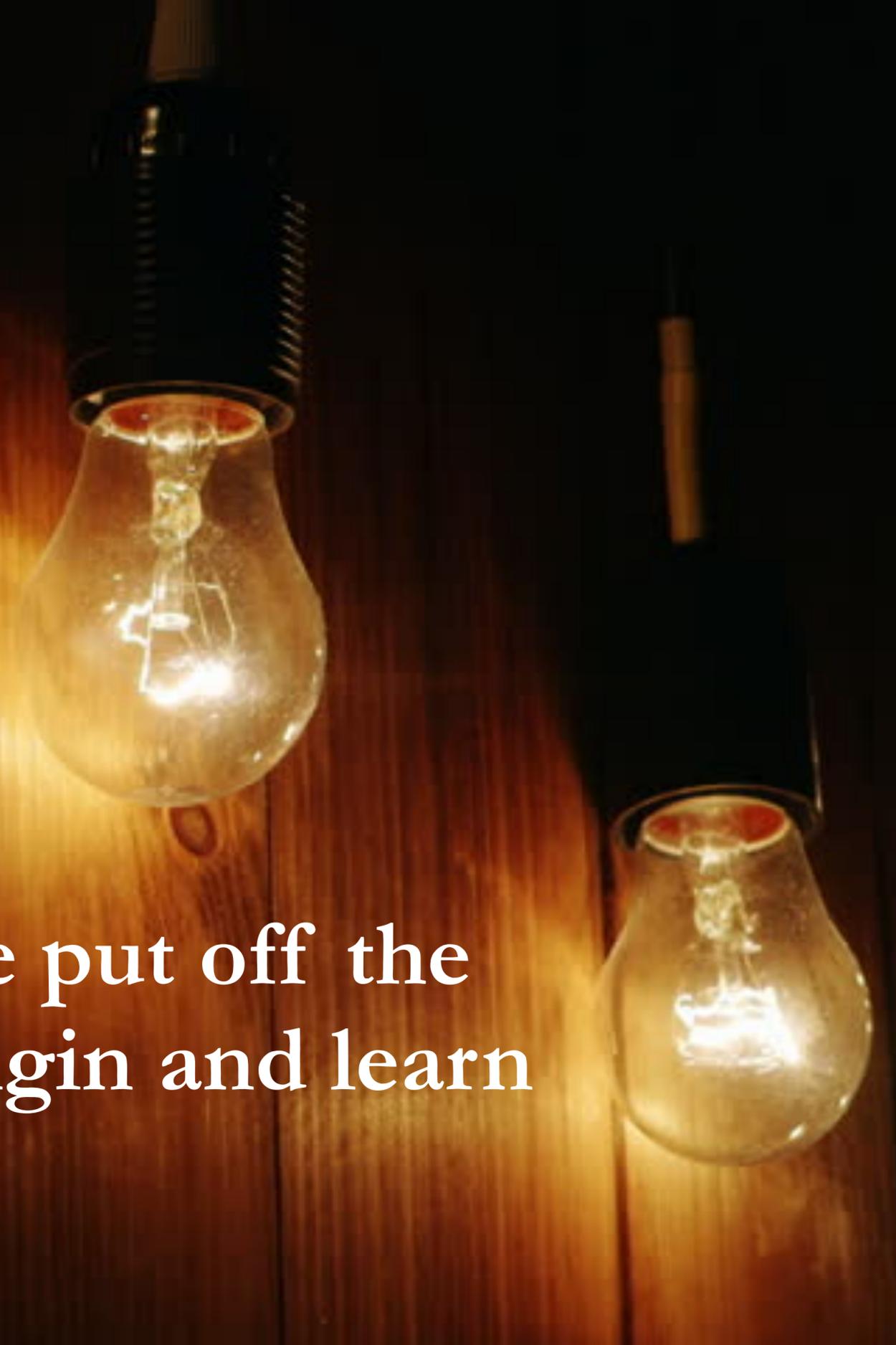
I'M GOING TO
DIE ALONE!

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
Joseph
forward

But How?



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... **God has sent me** ahead of you to keep you and your families safe and preserve many people’s lives. 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 to his brother Joseph. “Is my father still alive?” But his brothers were wept over them, and 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, “Can Joseph, 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