



SESSION 6

YOUR PARENTS AND YOU



in partnership with  | Hope for the Heart

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YOUR PARENTS AND YOU

Introduction – Presented by Nick Vujicic



In this session, we discuss the influence of family.

- While some family situations are harder than others, there is no perfect family.
- Everyone is affected to some degree by their upbringing.
 - We do not always realize the patterns and beliefs we picked up as a child; subconsciously, we carry those things into adulthood—both good and bad.
 - We may not even be aware of deep wounds that have formed faulty mindsets and false beliefs.
 - These patterns, mindsets, and beliefs can become strongholds that prevent us from living the abundant life Jesus offers us.
- It is not uncommon for family problems to be repeated and passed down from one generation to the next.



We have been called to break the patterns of sin and brokenness in the name of Jesus.

- When we give our lives to Jesus, we come into the household and family of God.
 - *“You are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household.” (Ephesians 2:19)*
 - The course of our lives no longer rests on the wrong decisions of our own bloodline and family because we have been taken into God’s family. This is the good news that changes everything.
 - Even if we had a healthy upbringing, we still need to overcome lies.

Reflect

“We have been called to break the patterns of sin and brokenness in Jesus’ name and pave a new way for the next generation.”

—Nick Vujicic

- God will use you to release the brokenhearted into His beautiful, perfect love.
 - Our Heavenly Father receives you with open arms. Come as you are.

- It is normal to become like our parents or whoever raised us because we were always looking at or looking up to them, yet now we behold Jesus.
 - *“When Christ appears, we shall be like him.” (1 John 3:2)*
 - Christ is our Redeemer who heals us from past traumas and sets us free from sin and brokenness.
 - No matter what our family past looks like, Christ offers full redemption.

Reflect

“Don’t let your past define your present or future.” —Nick Vujicic

- In every heart, there is a desire to leave a legacy and a lasting impact on the next generation.
 - As part of God’s family, we walk in the legacy of Christ.
 - We have been given a mandate to work for an eternal purpose for the kingdom of heaven.



You are part of something much greater than yourself.

- As you journey with the Lord, He will continue to reveal to you the greatness of your legacy in Him for the eternal impact of generations to come.
- Keep serving, and He will bring redemption.

YOUR PARENTS AND YOU

Stages of Development



Stage 1: Bonding (generally birth–2 years)

Characterized by the need to be loved and accepted

Results of Healthy Bonding:

Results of Bonding Problems:



Stage 2: Separateness (generally 2–12 years)

Characterized by the need to set personal boundaries, including what one is and is not responsible for

Control vs. Freedom:



Stage 3: Adolescence (13–19 years)

Characterized by the need to develop adult gender identity, adult behavior, adult goals, and adult relationships

Four Basic Issues

- *Pre-adult Identity*—What am I good at doing?
- *Pre-adult Behavior*—What are good and bad choices?
- *Pre-adult Goals*—What is worthy of my time and really important?
- *Pre-adult Relationships*—How can I experience both intimacy and healthy boundaries in a relationship?

Results of Adolescence Problems:

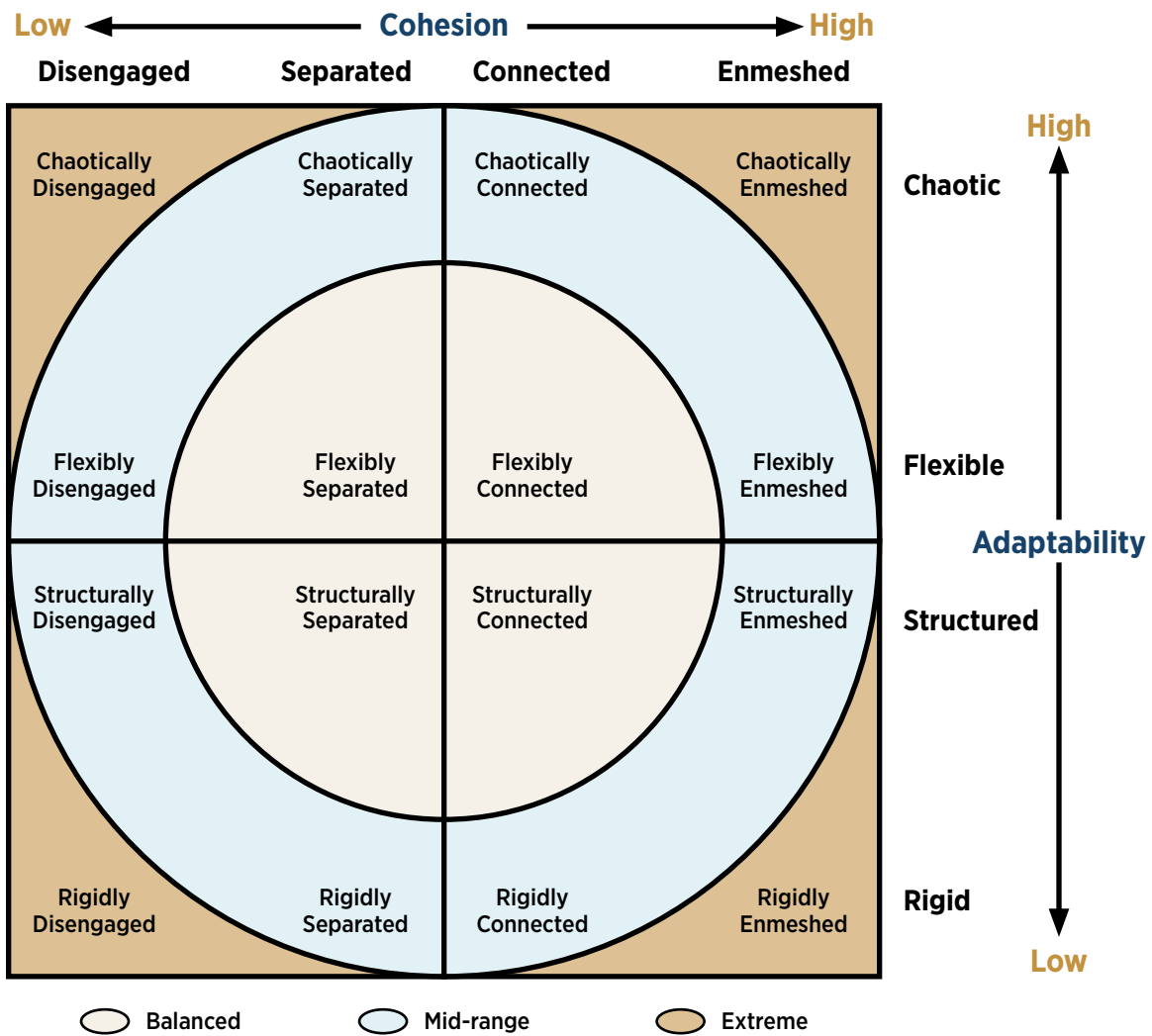
Stage 4: Adulthood (20 years and up)

Characterized by the need to continue growing in appropriate gender identity, adult behavior, adult goals, and adult relationships

Results of Maturity Problems:

The Potential Benefits:

The Circumplex Model



Source: David H. Olson, Ph.D., Professor Emeritus, Family Social Science, University of Minnesota, St. Paul, MN

 **Dive Deeper**

“Whatever dynamic exists within a family that results in dysfunction, the Lord is able to intervene and bring His life-changing truth into each family member and into the family as a whole. His truth is able to transform our dysfunctional family into a healthy, functional family and then He can use us to help transform others. In fact, I often say, ‘Our mess becomes our message; our test becomes our testimony.’ Ultimately, God’s Word assures us that through the good times and the bad, He will use the pain in our lives for a purpose according to His perfect plan.”

—June Hunt, Founder, Hope for the Heart

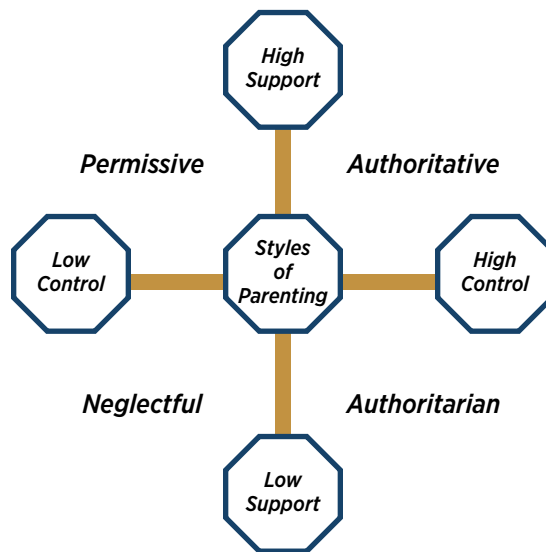
Family of Origin Dynamics

 **Resetting the Scenes in Life**

- This is one way people try to address **unresolved issues** from childhood.
- This is often an attempt to produce a **different outcome**.
- A caregiver may be “inserted” into a certain scene by another person, placed in a certain role (usually that of a parent, guardian, or significant adult) and then subconsciously expected to “**fix**” an earlier wrong.
- Holiday seasons (especially between Thanksgiving and New Year’s) are common timeframes for this dynamic to occur. According to the American Psychological Association (APA) and the Greenberg Quinlan Rosner Research Center:
 - 75% of people experience “extreme stress”
 - 68% feel greater fatigue
 - 52% are more irritable
 - 44% are stressed about family gatherings
 - 36% feel greater sadness
 - 35% feel greater anger
 - 26% feel more lonely
- Habits are basically **learned behaviors**.



 **Parenting Styles**

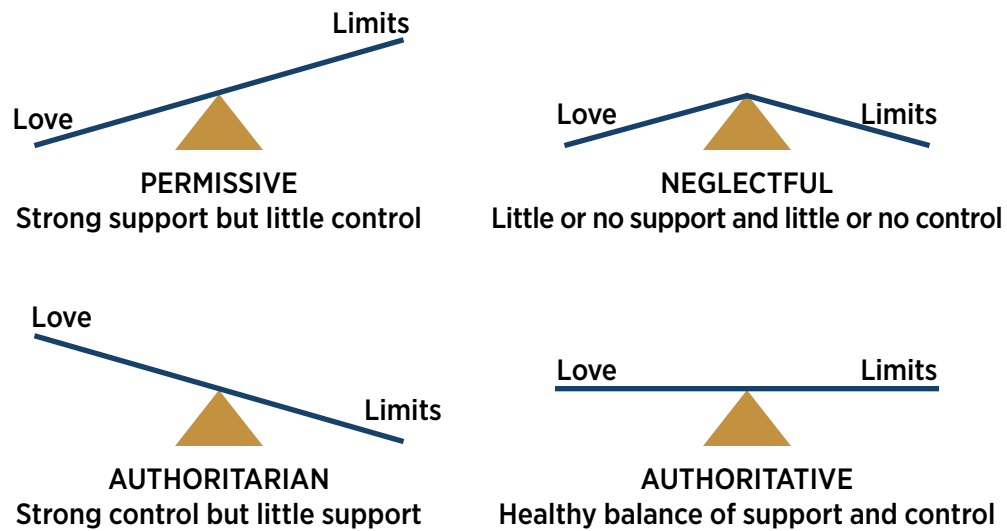


Permissive Parenting

Neglectful Parenting

Authoritarian Parenting

Authoritative Parenting



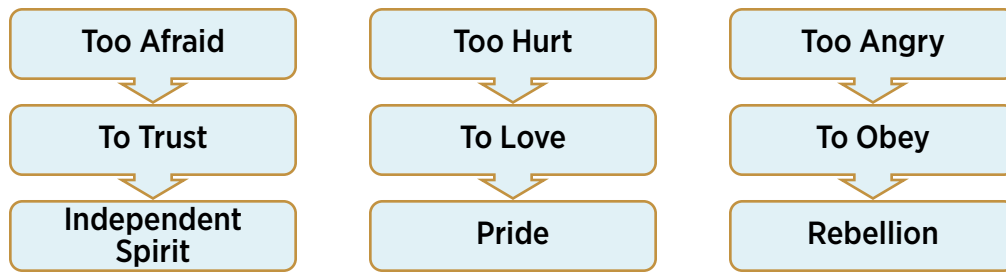
 **Dive Deeper**

“Your story is HIS story. Allow God to completely take over your life, and let Him take your broken pieces and turn them into something beautiful.” —Nick Vujicic

“The key is to begin very early to instruct the child on the true values of life: love for all mankind, kindness, integrity, trustworthiness, truthfulness, devotion to God.” —James Dobson, Ph.D.

 **Dysfunctional Family Rules**

1. Don't
2. Don't
3. Don't
4. Don't
5. Don't



Dive Deeper

Eight Rules of the Shame-bound Family

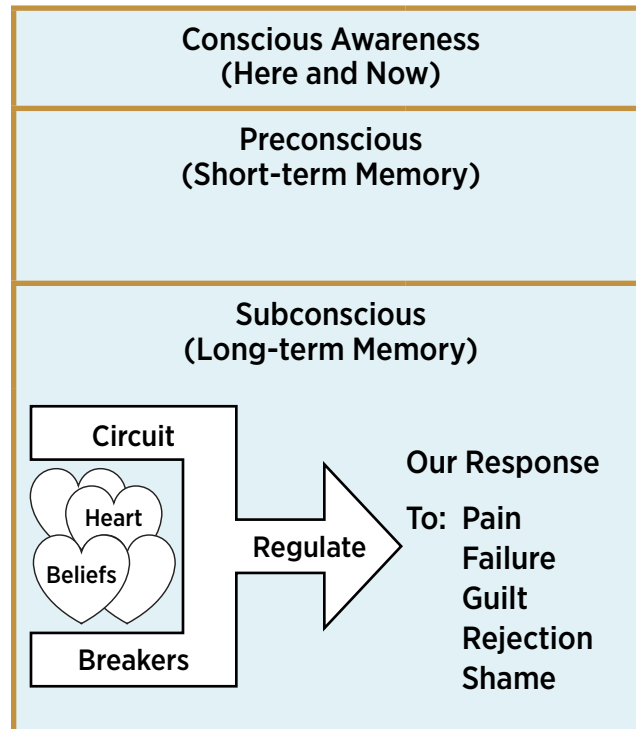
- Rule #1:** Be in control at all times.
- Rule #2:** Always be right/do the right thing.
- Rule #3:** If something does not happen as planned, blame someone (yourself, another, God, etc.).
- Rule #4:** Deny feelings, especially the negative or vulnerable ones, like anxiety, fear, loneliness, anger, grief, or rejection.
- Rule #5:** Do not expect reliability or constancy in relationships.
- Rule #6:** Do not bring transactions or disagreements to completion or resolution.
- Rule #7:** Do not talk openly and directly about shameful, abusive, or compulsive behavior within the family.
- Rule #8:** When disrespectful, shameful, abusive, or compulsive behavior occurs, disqualify it, deny it or disguise it.



Emotional and Cognitive Circuit Breakers

- They are a means by which people manage certain significant, and often traumatic, events in life.
- They “tamp down” or even shut off the emotional “current” that may be running through a person’s thinking and emotions.
- Some events and memories are in our conscious awareness (e.g., what we had for breakfast today). Some events and memories are in our short-term preconscious awareness (e.g., what we had for breakfast yesterday). Some events and memories are buried in our unconscious (e.g., what we had for breakfast 10 years ago on this date).

- If a significant and/or traumatic event took place on a particular date in the past, we may remember it, but can still manage it through certain defense mechanisms.



Defense Mechanisms

- **Denial:** used to refuse accepting the reality of, or responsibility for a situation
- **Delusion:** the development of false beliefs that do not represent logical and objective reality
- **Projection:** the blaming of others for one's own feelings, attitudes, values, impulses, and thoughts
- **Displacement:** substituting another form of behavior for what is normal or expected
- **Rationalization:** an excuse for one's behavior, which is usually motivated by irrational impulses or compulsions to avoid the pain of one's reality
- **Regression:** reverting back to an earlier age that was less demanding, less stressful, and less complex when faced with a difficult or traumatic situation
- **Withdrawal:** removing oneself physically, emotionally, or psychologically from a situation

- **Repression:** forcing anxiety-producing situations into the unconscious where these situations may involve feelings, attitudes, impulses, and thoughts
- **Control:** attempting to control someone else's thoughts, feelings, and actions to make up for one's own inadequacy, insecurity, or powerlessness
- **Compensation:** stressing only one's strongest and most desirable trait(s) in order to mask or cover up for weak or undesirable ones
- **Acting Out:** reducing anxiety and tension by negative behaviors, which expresses previously rejected thoughts, impulses, and attitudes
- **Self-hate:** turning hostile impulses inward, which are felt toward someone else



Dysfunctional Family Roles

The Chief Enabler

Primary Contribution to the Family

Characteristics

The Family Hero

Primary Contribution to the Family

Characteristics

The Scapegoat

Primary Contribution to the Family

Characteristics

The Mascot


Primary Contribution to the Family

Characteristics

The Lost Child

Primary Contribution to the Family

Characteristics



***“In him all things
hold together.”***
(Colossians 1:17)

*“ . . . We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. **For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.** The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and **in him all things hold together.** And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.”*
(Colossians 1:9–20)



Dive Deeper

Dysfunctional Family Consequences

Adapted from: *The Way Out of the Wilderness*, by Earl Henslin (1992), Nashville, TN: Thomas Nelson.

- Dysfunctional family members manipulate situations and go to great lengths to cover up problems rather than face them.
 - David tried to cover up his affair with Bathsheba.
- Dysfunctional family members may develop psychosomatic illnesses.
 - Amnon became physically ill because of his feelings for Tamar.
- Dysfunctional family members handle pain by avoidance or denial.
 - David avoided the issue until Nathan confronted him.
- Dysfunctional family members suffer from improper spiritual, physical, emotional, and relational boundaries.
 - Amnon violated Tamar's physical/sexual boundaries and Absalom violated David's parental boundaries.
- Dysfunctional family members are emotionally reactive rather than responsive.
 - David was furious with Amnon, yet did nothing about it.
- Dysfunctional family members try to promote change through behavior rather than direct communication.
 - Absalom tried to bring everyone together and orchestrate change.
- Dysfunctional family members may break off communication with the person with whom they have conflict.
 - Absalom refused to speak to Amnon, and Tamar cut herself off from everyone.
- Dysfunctional family members need to have a scapegoat.
 - Absalom acted out everyone else's pain.
- Dysfunctional family members create increasingly serious crises to communicate their pain.
 - Absalom murdered Amnon, set Joash's field on fire, and caused Israel to rebel against David.
- Dysfunctional family members hope time will heal the problems.
 - Absalom waited two years before killing Amnon and spent three years in exile.



Generational Patterns—Generational Sin—Generational Curses

• Where the Concept Came From

- *“And he passed in front of Moses, proclaiming, ‘The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the **third and fourth generation.**’” (Exodus 34: 6–7; see also Exodus 20:3–5)*
- *“See, I am setting before you today a blessing and a curse—the blessing if you obey the commandments of the Lord your God that I am giving you today; **the curse** if you disobey the commands of the LORD your God and turn from the way that I command you today by following other gods.” (Deuteronomy 11:26–28; see also Deuteronomy 5:8–10)*

• God Sets the Record Straight

- *“‘What do you people mean by quoting this proverb about the land of Israel: ‘The parents eat sour grapes, and the children’s teeth are set on edge?’ ‘As surely as I live, declares the Sovereign LORD, you will no longer quote this proverb of Israel. For everyone belongs to me, the parent as well as the child—both alike belong to me. The one who sins is the one who will die.’” (Ezekiel 18:2–4, 14–23 see also Jeremiah 31:29–30)*
 - This proverb meant that if a parent did something wrong, it would be held against the sons and/or daughters. God challenges this concept and confirms that **He deals justly with people on an individual basis.**
- *“Yet you say, ‘The way of the LORD is not just.’ Hear, you Israelites: Is my way unjust? Is it not your ways that are unjust? If a righteous person turns from their righteousness and commits sin, they will die for it; because of the sin they have committed they will die. But if a wicked person turns away from the wickedness they have committed and does what is just and right, they will save their life. Because they consider all the offenses they have committed and turn away from them, that person will surely live; they will not die. Yet the Israelites say, ‘The way of the LORD is not just.’ Are my ways unjust, people of Israel? Is it not your ways that are unjust?’ ‘Therefore, you Israelites, **I will judge each of you according to your own ways,** declares the Sovereign LORD.’” (Ezekiel 18:25–30)*

- **Resetting the Scenes**

The conflict of our two natures (**Romans 7:14–25**)

- *“As He passed by, He saw a man blind from birth. And His disciples asked Him, ‘Rabbi, who sinned, this man or his parents, that he would be born blind?’ Jesus answered, ‘It was neither that this man sinned, nor his parents; but it was so that the works of God might be displayed in him.’”* (**John 9:1–3** NASB)
- *“So if the Son sets you free, you will be free indeed.”* (**John 8:36**)
- *“Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.”* (**Romans 8:1–2**)
- *“Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold new things have come.”* (**2 Corinthians 5:17** NASB)
- *“No one who is born of God will continue to sin, because God’s seed remains in them; they cannot go on sinning, because they have been born of God.”* (**1 John 3:9**)
- *“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”* (**Galatians 5:1**)



“For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name.”
(Ephesians 3:14–15)

Suggested Resources

Life is full of challenges, yet there is hope. The *Keys for Living Library* provides biblical truth and practical help for more than 100 topics to help you overcome difficulties, grow in maturity, and move forward in life.

Throughout this session, various publications from the *Keys for Living Library* were mentioned. For your convenience, we've compiled a list of these resources to which you may want to refer for further study.

[Anger](#)

[Anxiety](#)

[Boundaries](#)

[Childhood Sexual Abuse](#)

[Chronic Illness & Disabilities](#)

[Conflict Resolution](#)

[Critical Spirit](#)

[The Dysfunctional Family](#)

[Fear](#)

[Grief](#)

[Guilt](#)

[Habits & Addictions](#)

[Identity & Self-Image](#)

[Intimacy](#)

[Loneliness](#)

[Manipulation](#)

[Parenting](#)

[Perfectionism](#)

[Pride & Humility](#)

[Rejection & Abandonment](#)

[Success through Failure](#)

[Teenagers](#)

[Verbal & Emotional Abuse](#)



SESSION 6 NOTES

REFLECTION

“Search me, God, and know my heart . . .” (Psalm 139:23)

It is important to take time to reflect on and pray about what you are learning and to look for God’s presence in your life. More than 400 years ago, St. Ignatius of Loyola encouraged prayer-filled mindfulness by proposing what has been called the “Daily Examen.” An examen is designed to intentionally set aside time for reflection and prayer to allow the Holy Spirit to give us wisdom and insight by “examining” a particular experience, event, day, etc. It is a technique of prayerful reflection on the events of a given day in order to better discern God’s presence and His direction in our lives.

This is an adapted version of St. Ignatius’ prayer. For your personal edification and spiritual growth, the following template can help you prayerfully think through what God may be speaking to you as it relates to the *Champions for the Brokenhearted* training session. Here are a few simple guidelines:

1. Be still for a few minutes, settle your mind and your spirit in quietness and become aware of the presence of God.
2. Review the training experience with gratitude. Gratitude is the foundation of our relationship with God. It’s a good spiritual discipline to walk through your day in the presence of God and note its joys and delights.
3. Pay attention to your emotions. Reflect on the feelings you experienced during the training session. Ask what God may be trying to say through these feelings.
4. Choose one feature of the training session and pray from it. Ask the Holy Spirit to direct you to something during the session that God thinks is particularly important for you. It may be a vivid moment or something that seems insignificant.
5. Look toward tomorrow. Ask God to give you light for tomorrow’s challenges.

St. Ignatius encouraged people to talk to Jesus like a friend. End your Reflection with a conversation with Jesus. Ask forgiveness for your sins. Ask for His protection and help. Ask for His wisdom about the questions you have and the issues or problems you may be facing. Do all this in the spirit of gratitude.



*“We don’t learn by experience alone, but by **reflecting** on the experiences we do have.” —Dr. Mara Crabtree, Regent University*

1. In what ways did you discern the Lord's presence with you as you watched the video presentation?

2. What were your three primary "takeaways" from the video presentation in terms of knowledge, insights and/or principles you learned?

Takeaway #1

Takeaway #2

Takeaway #3

3. What weaknesses, shortcomings, blind spots and/or needs did the Holy Spirit reveal to you during the video presentation?

4. In what ways might you make adjustments in attitudes, daily living and/or your relationships after watching the video presentation (briefly list and explain)?

5. What is/are your praise(s) and thanksgiving(s) for today?

6. What are the ways in which the Holy Spirit is calling you to be, to do and to act, so that you may more truly follow Jesus Christ in the role of a Christian caregiver?

Resources

- Carder, Dave; Earl Henslin, John Townsend, & Henry Cloud, *Unlocking Your Family Patterns: Finding Freedom from a Hurtful Past*. Chicago, IL: Moody Publishers, 2011.
- Clinton, Tim & Joshua Straub, *God Attachment: Why You Believe, Act, and Feel the Way You Do about God*. Brentwood, TN: Howard Books, 2014.
- Eggerichs, Emerson, *Love and Respect in the Family: The Respect Parents Desire; The Love Children Need*. Nashville, TN: Thomas Nelson, 2013.
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- Hunt, June with PeggySue Wells, *Bonding with Your Child through Boundaries*. Wheaton, IL: Crossway Books, 2015.
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- Straub, Joshua, *Safe House: How Emotional Safety is the Key to Raising Kids Who Live, Love, and Lead Well*. Colorado Springs, CO: WaterBrook, 2015.
- Tripp, Paul, *Parenting: 14 Gospel Principles that Can Radically Change Your Family*. Carol Stream, IL: Crossway, 2016.