

CROSSFIT

Breaking the Power of Our Past

Open in prayer.

Read 2 Corinthians 5:17.

Pastor Derwin said, “Learning to live as a disciple in the family of God is about reality, not denial or illusion.”

- We were born into a certain family, with many positive and negative aspects that affect our lives. Often, we try to deny the pain and dysfunction of our family of origin or try to create a false persona to avoid dealing with it.
- How does living in denial or illusion about our family of origin hurt us and derail our discipleship?

Discipleship in the family of God is about learning how to break free from the destructive sin patterns we learned from our family of origin.

- What insights can you gain from this definition of discipleship?

Here is an example of a “Ten Commandment Tablet” from Peter Scazzero’s book *Emotionally Healthy Spirituality*, page 99.



- What was your family’s Ten Commandments Table?
- Discuss how it affected your relationships with God, yourself, and others. (Upward, Inward, Outward)

How do we break free from the past?

Let's look at the story of Joseph.

Remember that God is epic.

- Read Genesis 4:8.
- **Note:** God allowed the evil of his brothers to take place. He didn't cause it. Joseph trusted God throughout the process of going from the pit to the palace. In the end, God defeated the evil against Joseph by accomplishing something great—Joseph's family was saved from famine and the nation of Israel was able to flourish.
- How do you see the epicness of God in this text?
- How does this encourage you concerning how negative things from your family have affected you?

Remember to be honest about your pain, sadness and loss.

- Read Genesis 4:1-3.
- Discuss how being honest about your pain, sadness and loss helps you break free from family dysfunction and hurt.

Remember to let God rewrite your story into His story.

- Read and discuss Genesis 4:4-15.
- How is Joseph's life a precursor to Jesus' life?

Soul-tattoo:

- Complete a Ten Commandments of your family of origin.
- Ask the Lord to heal you from your past.
- Write a new family response.