

# Family Matters

## F.O.O. Factor

**APRIL 24, 2022**

Sometimes we don't realize it, but the family we grew up in has a huge impact on who we are as adults, for better or worse. Understanding that about yourself is an important part of navigating relationships well.

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### MESSAGE NOTES AND HIGHLIGHTS

- "FOO" stands for Family Of Origin.
- A key to navigating relationships well is understanding how your family dynamics have shaped you, for better and worse.
- What happens in one generation often repeats itself in the next.
- The book of Genesis tells the story of family from Abraham through Joseph, which includes lying and deceit, marital issues, favoritism, sibling rivalries, cutting each other off.
- There's no such thing as a perfect family.
- Read Genesis 50, vv.15-21.
- "You intended to harm me, but God intended it for good to accomplish what is now being done." | Genesis 50, v.20
- No matter what's in the rearview mirror, your past doesn't have to dictate your future.
- When you become a follower of Jesus, you don't just get forgiven—you can also get freedom.
- Trauma—an earthquake event in your life that has a lasting impact on your mental or emotional health. It shakes and shatters your sense of safety and confidence in the world.
- Joseph's first trauma—when he's betrayed and abandoned by his brothers.
- Joseph's second trauma—when he's sold into slavery.
- Joseph's third trauma—when he spends a decade in prison.
- Trust that God is guiding your entire life, both the good and the bad.
- Grieve your losses. Grief is a gift from God.
- Ask God to help you transform family pain with radical forgiveness.
- Joseph breaks generational dysfunction by forgiving his brothers and showing them grace.
- Mercy lets people off the hook. Grace goes further and blesses them.
- Grace breaks the chain of generational dysfunction.
- "If you don't transform your pain, you'll transmit it."

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### DISCUSSION QUESTIONS

1. If you could describe your family of origin in two words, what would they be? Why is that?
2. Understanding our family dynamics is a key to navigating healthy relationships. What good, positive blessings have you inherited from your family of origin?
3. What unhealthy or less-than-ideal behaviors or patterns or thinking have been passed on to you from your family?
4. If we don't transform our pain, we transmit it. Can you see this in your life?
5. What do you feel you need the most to be able to break any cycle of dysfunction from your past? Is it trusting God? Is it allowing yourself to grieve? Is it pursuing radical forgiveness? Anything else?