



Series: Emotionally Healthy Discipleship

Sermon: Part 7: Breaking The Power Of The Past

Date: Sunday, November 30th, 2025

Growing up, we all learn different patterns and habits and we can end up repeating such patterns without being aware of how we are acting or reacting when with others.

Many can continue living in their brokenness because it is difficult to deal with the problems of our family.

Scripture referenced in sermon message: Romans 12:2

_____ : meaning to refresh and to give a new appearance to

Emotionally Healthy Discipleship That Can Free Us From The Power Of The Past:

1. Acknowledging how the blessings and sins of our family, going back three to four generations, profoundly impacts who we are today

2. Recognizing that as followers of Jesus, we have been birthed into a new family (the family of God)

Scripture referenced in sermon message: Ephesians 1:5 NLT

Our allegiance to God is over our family of origin.

What determines our _____ is not our biological blood, but being washed and cleansed by the blood of Jesus.

We cannot change what we are not aware of.

3. Putting off the sinful patterns of our family of origin and culture and learning how to do life in the new family of God

Embracing God's Plan For Our Future:

a. Identifying how our _____ has shaped us

Identifying How Our Family Has Shaped Us

- | | |
|-----------------------------------|--------------------------|
| 1. Family Member Descriptions | 6. Family Secrets |
| 2. Parental/Guardian Relationship | 7. Definition of Success |
| 3. Conflict Resolution | 8. Financial Culture |
| 4. Generational Patterns | 9. Identity and Culture |
| 5. Emotional Expression | 10. Traumatic Losses |



b. Doing the hard work of _____

Scripture referenced in sermon message: Luke 9:23

Common Family Commandment Topics

-Money	-Expressing anger	-Attitudes towards other
-Conflict	-Family	cultures
-Sex	-Relationships	-Success
-Grief and loss		-Feelings and emotions

c. Breaking the power of the past and _____ that God still has a great future for us

Scripture referenced in sermon message: Genesis 37, 39, 45, & 50, Romans 8:28

d. Naming and taming the negative _____ that we are passing on

“What is it like to be on the other side of me?”

Every time we choose that the buck of unhealthiness stops with us, we break the power of the past as we take up our cross to follow Jesus.

Bottom Line: *For those of us who consider ourselves followers of Jesus, we are invited to do the hard work of breaking the power of our past so we can move forward in the ways of God today.*

Questions to reflect on this week or with others:

- 1. Which one or two patterns from your family of origin have had the greatest impact on who you are today? How does your family shape how you function today?*
- 2. What is one message from your family of origin that you want to start to change as a part of your hard work of discipleship?*
- 3. Why is it so important for us to assess the negative legacies we may be passing on? Who is someone you trust who you can reflect with, asking: “What’s it like to be on the other side of me?”*

Songs used in service: This I Believe [The Creed] (Hillsong Worship), Trust In God (Elevation Worship), Santo Para Sempre [Holy Forever] (Chris Tomlin & Gabriel Guedes de Almeida), Come Jesus Come (CeCe Winans), Lord, I Need You (Matt Maher)

Any prayer requests?

-----Tear Here -----

Name _____ **Date:** _____ **Email:** _____

What can we be praying for you about?