

# how does your EMOTIONAL HEALTH affect your SPIRITUAL MATURITY?

#6 - "Ripples From My Generations"

5/14/20 - FCC

Intro: "Father Inspection" through the Holy Spirit

Psalm 139:23-24 <sup>23</sup> Search me, O God, and know my heart! Try me and know my thoughts! <sup>24</sup>  
And see if there be any grievous way in me, and lead me in the way everlasting!

-Peter Scazzero, "The Emotionally Healthy Church"

*"For the first fifteen years of my life as a Christian (and the previous nineteen apart from Jesus), I rarely took time to look deeply into (as the psalmist alternately calls it) my interior, my heart, my depths, or my soul. Yes, I spent an average of two to three hours a day with God in prayer, Scripture reading, listening to God's voice, confessing my sins, and journaling. Regularly, I spent a day in prayer and fasting at a retreat center near my house -- and I still do. Even so, I can confidently say that I was not taking a deep, hard look inside. I wanted to preach powerful, anointed messages. My focus was upward and outward -- growing our church, reaching people for Christ, raising up leaders, buying a building. But an authentic relationship with Christ also takes us into the depths -- the shadows, the strongholds and the darkness deep within our own souls that must be purged. Surrendering to this inward and downward journey is difficult and painful."*



-Scazzero's picture of the iceberg:

- 80% submerged below the surface: Emotions, memories (*painful & sweet*), beliefs, traumas, etc...
- 20% above the surface - Irrational ideas, outbursts, suspicions, mistrust, accusations, etc...

Key Questions:

-Are we willing to let Father take you there?

-If He shows you, are you willing to let Him change you?

1 John 2:6 ...whoever says he abides in him ought to walk in the same way in which he walked.  
Philippians 2:12-13 <sup>12</sup> Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, <sup>13</sup> for it is God who works in you, both to will and to work for his good pleasure.

2. God Introduces Himself

-In the Context of Idolatry - Exodus 20:5-6

-*"jealous"* = *"zealous, provoked to action to protect their covenant"*

-In the Context of Knowing Him Personally - Exodus 34:6-7

*...visiting the iniquity of the fathers on the children and the children's children, to the third and the fourth generation."*

## 2. God Introduces Himself (cont):

-Amazing character/nature of God

-*Things of Grace*: Merciful, gracious, slow to anger, love, faithfulness, forgiving

-*Outcome*: Steadfast love 1000 generations for those who love & keep commandments

-*Things of Justice*: Will not clear the guilty

-*Outcome*: Visit iniquities of the Fathers on their kids

-Iniquity, transgression or sin... *aren't they all the same?*

-*"sin"* = *"to fall short of the standard, misstep, slip, missing the mark"*

-*"transgression"* = *"in revolt against the standard"*

-*"iniquity"* = *"bending or twisting of the standard to accommodate fleshly, natural desires"*

## 3. Generational Iniquity - General & Specific

-*General Transgression* = *Original Sin* - Romans 5:12-14

-*Specific Iniquity* = *Handed Down Through Generations*

-*"bent"* or *"twisted"* at the core of our being - spirit tainted, soul damaged, body broken

-*How is it passed down?* - Exodus 20: By those who 'hate' God

-Both *"caught"* & *"taught"* - habits of parents, family rules (see below), hidden sins

## 4. Objections *"Then aren't we being punished for our parents' & grandparents?"*

*"How can we be held responsible for the things they have done?"*

Peter & Toni DePaoli: *"It's the desire to commit the same sin as our ancestors that causes great distress in the life of a Christian. Even though I am not being punished for someone else's sin, I still live with the effect which is the strong urge to do that sin... The iniquity -- or inclination -- has been passed down, but remember, each individual still has free will. It is our own personal decision whether we will walk on God's path or on the path of sin."*

\**Handout: Generations Worksheet - Tracing Generational Iniquities & Patterns\**

*Holy Spirit Inspection:*

*Question 1: "What patterns emerge of how your family has impacted who you are today?"*

## 5. Family 'Rules'

-Crucial to examination: What *negative* rules were instilled in you by your family?

-*"rules of engagement"* in relationships

-Questions to ferret out 'The Rules':

1. What were topics that were off-limits for discussion as you grew up?
2. What emotions were unacceptable in your family?
3. Did you learn to shut off any negative emotions? Which ones? Why?
4. Where do you tend to place blame when something goes wrong? Yourself? Others?
5. When do you find yourself putting on a mask to pretend everything is okay on the outside?

*Holy Spirit Inspection:*

-What are you seeing?

-Is there anything 'close to the surface' that you feel like avoiding?

-What does it tell you?

-*Question #2: "In what area(s) might you be shaping your life and your ministry according to your past rather than Christ's family?"*

## 6. A Study in Family Shame: A 'Bastard's Curse'

-Principle of 'Generational Iniquity' - the innocent get hurt!

*God's Solution:* Show them Father's healing to wipe out the shame!

-Know the difference:

*Guilt* = God-given reaction to sin, rebellion or iniquity

*Shame* = Choosing to make my sin (or my folks sin) my identity - "embody my sin"

## 7. Getting Free From Generational Iniquities

-Question #3 - Homework - "What 'hard work of discipleship' might you have before you?"

-Insight from Prophets Daniel & Nehemiah: Repenting for your generations - Daniel 9:3-6, Nehemiah 1:5-7

## 8. Basic Process for Freedom - the "R's"

-Guideline for our prayers:

### 1. *Recognize the Sin*

-Two sources of pain: 1. Sin we commit: Solution is Repentance

2. Sins others commit: Solution is Forgiveness

### 2. *Take Responsibility for the Sin*

-Confess = Speak it out without excuse

1 John 1:9 *If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

### 3. *Renounce* - come out of agreement with the lies associated with this sin

-Sin always includes an element of deception

### 4. *Repent* - Turn away from sin

-*"Repentance is not when you cry, it's when you change."*

### 5. *Remove* - Take authority & command assigned tormentors to leave

-*Re:* Not our authority; we carry the name/authority of Jesus - Luke 9:1-2, 10:17-19

### 6. *Request Healing* of your mind & from your pain

-No such thing as forgive and forget; only God can do this -- We forgive and get healed!

-Healing takes away the bait to return to the bitterness thru pain

### 7. *Resist Letting the Sin Return* - Once Father has given the victory, resist! - James 4:7-8

-We continue to walk in our freedom, remember lessons learned

### 8. *Rejoice in your healing* - Praise & Worship!

-Give thanks (*it won't be hard*)!

### 9. *Restore another believer!* - Share your story

-Teach them the Truth

-Show them the 'tools'