

how does your **EMOTIONAL HEALTH** affect your **SPIRITUAL MATURITY?**

Questions for My Generations - (Excerpted: "The Emotionally Healthy Church, Updated and Expanded Edition," Peter Scazzero)
Updated: 5/13/20

1. Describe each family member with two or three adjectives (parents, caretakers, grandparents, siblings, children).
2. Describe your parents' (caretakers') and grandparents' marriages.
3. How was conflict handled in your extended family over two to three generations? Anger? Gender roles?
4. What were some generational themes (e.g., addictions, affairs, losses, abuse, divorce, depression, mental illness, abortions, children born out of wedlock, etc.)?
5. How well did your family do in talking about feelings?
6. How was sexuality talked or not talked about? What were the implied messages?
7. Were there any family "secrets" (such as a pregnancy out of wedlock, incest, or major financial scandal)?
8. What was considered "success" in your family?
9. How was money handled? Spirituality? Holidays? Relationships with extended family?
10. How did your family's ethnicity shape you?
11. Were there any heroes or heroines in the family? Scapegoats? "Losers"? Why?
12. What kinds of addictions, if any, existed in the family?
13. Were there traumatic losses in the past or present, such as sudden death, prolonged illnesses, stillbirths/miscarriages, bankruptcy, or divorce?

(continued on back)

This exercise, while painful, leads us to ask 3 essential questions if we are going to lead others with integrity.

1. What one or two patterns might emerge of how your family has impacted who you are today?
2. In what area(s) might you be shaping your life and your ministry according to your past rather than Christ's family?
3. What "hard work of discipleship" might you have before you?