



## Week 5

### **Connect** (15 minutes)

- **What is ONE truth that has stuck with you from our first four weeks in Soul Care?**

### **SOUL CARE PRINCIPLE #3 – OVERCOMING FAMILY SIN PATTERNS** (35 minutes)

- “Family sin patterns have unusual pull on our souls; they are often the most stubborn sin patterns to break” (p. 100).
- **Honoring Our Family in Victory**
  - “‘I have become like my parent. I promised myself I never would.’ This is the pull of a pattern of family sins. It is important for us to explore our family sin patterns because doing so can help us become self-aware and ultimately free. Self-awareness is the gateway to freedom; it does not guarantee freedom, but we cannot get there without it” (p. 102).
  - **What is ONE family trait that has shown up in your life, even though you swore you would never be like that?**
  - “We don’t talk about our family sin patterns to blame our families or make excuses for our lives. We talk about our family sin patterns to gain victory so that we can honor our family legacy” (p. 103).
  - **How difficult is it for you to identify or talk about your family sin patterns? Why do you think that is?**
- **Overcoming Family Sin Patterns**
  - “You have to fully admit the behavioral pattern in your family and its effects on you. You cannot heal that which you will not admit. You have to bring these patterns into the light” (p. 106).
  - **What stands in the way of acknowledging your family sin patterns?**
  - **VIDEO – “Family Sin Patterns”.**
    - **Did anything stand out to you from this video?**

### **Spiritual Action Steps** (70 minutes)

- **Let's walk through the questions at the end of the chapter and share our responses.**
  - **1. Share your genogram and anything you learned about your family sin patterns.**
  - **2. How do those family sin patterns manifest themselves in your life? Be honest.**
  - **3. What actions do you need to take to overcome them? What gracious prayer partners can help you? What spiritual disciplines (practices) would be most important to you? What Scriptures do you need to meditate on?**

### **Pray Together**

### **For Next Week:**

- **Read Soul Care Principle #4 FORGIVENESS (123-148)**
- **Be sure that you make time to process through the Spiritual Action Steps at the end of the chapter!**