



B E C O M I N G  
**Emotionally  
Healthy**

WEEK SIX:

**POWERS  
OF THE  
PAST**

TEACHING BIG IDEA:

**Jesus is able to break the power that our yesterdays and yesteryears have over us.**

*“Emotionally Healthy Spirituality is about reality, not denial or illusion. It is about EMBRACING God’s choice to birth us into a particular family, in a particular place, at a particular time in history. That choice (God’s) granted to us certain opportunities and gifts. It also handed to us a certain amount of what I call “emotional baggage” in our journey through life. For some of us this load was minimal; for others, it turned out to be a heavy one to carry. In fact, some of us are so accustomed to walking with such excess weight that we cannot imagine living any other way.”*

Pete Scazzero

**Jesus has the remedy.**

*<sup>28</sup> Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy to bear, and the burden I give you is light.”*

Matthew 11:28-30

- **My burden might not feel light.**
- **The burden Jesus gives me is light.**
- **The burdens we put on ourselves and others can be very heavy.**
- **The burdens others put on us, including family, can be very heavy.**

**Family Sins or Generational Sins (curses). [Excuses: genetic disposition, neurological pathways, etc.]**

Exodus 20:4-6; Ezekiel 18:19-22

**What does generational sin mean? Learned behaviors.**

**All familial concepts and behaviors are very powerful.**

*<sup>1</sup>As Jesus was walking along, he saw a man who had been blind from birth. <sup>2</sup> “Rabbi,” his disciples asked him, “why was this man born blind? Was it because of his own sins or his parents’ sins?” <sup>3</sup> “It was not because of his sins or his parents’ sins,” Jesus answered. “This happened so the power of God could be seen in him.”*

John 9:1-3

**Blessings and Sins: Even in the most difficult family environments there are positives.**

**Even in the best family environments there are negatives.**

*<sup>28</sup> Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy to bear, and the burden I give you is light.”*

Matthew 11:28-30

- **All family environments are designed by God to teach us, grow us, and mature us into the very image of Christ, no matter how difficult.**
- **When we come to Him, lay our burdens at His feet, and learn from Him, He makes our burdens light.**

WEEK SIX:

## POWERS OF THE PAST



## BECOMING Emotionally Healthy

**Adoption into God's Family** (Ephesians 1:4-5)

- **When we are adopted into God's family, we are privileged to break all negative family patterns.**
- **Jesus loves children: I am God's child. I am part of His family.**

<sup>2</sup> Jesus called a little child to him and put the child among them. <sup>3</sup> Then he said, "I tell you the truth, unless you turn from your sins and become like little children, you will never get into the Kingdom of Heaven. <sup>4</sup> So anyone who becomes as humble as this little child is the greatest in the Kingdom of Heaven."

Matthew 18:2-4

**Humble: willing to learn, grow, change, and mature! This is discipleship.**

<sup>1</sup> See how very much our Father loves us, for he calls us his children, and that is what we are! But the people who belong to this world don't recognize that we are God's children because they don't know him. <sup>2</sup> Dear friends, we are already God's children, but he has not yet shown us what we will be like when Christ appears. But we do know that we will be like him, for we will see him as he really is. <sup>3</sup> And all who have this eager expectation will keep themselves pure, just as he is pure.

1 John 3:1-3

### MY NOTES



#### STAY CONNECTED:

Download the Westside Leavenworth App in your App Store or visit [westsideleavenworth.com/app](http://westsideleavenworth.com/app)

**TEXT FOR PRAYER:** (913) 297-9707

#### WAYS TO GIVE:

Westside Leavenworth App (in your app store)  
[westsideleavenworth.com/givenow](http://westsideleavenworth.com/givenow)  
text "WestsideLV" to (833) 254-5174



#### TEACHING SUMMARY:

Everyone has a past! Everyone has a family narrative that plays into the dynamics of each person. Everyone has been injured physically, emotionally, mentally, and spiritually. We all carry some kind of weight—or burden—from our past.

We all want to think we love the truth. However, the truth is that much of the time we fear the truth, especially about ourselves.

Jesus is able to break the power that our yesterdays and yesteryears have over us. Jesus has the answers and He has the healing we seek. He made us a promise that He will keep!

SERIES BIG IDEA:

**Spiritual maturity is having a healthy relationship with God, myself, and others.**

*Emotional health is measured by my ability to manage what you think, feel, say, and do regardless of what happens to me.*

#### TALK-IT-OVER:

Were you ever told do as I say not as I do or something like that? Have you ever used that line?

What are some habits from your parents that you can see in your life that you want to see removed?

What are some good things you brought into your life that you saw modeled at home?

How does being part of God's family, with His example, bring you hope to break the power of the past?

What is a next step you can take?  
Who do you need to tell?

#### DAILY SCRIPTURE READING:

Day 1) Psalm 103:11-18

Day 2) Isaiah 38:17-19, 43:25

Day 3) Micah 7:18-19

Day 4) 1 John 5:3-5

Day 5) 1 Corinthians 6:7-11

Day 6) Revelation 1:4-6