



Dr. Edward O. Williamson, Pastor-teacher
Bible Study and Discussion Group
Emotionally Healthy Discipleship by Peter Scazzero
Moving from Shallow Christianity to Deep Transformation
Handout #6
Chapter 8 -- "Break The Power of The Past"

"An emotionally healthy disciple slows down to be with Jesus, goes beneath the surface of their life to be deeply transformed by Jesus, and offers their life as a gift to the world for Jesus."

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Chapter 8 – Break the Power of the Past

Opening Comments/Confessions

- I. Going Backward To Go Forward A Biblical Framework
 - A biblical framework for discipleship that frees us from the power of the past:
 1. _____ how the blessings and sins of your family profoundly impacts who you are today.
 2. _____ you have been birthed into a new family – the family of Jesus.
 3. _____ the _____ of your family of origin and culture, learn how to do life in the new family of Jesus.

II. Setting Your Church Free

- A five-part approach to help people break the power of the past for a great future – both individually and corporately:
 1. Genogram your family, identifying how it has shaped you.
 2. Do the _____ of discipleship.
 3. Get a great _____ out of the _____.
 4. _____ the _____ of the past in every area of life and leadership.
 5. _____ and _____ the negative legacies of your ministry's history.

Conclusion: Begin With Yourself

Discussion Questions

(from The Emotionally Healthy Discipleship Study Guide)

1. What stood out to you most from this chapter?

2. Family patterns from the past inevitably play out in present relationships and behavior.
 - How did you respond to the idea that you have been shaped not only by your family of origin but also by family patterns going back three or four generations?

 - In the book, what insights did you discover by looking at the generational family patterns of David (pages 165-167).

3. Using a tool such as the genogram gives us a big picture view of our family history, similar to the Overview Effect of seeing Earth from space.
 - How would you describe the Overview Effect of looking at generational patterns and dynamics in your own family? What themes or other insights emerged from considering the big picture?
 - In the book, briefly review the bullet list of questions about relational dynamics (pages 170-171). Which question(s) did you find most helpful in identifying how your past might be impacting your present? Briefly share why.

4. Learning to live fully in the new family of Jesus requires unlearning the unhealthy patterns from our past, our “unbiblical family commandments.”
 - In the book, briefly review the examples of unbiblical family commandments (page 172). Whether they were spoken or unspoken, what were one or two commandments you learned growing up?
 - In what ways have these commandments influenced you as a leader, both in the past and recently?
 - The author writes, “Breaking the power of the past requires a crucifixion and everything in us screams against it.” In what ways, if any, do you feel resistant to the hard work of discipleship in connection with your past?

5. Just as families pass on patterns and legacies over multiple generations, so do local churches, denominations, parachurch movements, and nonprofits.
 - In the book, briefly review the chart of positive and negative legacies of one ministry's history (page 184). What two or three positive legacies do you associate with your church or organization?
 - What negative legacies might be operating, or impacting, your church or organization? (Be sure to consider any "shadow" legacies, negative consequences of the positive legacies.)

6. The New Testament assumes that growing into maturity as a disciple happens within the context of a healthy local church where we are "reparented" in doing life Christ's way.
 - If the church is a place where people bring their entire histories with them through the door, what challenges do you anticipate in teaching your people what it means to function as the new family of Jesus?
 - In the book, briefly review the bullet list of the five pathways for setting your church free (page 185). Which of the five pathways inspires the most hope in you as a tool that might truly help your people to become free spiritually and emotionally?