



## It Runs in the Family

Listen to the message [‘It runs in the family’](#)

Read Genesis 44 and 45

Families have an impact on us; they are part of us. We see this through the Bible and even outside of the Bible. Child Psychologist Oliver James in his brilliant book, ‘Not in Your Genes’ talks about the impact families had on well-known celebrities and how it affected them, sometimes to horrific consequences.

But He suggests, like the Bible, there is hope if we deal with the issues.

### **3 Lessons we learn from Joseph about dealing with negative impacts of our family:**

#### **1. Face Reality**

Joseph didn’t try and pretend that his brothers were perfect. He didn’t try and pretend that nothing had happened. He talked about this. He faced up to the reality and didn’t try to make it all pretty and nice.

#### **2. Forgive**

Joseph didn’t just face the reality of what was happening; he made a decision to forgive.

#### **3. Forge a New Future**

When we forge a new future, we start intentionally choosing a different path that went before us in our families

### ***Application***

1. What good characteristics have you inherited from your family?
2. What patterns in your family do you think need to change? Spend time praying for God’s wisdom and power to make the changes needed.
3. What support to you need to help see these changes take place?

### ***Recommended reading***

Emotionally Healthy Spirituality, Pete Scazzero, <https://www.eden.co.uk/emotionally-healthy-spirituality/>