



## Wk. 4 Practice: Generational Thorns

Read James 1:2-4. Scripture teaches us that God can use the struggles and difficulties that we experience in our lives to shape us. It also teaches us that some of our struggles, circumstances, and even sins can be related to our families (read Numbers 14:18). This doesn't mean that God judges us because of what our parents do (read Ezekiel 18:20). But it does mean that the burdens of our families will have an effect on us. How have the thorns of your family shaped your life?

### Step 1:

- Make a list significant pains, failures, or wounds in your life/family
  - Sins, addictions, divorces, health conditions, miscarriages, etc.
  - How did they shape your life/family?

### Step 2:

- How were pains, failures, or wounds typically described in your family?
  - Things that were earned or things that were given?
  - How did your family respond to thorns?
  - What have you accepted (called normal), ignored (chosen not to pay attention to), adopted (took up in my own life), or rejected (lived in defiance of) this way of thinking?

<u>Thorns in my life</u>	<u>Thorns in my family</u>

My family's beliefs about thorns:

What have I accepted, ignored, adopted, or rejected this way of thinking?

**Step 3:**

- Mark your genogram to reflect the content of your list
  - Use the icons below to indicate which family member dealt with a particular struggle
  - Feel free to create your own icons if you don't see one that you need

*Examples of icons:*

% = addiction

\$ = poverty

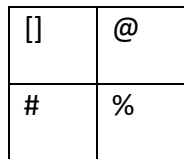
& = unhealthy community outside of family

@ = sickness

~ = trauma

[] = abandonment

Dave – father



Jene – mom

