

#3: Formation is being _____ OUT of the unhealthy patterns, thoughts, and behaviors of our past and being disciplined IN to the patterns of our _____ with Jesus.

- Jesus radically redefines family as "Whoever does God's will" (Mark 3)
- Reflect:
 - What might be one specific message, pattern, or behavior from your family of origin that God is revealing and asking you to take off today?
 - What would that look like? What would need to change?

TABLE GROUPS DISCUSS

- In ONE WORD - how is it with your soul?
- How can those around the table be praying for you this week?

PRAYER & MINISTRY SENDING

EMOTIONALLY HEALTHY SPIRITUALITY THROUGH THE WEEK

Continue to practice silence & the evening examen.

- If you haven't started, try them this week!
- If you have started, could you add a "silence break" into the middle of your day somewhere this week?

Remember that we are working to expand the space between stimulus & response to make room for God to speak and move.

What have you noticed so far as you incorporate silence into your daily rhythm?

What do you feel God inviting to you in this season?

United Church of Cohoes

JULY 31, 2022

EMOTIONALLY HEALTHY SPIRITUALITY

WEEK 4: GOING BACK TO GO FORWARD

ORDER OF SERVICE

GATHER

Welcome
Morning Prayer

PRAISE

No Longer Slaves
Great Are You Lord

LISTEN

Genesis 50
Reflection

APPLY

Table Conversations

SEND

Prayer
Doxology



EMOTIONALLY HEALTHY SPIRITUALITY

WEEK 4: GOING BACK TO GO FORWARD
JULY 31, 2022

- GATHER -

Breath Prayer
Silence

Leader: O Lord, open our mouths

People: And we will sing your praises

PSALM 56

Have mercy on me, God, have mercy.
My soul flies to you for refuge.
I will hide in the shelter of your wings
until the time of ambush is past.
I will cry to God the Most High,
to the God who cares for me.

He will send help from heaven to set me free.
He will disgrace those who trample me underfoot.
He will send forth his mercy and faithfulness.

My soul lies among lion-cubs
that would devour the children of men.
Their teeth are spears and arrows,
their tongues are pointed swords.

May you be exalted above the heavens, O God;
let your glory cover the whole earth.
They prepared a trap for my feet;
my soul was bent double under its burden;
they dug a pit in front of me
- but they fell into it themselves.

My heart is ready, God.
My heart is ready.
I will offer you music and song.
Awake, my glory,
awake, lyre and harp.
I will awaken the dawn.

I will proclaim you among the peoples, Lord,
and make music for you among the nations,
for your mercy reaches as high as the heavens,
your faithfulness to the clouds.

May you be exalted above the heavens, O God;
let your glory cover the earth.

Silence

- PRAISE -

No Longer Slaves
Great Are You Lord

MESSAGE

Genesis 45-50

If we want to move forward and grow in our formation, we have to look to the past with _____, _____, & _____.

What feelings first arise when we say we are going to talk about our past/childhood/families?

#1: We are _____ (both in positive and negative ways) by our families of origin, going back 2-3 generations.

- o Joseph -> Jacob -> Isaac -> Abraham = Patterns of dysfunction
- o Reflect:
 - What messages did you receive that might have shaped who you are/how you live today?
 - What earthquake events sent "aftershocks" into your extended family
 - What were the resulting family commandments?

#2: God's hand works _____, and _____, and _____ our histories so that we might accomplish his purpose in _____ and in the _____.

- o "God was not at work producing the circumstance Joseph wanted, he was at work producing the Joseph he needed."
- o Reflect:
 - What parts of your story or current situation do you need to acknowledge and lament honestly?
 - What parts of your past or family of origin do you need to release and trust to God's work?
 - What are you walking through today? Can you ask God, "Show me that you are with me!" and "Show me your hand at work in the midst of this!"