

**Notes**

How would you describe the family environment that you grew up in?  
What was the normal atmosphere like in your home?

**1. Read Genesis 12:10-20, 20:1-13, 27:1-36, and 37:1-36.**

Each of the stories in these passages reveal a sin pattern passed down from one generation to the next. What is it?

In looking back at your own family history, can you see any unhealthy or sinful patterns that have been passed on? In what way do you see those dynamics play out in your life or family today?

What beliefs, values, or perspectives did you grow up with that don't necessarily align with the truth of God's Word? They could be about any number of things such as: money, conflict, marriage, expressing emotions, success, identity, relationships, or many more. Identify an unhealthy belief or attitude and share how it has changed as you've grown in your understanding of God's Word. Try to find a verse or passage in scripture that provides a biblical perspective that corrects the unhealthy one.

**2. Read Ephesians 4:22-24.**

Part of letting the Holy Spirit renew our thoughts and attitudes is identifying what we feel, figuring out where those feelings came from, and aligning them with the truth of God's Word. Read the verses in Ephesians slowly, two or three times. What part of your old thinking, feeling, attitudes or beliefs do you need to allow the Holy Spirit to renew?

As a new creation in Christ, you no longer need to live bound to the sin and brokenness of the past. In what area of your life is the Holy Spirit calling you to take a step of greater obedience and surrender? What step toward greater emotional and spiritual health is He asking you to take?