



taking relationships from crazy to crazy good

STUDY GUIDE - June 9, 2019

Message Title: Crazy Family

Teaching Pastor: Brian Hughes

This study guide has been designed for Small Groups in mind, and can be used by individuals as well.

As an ice breaker to the topic today share:

1. A good quality from your family of origin (the family you grew up in). Something you feel was positive or something you're trying to continue with your family.
2. A dysfunction from your family of origin. A pattern or behavior you think is unhealthy.

Read Joshua 24:1-28 together as a group. You might consider breaking it up and letting different people read parts along the way.

Answer the following questions together:

- Why do you think Joshua summarized the history that had led the people to this moment?
- Joshua names many people and events. Go back and look at the scripture you just read. Each person in the group should pick a person or an event named and briefly share what you know about that story.
- What is Joshua suggesting that the people do in this moment?
- What does Joshua say that he is going to do in this moment?

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Brian related this declaration that Joshua makes to the concept of Self-Differentiation. This is where you realize that you can only control your decisions and no one else's.

Is there someone in your family (kids, spouse, parents, etc) that you feel anxiety about their choices? On a scale from 0-10, how much do you feel like you have to try to control the decisions that that person is making? Share this with your group.

Also discuss the concept of Self-Differentiation. Do you think you can do this? What are the potential challenges? What would be the benefits?

Read John 6:25-67 (this will take 3-5 minutes).

Joshua and Jesus both practiced Self-Differentiation. They remained connected, but refused to own the decisions that others were making. In this way, they did not carry the anxiety of those decisions.

Now that you've read both texts, talk about how you could follow these examples in your own family.

Brian talked about some of the common kinds of anxiety building dysfunctions. Overfunctioning/Underfunctioning, Fusion/Cutoff and Secrets. Which of these exist in your own family and what can you do to differentiate?

Finally, Brian discussed Sabotage. Talk about how you've seen that and the potential for that in your own family if you self-differentiate.

Be sure to pray for each other and specifically to pray for your families.

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