

**Emotionally Healthy Spirituality  
Going Back in Order to Go Forward  
Application Exercise**

Prayerfully complete the chart before the session and have it available for the session.

First, list the love messages you received from each of your parents or caretakers (Ex.: Don't be weak. Education is everything. You must achieve to be loved. Don't be sad; things could be worse. Make a lot of money. Don't trust people; they will hurt you.)

Next, list any "earthquakes" events that sent "aftershocks" into your extended family (Ex.: abuse, premature or sudden death/losses, divorces, shameful secrets revealed, etc.)

Review the three boxes and summarize what messages about life/yourself/others you internalized. Then fill in the "Cumulative Messages I Received" box.

**Father (Male Caretaker): List the messages your received about life:**

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Mother (Female Caretaker): List the messages your received about life :

“Earthquake” events in family history:

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Cumulative messages received:

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How do those messages compare with the messages below that reflect who you are in the new family of Jesus?

- It is good that you exist.
- You are lovable.
- You are good enough.
- You are a joy.
- You have nothing left to prove.
- Your needs are a delight.
- You are allowed to make mistakes.

What might be one specific message from your family of origin that God has revealed to you today that you want to change as part of your “hard work of discipleship”?