



## Coaching Tool:

I'll Be The First In My Family

With God's help, you can break any family pattern or curse, because you are a new creation in Christ Jesus.	Vs.	This broken behavior is just how you are because it's how your family has always been.
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## Examples Of What The Enemy Wants You To Think:

- I am doomed to relive my family's dysfunction.
- There isn't anything special about me that I could break out of the mold.
- I just have bad genes.
- It's too hard to change when I'm the only one wants to, or who sees the value.
- I'm scared of being judged and ridiculed for changing.
- What if I fail? It's better not to try than look like a failure or a hypocrite.

## God's Truth Says:

### 1. Recognizing the pattern.

- a. When we are raised to think or behave a certain way, in some areas it can be difficult to see where our thoughts or actions do not align with God's word. Others are very apparent, because we despised how the behavior harmed us growing up.
- b. You can spot patterns by examining your family behavior and comparing and contrasting it to the families of your friends, neighbors, or somewhat realistic healthy television families (7<sup>th</sup> Heaven, This Is Us, Full House, etc.)
- c. "Always learning and never able to come to the knowledge of the truth." – 2 Timothy 3:7

### 2. Breaking the pattern.

- a. It may be too difficult to change patterns using our own strength. Do not be ashamed or too hard on yourself if this is the case. These are often ingrained patterns of thinking and behavior that started before you spoke your first word or attended elementary school. There may even be spiritual influences passed down from your generations (Duet. 28)



- b. We have the Holy Spirit, a champion who wants to help and guide us, along the path to change. Asking for the help of the Holy Spirit is not a sign of weakness, but of great faith and trust in the Lord's power. He wants to work with you.
- c. One of the most powerful steps to change is intentional, heartfelt repentance. Not just being sorry for what you have done, but owning your sin, confessing it to God, and changing your actions out of love and genuinely desired obedience to the Lord.
- d. "But if they will confess their sins and the sins of their ancestors—their unfaithfulness and their hostility toward me,... I will remember my covenant with Jacob, Isaac, and Abraham." – Leviticus 26:40-42

### **3. Creating a new pattern.**

- a. New patterns are often difficult to create, but not impossible. We have to intentionally fight against all those instincts we used to follow.
- b. Although we are changing physically, this fight begins and ends in the spiritual realm. The effort we put in will have long-lasting effects not just on our own life, but on the lives of our children and the lives of those around us.
- c. By identifying in which circumstances we want to change, we can pause before we react without thinking, ask God to come in and help us choose better responses.
- d. To help us make different choices, we can look in God's word for characters with similar struggles or glean wisdom in the book of Proverbs. We can also ask God to reveal His character to us through His word so that we can strengthen our relationship with Him and thereby strengthen our desire to walk in His will. This is how we can use the Bible to renew our minds from our old ways of thinking, to embracing the truth.
- e. "Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new." – 2 Corinthians 5:17

### **Listen To This Song:**

The Curse Is Broken by James Fortune



### **Questions To Help You Process This Concept:**

1. Are there any behavior or thought patterns you'd like to change in your life right now? Make a list.
  
  
  
  
  
  
  
  
  
  
2. What are the family secrets, values, or behaviors that may have influenced you toward these unhealthy or sinful behaviors?
  
  
  
  
  
  
  
  
  
  
3. In what areas have you blamed your upbringing or family history for sinful or unhealthy behavior?
  
  
  
  
  
  
  
  
  
  
4. Have you ever tried to change this behavior? If so, what did you find difficult or easy about the process? If not, why?



5. Have you ever reverted back to old sinful or harmful behavior where you had previously seen successful change? If so, how did you bring God into the change? How did you ignore Him during the reversion?

### **Exercise:**

1. Pray and ask God to show you any family patterns that He would like you to break free from. Make a list of the patterns you are aware of, or that God has revealed to you.
2. Reflect on Biblical characters that may have struggled with similar patterns (i.e. Jonah refused to follow God's call, Sarah who doubted and ran ahead of God's timetable, Moses was a murderer, David was an adulterer and murderer) or who showed how to avoid the patterns you are struggling with (i.e. David & Goliath, Jesus' temptation in the wilderness, Elijah & the Widow, Paul's ability to have joy despite his circumstances)?
3. Take responsibility for your previous sin and repent. The Lord forgives completely those who repent.
4. Identify which people or circumstances might cause you to automatically revert to old patterns.
5. Create a plan to intentionally slow down, pray periodically before and during those circumstances.
6. Make a list of better choices you could make in each circumstance instead of the old, harmful ones.
7. Ask a trusted accountability partner to hold you accountable to the changes you are making.