1 CODEPENDENCE WORKSHOP

Module 2: Family Systems

THE PURPOSE OF FAMILY

- The heart of God is expressed through the family it shows His character in action as a parent and spouse, and is meant to teach us God's very nature and the depth of His love for us.
- ■Male and female represent both aspects of God's character
- On earth, the purpose of the family was designed to provide a safe haven where love, security, and safety allow for healthy physical, emotional, mental, and spiritual growth of each member, but especially the children.

3 LEARNING FROM THE FIRST FAMILY

- ■Marriage is a divinely appointed institution that came from an acknowledgement that man needed companionship. Everything was "good" except his aloneness
- ■The marriage relationship was desperately shaken through the fall the relationship lacked the necessary resources to make that relationship work fellowship with God
- Eve believed what Satan said over what God said which in essence put Satan in authority over her
- Adam believed what his wife said over God, giving her authority over God
- ■This very deception continues to be a problem it's an authority problem.

4 THE HEALTHY FAMILY SYSTEM

- Jesus Christ will be placed at the foundation
- ■Grace-base
- ■Unconditional love
- ■The heart will be emphasized more than behaviors
- ■Roles and responsibilities will be clearly defined and understood
- ■Boundaries will be clearly stated that define what is and what is not acceptable
- ■Communication is real, open & honest, where all family members are allowed to express real feeling and share the challenges of life.
- ■Consistency will exist day to day

THE HEALTHY FAMILY PRODUCES

- Security, peace and joy are at the foundation.
- ■The family has a genuine desire to submit to one another.
- The home has a spirit of freedom that allows everyone the opportunity to succeed and fail.
- ■The development of healthy boundaries offers the ability to know how to set personal guidelines and recognizes the value of submitting to all rules and regulations.
- ■Healthy self-esteem and identity is formed where children are able to find their unique personalities, gifts, and identities, and learn the value of who they are in God's design.
- ■The maturity process is nurtured and healthy growth takes place spiritually and emotionally, as well as physically.

6 WHEN THE FAMILY BREAKS DOWN

■Because the family is meant to be a representation of how God loves us, when it is damaged, it can cut right at the heart of our perceptions and understanding of

God Himself.

- ■Visualize a home being built if the housing structure failures: foundational, structural and supportive aspects can fail.
- ■The purpose of family can be so skewed it has the opposite effect it becomes a place of fear rather then safety

7 DYSFUNCTIONAL FAMILY

- ■Driven by the selfish need of family member (s) where a person dictates the overall operation.
- ■Love is conditional based upon performance where children quickly recognize that what they do matters more than what they truly feel or experience.
- ■The house is covered by guilt, shame and fear
- ■Roles are undefined and chaotic (We will discuss this in more detail later).
- Proper boundaries have not been established
- ■A lack of consequences and/or discipline can encourage and enable bad behavior.
- **■**Emotional Dishonesty

B DYSFUNCTIONAL FAMILY PRODUCES

- A sense of shame, insecurity, fear and anger
- ■The family member's need to rebel or to overly "compensate" to hold things together
- ■Poor personal boundaries
- Lack of control/powerless and a sense of feeling "trapped"
- ■Poor self self-esteem and identity
- ■Emotional and spiritual immaturity
- ■Inability to have healthy relationships

9 FAMILY ROLES

- ■Jesus Christ the foundation
- ■Husband the infrastructure, including walls and ceiling (he is the covering
- ■Wife the pillar or supportive beam
- ■Children they are the "interns" learning life

10 THE FOUNDATION OF JESUS CHRIST

- ■The entire purpose of marriage is to portray the way Christ loves the church. Without Him, marriage doesn't even have a purpose or foundation.
- •With Jesus at the center, the husband and wife love each other through Him and for Him. He provides all necessary resources.
- ■He offers the remedy for the curse He brings redemption through His love and grace being poured into each spouse, who can in turn pour into each other.
- ■Their intimacy produces life just as our intimacy with Jesus Christ produces spiritual life

11 THE HUSBAND/FATHER

His responsibilities:

- **■**CEO and leader
- ■God-given authority
- ■Called to use love, not control.
- •Given the responsibility of the provider and protector.

12 THE HUSBAND/FATHER

WHAT HE NEEDS:

- ■Respect
- Affirmation and support/encouragement
- ■Female touch
- ■Sexuality

13 THE HUSBAND/FATHER

HIS ROLE BREAKS DOWN WHEN:

- ■Doesn't initiate love
- ■Fails to protect, can even inflict fear and harm
- ■Doesn't lead
- ■Doesn't provide
- ■Sexually unfaithful
- ■Abandons

14 THE WIFE/MOM

- ■Most people in our culture view the traditional role of a female to be demeaning and offensive, as if 'submitting" to the male explains that we are "less than".
- ■The meaning of supportive, we could interpret it to mean the "strength" behind the overall operation system.

15 THE WIFE/MOM

HER NEEDS:

- ■She needs to be given loving leadership
- She needs to be shown affection and find acceptance, approval and love by her father/husband
- She needs to be provided for and protected she thrives when she feels secure and taken care of.

16 THE WIFE/MOM

HER RESPONSIBILITIES

- ■She is required to be submitted and respectful.
- ■She is a supporter and encourager
- ■She is a beautifier
- ■She is called to nurture

17 THE WIFE/MOM

HER ROLE BREAKS DOWN WHEN:

- ■If she isn't provided for and protected, she will assert those roles
- ■Takes control/authority over the family
- ■Can be manipulative to gain loves
- ■Fails to be emotionally nurturing
- ■Defies to manage home more focused on outward things
- She uses her own beauty and/or sexuality to attract or draw the attention of other men.

18 MASCULINE VERSUS FEMININE

■Men giving: women receiving.

- ■Many times a woman does the masculine position because he is unavailable therefore it is survival but it can radically alter her sense of identity and the type of man she will draw in to her life.
- ■A man who doesn't take on a masculine position will lack healthy sense of self he can't ever be fulfilled when he neglects this role it is his primary purpose in life.

19 CHILDREN OF DYSFUNCTIONAL FAMILIES

- ■They are learning twisted belief systems about gender roles and the purpose of family
- ■They often adapt roles in order to survive
- ■Important to identify with the role they took on as a child as it often translates into future relationship behaviors
- ■Why look at childhood? To understand, comprehend, and let go seeing ourselves as a child in our family of origin brings us to a place where we can heal if we were hurt in our family.
- ■We don't look back to blame, in the long-run, Satan is the enemy and sin is the problem, not our parents. He's the one who wants to kill, steal and destroy.

20 THE FAMILY IN RECOVERY

- ■The family recovers when each family member deals with self
- ■The family recovers as it can be aligned with God's principles and His intent and purpose for the family, including individual roles and responsibilities
- •Just because we become healthy doesn't guarantee other family members will change.
- ■We must learn to rely on prayer to usher in all change
- •We can hold steadfast in the reality that we are members of God's family. We often find our restoration and healing by learning how to love in the family of God
- ■We should find a healthy church and/or recovery group can be the very place where we begin to learn healthy relationship skills.