

## 1 ■ CODEPENDENCE WORKSHOP

Module 2: Family Systems

## 2 ■ FAMILY

Being marinated –  
Our lense of reality

## 3 ■ GOD'S PURPOSE FOR FAMILY

His lense – Why He purposed family  
Relational side of life displays who God is  
Safety, instruction, modeling, love, security, to grow.

## 4 ■ LEARNING FROM THE FALL

- The tragedy of the garden: authority breaks down
- The tragedy of relationships: the void creates relationship malfunction
- The tragedy of roles: the fall creates distortion, misplacement and misalignment leading to confusion, hurt and pain of all magnitude
- The solution: Jesus

## 5 ■ WHAT GOD INTENDED

- 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

## 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 than 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

#### 8 **BUILDING THE FAMILY GOD'S WAY**

#1. Jesus Christ is the foundation  
What does that mean?  
He never fails

#### 9 **BUILDING THE FAMILY GOD'S WAY**

#2. Husband is the infrastructure, including walls and ceiling  
(he is the covering)  
Leader, protector, provider, lover  
Need the most: respect  
Fails the most: love

#### 10 **BUILDING THE FAMILY GOD'S WAY**

#3. Wife – the pillar or  
supportive beam  
Helper, manager, supporter, teacher, beautifier  
Needs the most: Love  
Fails the most: Authority

#### 11 **BUILDING THE FAMILY GOD'S WAY**

#4. Children  
The legacy, the cycle, the future  
Needs the most: Love, discipline, safety  
Get hurt the most when the family doesn't provide these resources. Children require help just as adults do.

#### 12 **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.