

**Note: Every great man or woman has had to rise above the pain of their past to reach their God given potential.**



## any thought, pattern, or attitude that doesn't align with God's Word.

For though we live in the world, we do not wage war as the world does. <sup>4</sup>The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. <sup>5</sup>We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. II Corinthians 10:3-5 (NIV)

Some of you were once like that. But you were cleansed; you were made holy; you were made right with God by calling on the name of the Lord Jesus Christ and by the Spirit of our God. I Corinthians 6:11 (NIV)

**Note: If I deal with pain improperly it not only traps my pain inside of me, it also traps dysfunction inside my family systems.**



## agreement with the truth in God's Word about me.

For all of God's promises have been fulfilled in Christ with a resounding "Yes!" And through Christ, our "Amen" (which means "Yes") ascends to God for his glory. <sup>21</sup>It is God who enables us, along with you, to stand firm for Christ. He has commissioned us, <sup>22</sup>and he has identified us as his own by placing the Holy Spirit in our hearts as the first installment that guarantees everything he has promised us. II Corinthians 1:20-22 (NLT)

And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. <sup>31</sup>Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. <sup>32</sup>Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Ephesians 4:30-32 (NLT)

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Pastor David Redmond

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Family Roots

And you and your children and grandchildren must fear the LORD your God as long as you live... - <sup>6</sup>And you must commit yourselves wholeheartedly to these commands that I am giving you today. <sup>7</sup>Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. <sup>8</sup>Tie them to your hands and wear them on your forehead as reminders. <sup>9</sup>Write them on the doorposts of your house and on your gates.

Deuteronomy 6:2a; 6-9 (NLT)



And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. <sup>7</sup>Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness. Colossians 2:6-8 (NLT)

## Roots Provide:

*Anchorage/Security – Storage/Energy – Absorption/Nutrients – Conduction/Nourish*

Work at living in peace with everyone, and work at living a holy life, for those who are not holy will not see the Lord. <sup>15</sup>Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

Hebrews 12:14-15 (NLT)

Then the LORD passed by in front of him and proclaimed, "The LORD, the LORD God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth; <sup>7</sup>who keeps lovingkindness for thousands, who forgives iniquity, transgression and sin; yet He will by no means leave the guilty unpunished, visiting the iniquity of fathers on the children and on the grandchildren to the third and fourth generations." Exodus 34:6-7 (NAS)



## Abraham's Family

Genesis 12:10-13; Genesis 20:1-2 Lied about Sarah two times  
 Genesis 26:6 Isaac lies about Rebekah  
 Genesis 27 Jacob/Rebekah deceive Isaac and steal Esau's blessing  
 (Isaac favors Issac – Rebekah favors Jacob)  
 Genesis 29 Jacob is deceived by father-in-law  
 Genesis 37:3-4 Jacob had a favorite son  
 Genesis 37:30-35 Jacob's sons lie to him about Joseph



## David's Family

When King David heard all this, he was furious. <sup>22</sup>And Absalom never said a word to Amnon, either good or bad; he hated Amnon because he had disgraced his sister Tamar. <sup>23</sup>**Two years later...**  
 II Samuel 13:21-23a (NIV)

After Absalom fled and went to Geshur, he stayed there **three years**. <sup>39</sup>And King David longed to go to Absalom, for he was consoled concerning Amnon's death. <sup>14:1</sup>Joab son of Zeruiah knew that the king's heart longed for Absalom.  
 II Samuel 13:38-39; 14:1a (NIV)

The woman said, "Why then have you devised a thing like this against the people of God? When the king says this, does he not convict himself, for the king has not brought back his banished son?" <sup>14</sup>Like water spilled on the ground, which cannot be recovered, so we must die. But that is not what God desires; rather, he devises ways so that a banished person does not remain banished from him.  
 II Samuel 14:13-14 (NIV)

The king said to Joab, "Very well, I will do it. Go, bring back the young man Absalom." - <sup>24</sup>But the king said, "He must go to his own house; he must not see my face." So Absalom went to his own house and did not see the face of the king. - <sup>27</sup>Three sons and a daughter were born to Absalom. His daughter's name was Tamar, and she became a beautiful woman. <sup>28</sup>Absalom lived **two years** in Jerusalem without seeing the king's face. - <sup>32</sup>Absalom said to Joab, "Look, I sent word to you and said, 'Come here so I can send you to the king to ask, 'Why have I come from Geshur? It would be better for me if I were still there!'" Now then, I want to see the king's face, and if I am guilty of anything, let him put me to death." <sup>33</sup>So Joab went to the king and told him this. Then the king summoned Absalom, and he came in and bowed down with his face to the ground before the king. And the king kissed Absalom. II Samuel 14:21;24;27,28;32,33 (NIV)

Absalom behaved in this way toward all the Israelites who came to the king asking for justice, and so he stole the hearts of the people of Israel. <sup>7</sup>At the end of **four years**, Absalom said to the king, "Let me go to Hebron and fulfill a vow I made to the LORD. <sup>8</sup>While your servant was living at Geshur in Aram, I made this vow: 'If the LORD takes me back to Jerusalem, I will worship the LORD in Hebron.'  
 II Samuel 15:6-7 (NIV)

The king was shaken. He went up to the room over the gateway and wept. As he went, he said: "O my son Absalom! My son, my son Absalom! If only I had died instead of you—O Absalom, my son, my son!"  
 II Samuel 18:33 (NIV)

Wrong ways people deal with pain:

**It: Drown it out**

(sex, alcohol, drugs, porn, gambling, obsessive habits like gaming, sports, internet, escape from reality, etc.; i.e. addictive behaviors)

**It: Drive it out**

(work, success, busyness, perfection, achievement, etc.)

**It: Devise it out**

(revenge, withdrawal, bitterness, anger, wrath, isolation, manage it, unwilling to forgive, make them pay, inner vow)

An inner vow is a personal determination made as a reaction to an event; the reaction may or may not have ever been verbalized. The nature of the inner vow is such that it takes the form of "I will never." or "I will always." or some other statement of our will. It is a self-directed promise on how to deal with pain.

## Taking It Home:



**my inner thoughts, patterns and attitude to the light of God's Word.**

Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD." And you forgave the guilt of my sin.  
 Psalm 32:5 (NIV)

Behold, You desire truth in the innermost being, And in the hidden part You will make me know wisdom. <sup>10</sup>Create in me a clean heart, O God, And renew a steadfast spirit within me.  
 Psalm 51:6, 10 (NAS)