



*with Dana Grindal and Laura Gallier*

[FearlessAndFreeCommunity.com](http://FearlessAndFreeCommunity.com)

**PODCAST EPISODE 53**  
**Help My Family Flourish—Part 1**  
**Culture**

**PRAYER EXERCISE**

Make this a time of prayer and reflection. Remove distractions. Begin an authentic conversation with Jesus. Consider writing down thoughts or memories as they come to you.

*Thank you, Jesus, that You are here with me. I ask You to reveal truth to my heart and guide me in this time of prayer and reflection.*

1. **As you listened to this episode, what stood out to you about your family culture?**
  - a. What aspects of your family culture had a positive effect on you?
  - b. What aspects of your family culture had a negative effect on you?
  - c. What aspects of your family culture empowered you to see yourself from a biblical perspective of honor and value?
  - d. What aspects of your family culture modeled seeing others from a biblical perspective of honor and value?
  
2. **How are the answers from question 1 impacting your relationships today with:**
  - a. Your spouse
  - b. Your children
  - c. Your parents
  - d. Your coworkers
  - e. Yourself
  - f. Take some time to sit with the Lord and reflect on these answers.
  
3. **How has your family culture affected your ability to connect with God:**
  - a. Personally and intimately in your own relationship with Him?
  - b. In a church community?
  - c. In the world?
  
4. **Take some time to reflect on your answers.**
  - a. As you reflect on your answers, thank God for the ways your family culture had a positive effect on you.

- b. As you reflect, recognize areas where your family culture had a negative effect on you. Prayerfully ask the Lord to help you repent for the ways you responded in unhealthy or sinful ways. Forgive those who hurt you.
- c. Bring all the good and bad before the Lord, and ask Him to show you how to respond now. What is He showing you to change? What is He showing you to release to Him?
- d. Close by thanking God that He is a Good Father. Receive His love for you, and let Him minister to any areas in your life that are highlighted here today.

*Therefore, encourage one another and build one another up, just as you are doing.*

*1 Thessalonians 5:11*

To instill vital principles surrounding the worth you place on yourself and your family members go to:

[WorthyProgram.com](http://WorthyProgram.com)

For more on healing from childhood loss and trauma, our Free to Be Me course is available at [FearlessAndFreecommunity.com](http://FearlessAndFreecommunity.com)

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**If you have yet to call on Jesus as your Lord and Savior,  
find a biblical explanation of the vital need and a prayer guide at  
[FearlessAndFreeCommunity.com/Saving-Faith](http://FearlessAndFreeCommunity.com/Saving-Faith)**