



with Dana Grindal and Laura Gallier

FearlessAndFreeCommunity.com

PODCAST EPISODE 55
Help My Family Flourish- Part 3
Community

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. **To help our families flourish in community, it is important to recognize what roles have been given. How we see ourselves in our family of origin is how we will most often function in a group.**
 - a. What role did you have in your family of origin? (ie good one, smart one, babysitter, housekeeper, protector, responsible one, etc.)
 - b. When did you realize that was the role you had taken on?
 - c. What did carrying out that role require of you?
 - d. How are you still carrying out that role today?
 - i. At work?
 - ii. In your current family?
 - iii. In home church or small group?
 - iv. Online?

2. **Our God-given identity is so much more than performing in a certain role or behaving in an expected way. If you identified a dysfunctional or restrictive role you carried out in your family of origin that you are still carrying out today, there is a reason. There was a reason you responded that way, and it may have been necessary, but it is limiting you now.**
 - a. In prayer, ask the Lord if you made an inner vow to “always _____, or never _____”.
 - b. *Pray something like this:*

Lord, I have been fulfilling the role of _____ for a long time. I realize I did this because I believed I had to _____. Your Word says that where the spirit of the Lord is, there is freedom. I choose to believe You. I choose to receive who You say I am. I choose to forgive those who tempted me to believe I was limited to only the role of _____. Cancel the inner vow and cleanse me from all the effects of carrying out this inner vow by washing me clean with Your living water. I choose to receive my identity from You and not from my performance. I

surrender to Your Holy Spirit in this area of my life. Set me free. In Jesus Name Amen.

3. **When we can see each other for who we are and not what we do, we are operating in honor in community. As we build a family culture of honor and respect and are intentional to build personal connection through celebrations and blessings of each member, we can release from past roles and receive our God-given identity. Then each individual can connect and contribute in a healthy way to community, causing our families, and communities to flourish.**

“Show proper respect to everyone, love the family of believers, fear God, honor the emperor.”

1 Peter 2:17

For more “I Am Worthy” statements, and how you can share these with others, go to www.worthyprogram.com

For more on healing from childhood loss and trauma, our Free to Be Me course is available at www.fearlessandfreecommunity.com

**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**

