

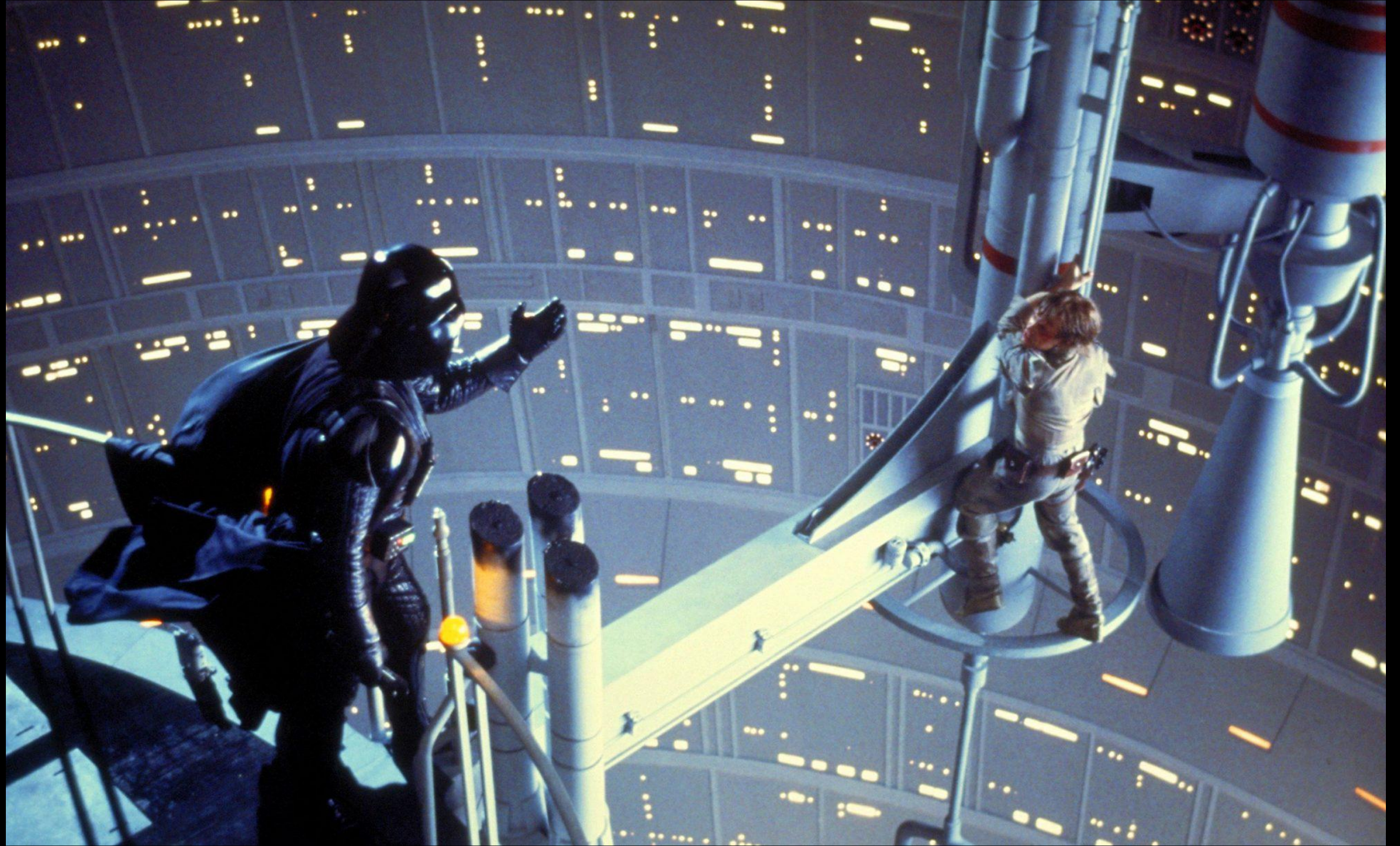


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**Contact Brandon Lim  
from  
FBC Family Life Ministry  
via church office**



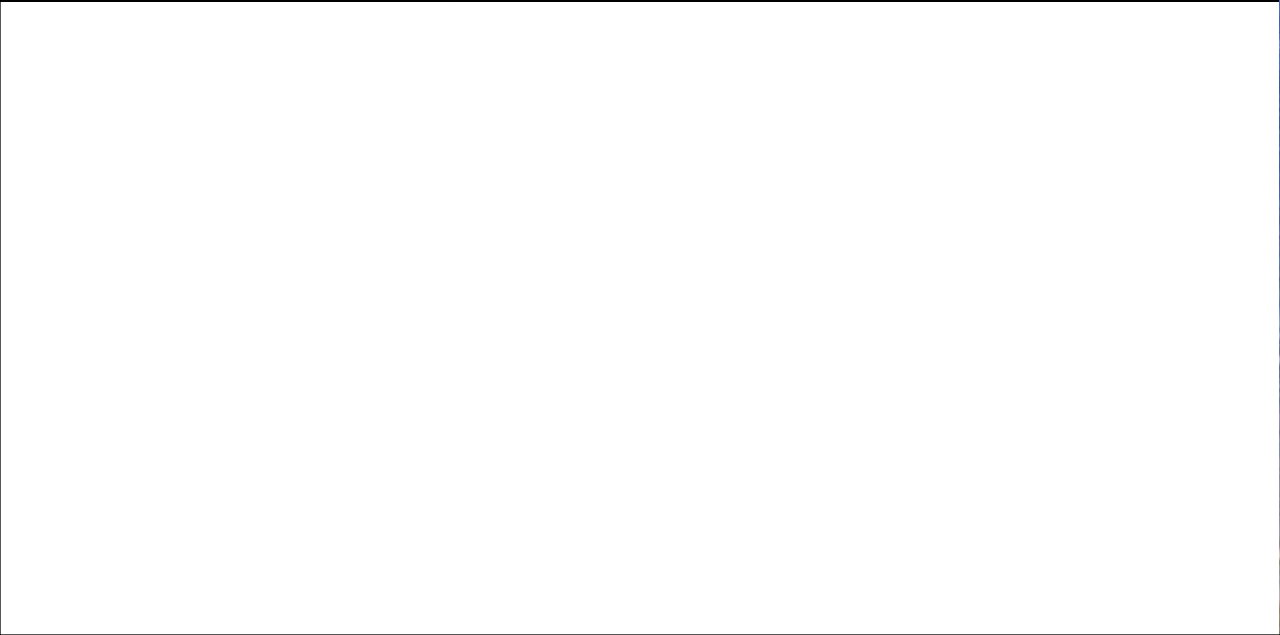
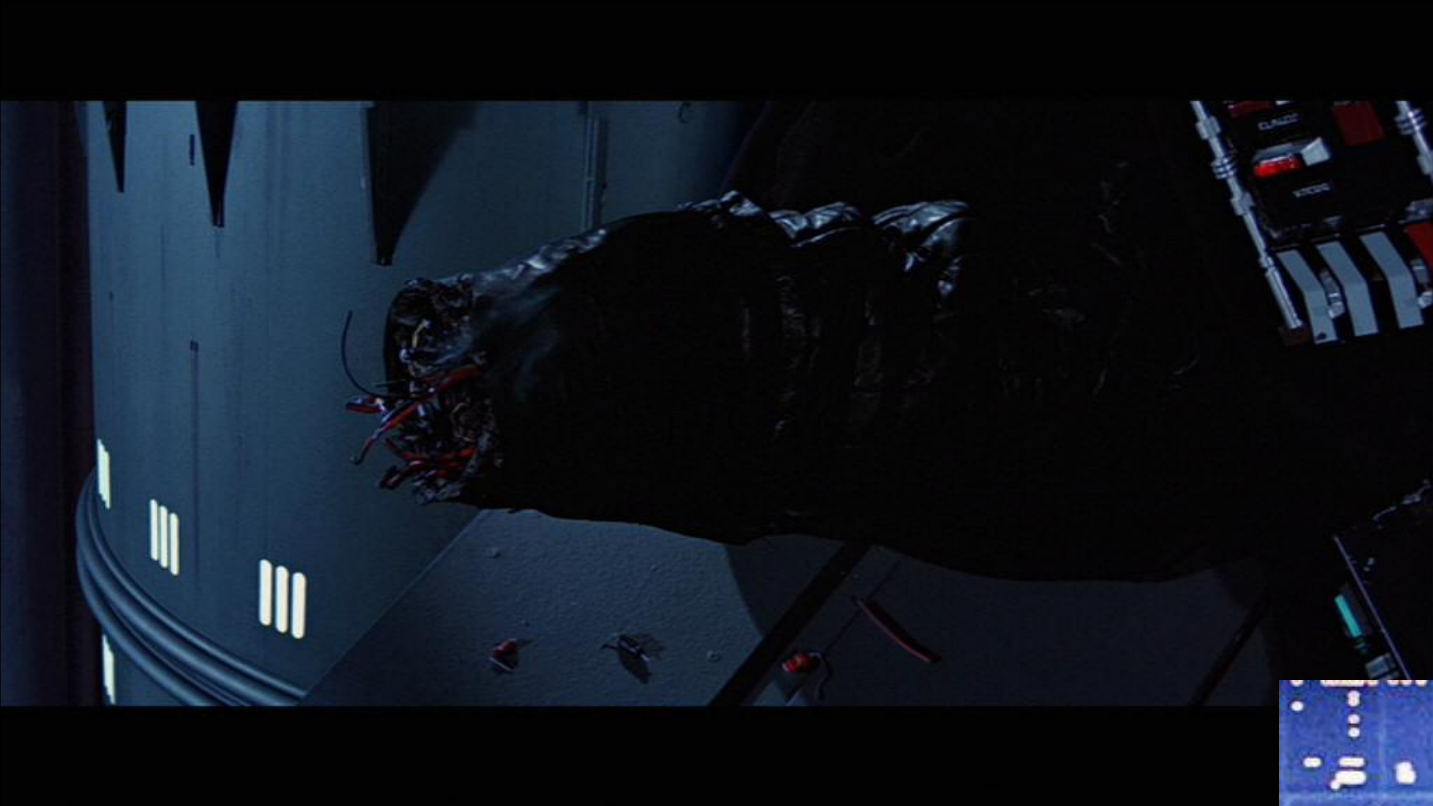












- Kingdom
- Image of God
  - Covenant
  - **Generations**
- Women of Genesis





# Like father like son? Abraham and Isaac- a lesson in generational legacy

The Family in Genesis series

Genesis 26: 1-33

6 When the men got up to leave, they looked down toward Sodom, and Abraham walked along with them to see them on their way. 17 Then the LORD said, "Shall I hide from Abraham what I am about to do? 18 Abraham will surely become a great and powerful nation, and all nations on earth will be blessed through him. 19 *For I have chosen him, so that he will direct his children and his household after him to keep the way of the LORD by doing what is right and just, so that the LORD will bring about for Abraham what he has promised him.*"

Genesis 18:16-18



22 Some time later God tested Abraham. He said to him,  
“Abraham!”

“Here I am,” he replied.

<sup>2</sup> Then God said, “*Take your son, your only son, whom you love—Isaac*—and go to the region of Moriah. Sacrifice him there as a burnt offering on a mountain I will show you.”

<sup>15</sup> The angel of the LORD called to Abraham from heaven a second time <sup>16</sup> and said, “I swear by myself, declares the LORD, *that because you have done this and have not withheld your son, your only son*, <sup>17</sup> I will surely bless you and make your descendants as numerous as the stars in the sky and as the sand on the seashore. Your descendants will take possession of the cities of their enemies, <sup>18</sup> and through your offspring all nations on earth will be blessed, because you have obeyed me.”

Genesis 22: 1-2, 15-18

26 Now there was a famine in the land—besides the previous famine in Abraham's time—and Isaac went to Abimelek king of the Philistines in Gerar. <sup>2</sup> The LORD appeared to Isaac and said, "Do not go down to Egypt; live in the land where I tell you to live. <sup>3</sup> Stay in this land for a while, and I will be with you and will bless you. For to you and your descendants I will give all these lands and will confirm the oath I swore to your father Abraham. <sup>4</sup> I will make your descendants as numerous as the stars in the sky and will give them all these lands, and through your offspring all nations on earth will be blessed, <sup>5</sup> because Abraham obeyed me and did everything I required of him, keeping my commands, my decrees and my instructions." <sup>6</sup> So Isaac stayed in Gerar.

<sup>7</sup> When the men of that place asked him about his wife, he said, "She is my sister," because he was afraid to say, "She is my wife." He thought, "The men of this place might kill me on account of Rebekah, because she is beautiful." <sup>8</sup> When Isaac had been there a long time, Abimelek king of the Philistines looked down from a window and saw Isaac caressing his wife Rebekah. <sup>9</sup> So Abimelek summoned Isaac and said, "She is really your wife! Why did you say, 'She is my sister'?"

Isaac answered him, "Because I thought I might lose my life on account of her." <sup>10</sup> Then Abimelek said, "What is this you have done to us? One of the men might well have slept with your wife, and you would have brought guilt upon us." <sup>11</sup> So Abimelek gave orders to all the people: "Anyone who harms this man or his wife shall surely be put to death."

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<sup>10</sup> Now there was a famine in the land, and Abram went down to Egypt to live there for a while because the famine was severe. <sup>11</sup> As he was about to enter Egypt, he said to his wife Sarai, “*I know what a beautiful woman you are.*” <sup>12</sup> When the Egyptians see you, they will say, ‘This is his wife.’ Then they will kill me but will let you live. <sup>13</sup> *Say you are my sister,* so that I will be treated well for your sake and my life will be spared because of you.”

Genesis 12: 10-13



<sup>8</sup> When Isaac had been there a long time, Abimelek king of the Philistines looked down from a window and saw Isaac caressing his wife Rebekah. <sup>9</sup> So Abimelek summoned Isaac and said, “*She is really your wife! Why did you say, ‘She is my sister’?*”

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<sup>10</sup> Then Abimelek said, “*What is this you have done to us?* One of the men might well have slept with your wife, and you would have brought guilt upon us.”

<sup>11</sup> So Abimelek gave orders to all the people: “Anyone who harms this man or his wife shall surely be put to death.”

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<sup>18</sup> So Pharaoh summoned Abram. “*What have you done to me?*” he said. “*Why didn’t you tell me she was your wife?*”

Genesis 12: 18

<sup>7</sup> When the men of that place asked him about his wife, he said, “**She is my sister,**” because he was afraid to say, “She is my wife.” He thought, “The men of this place might kill me on account of Rebekah, because she is beautiful.”

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<sup>10</sup> Now there was a famine in the land, and Abram went down to Egypt to live there for a while because the famine was severe. <sup>11</sup> As he was about to enter Egypt, he said to his wife Sarai, “I know what a beautiful woman you are. <sup>12</sup> When the Egyptians see you, they will say, ‘This is his wife.’ Then they will kill me but will let you live. <sup>13</sup> **Say you are my sister,** so that I will be treated well for your sake and my life will be spared because of you.”

Genesis 12: 10-13

For a while he stayed in Gerar, <sup>2</sup> and there Abraham said of his wife Sarah, “**She is my sister.**” Then Abimelek king of Gerar sent for Sarah and took her.

Genesis 21:1-2

<sup>8</sup> When Isaac had been there a long time, Abimelek king of the Philistines looked down from a window and saw Isaac caressing his wife Rebekah. <sup>9</sup> So Abimelek summoned Isaac and said, "She is really your wife! Why did you say, 'She is my sister'?"

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<sup>11</sup> So Abimelek gave orders to all the people: "Anyone who harms this man or his wife shall surely be put to death."

~~<sup>18</sup> So Pharaoh summoned Abram. "What have you done to me?" he said. "Why didn't you tell me she was your wife?~~

Genesis 12: 18

<sup>8</sup> Early the next morning Abimelek summoned all his officials, and when he told them all that had happened, they were very much afraid. <sup>9</sup> Then Abimelek called Abraham in and said, "What have you done to us? How have I wronged you that you have brought such great guilt upon me and my kingdom? You have done things to me that should never be done." <sup>10</sup> And Abimelek asked Abraham, "What was your reason for doing this?"

Genesis 21:8-10



# Generational sins – nurture or nature?

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- Abraham lies about Sarah to Pharoah and King Abimelek.
- Isaac lies about Rebekah to King Abimelek.
- Jacob tricks Esau of his birthright.
- Jacob lies to Isaac with the help of Rebekah to trick the father.
- Rebekah's brother Laban tricks Jacob into marrying Leah.
- Laban's daughters lies to the father and steal his precious belongings.
- Jacob's sons lies to Jacob about the fate of Joseph.

- 
- Sarah orchestrates to have a son through Hagar then hates Ishmael once Isaac is born.
  - Isaac favored Esau because both were hunters while Rebekah favored Jacob who was mama's boy.
  - Jacob loved Rachel but neglected Leah.
  - Jacob favored Joseph over all his other children.



# Generational sins – a curse?

<sup>7</sup> Then Nathan said to David, “You are the man! This is what the LORD, the God of Israel, says: ‘I anointed you king over Israel, and I delivered you from the hand of Saul. <sup>8</sup> I gave your master’s house to you, and your master’s wives into your arms. I gave you all Israel and Judah. And if all this had been too little, I would have given you even more. <sup>9</sup> Why did you despise the word of the LORD by doing what is evil in his eyes? You struck down Uriah the Hittite with the sword and took his wife to be your own. You killed him with the sword of the Ammonites. <sup>10</sup> Now, therefore, the sword will never depart from your house, because you despised me and took the wife of Uriah the Hittite to be your own.’

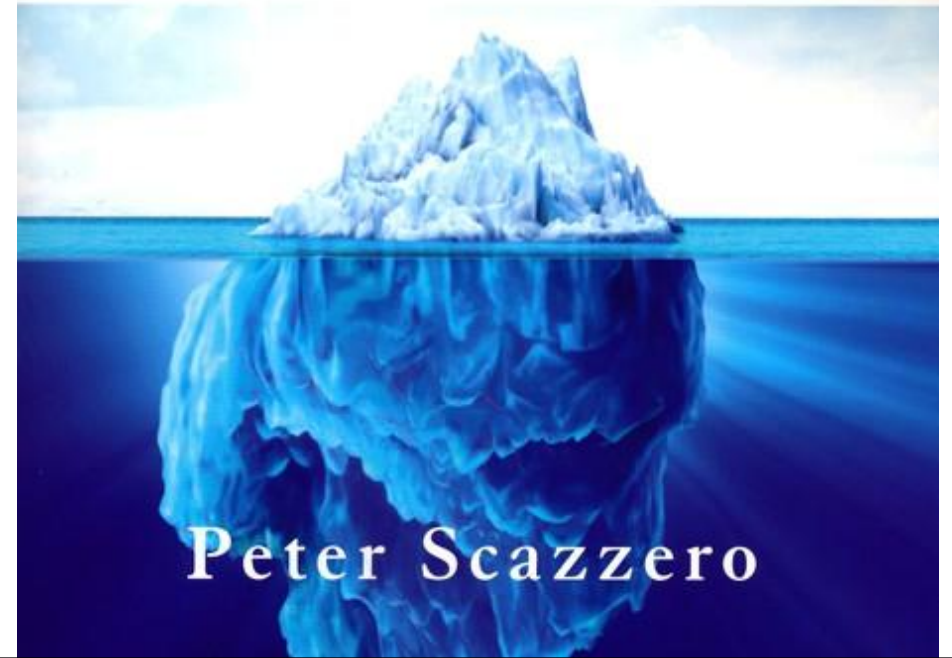




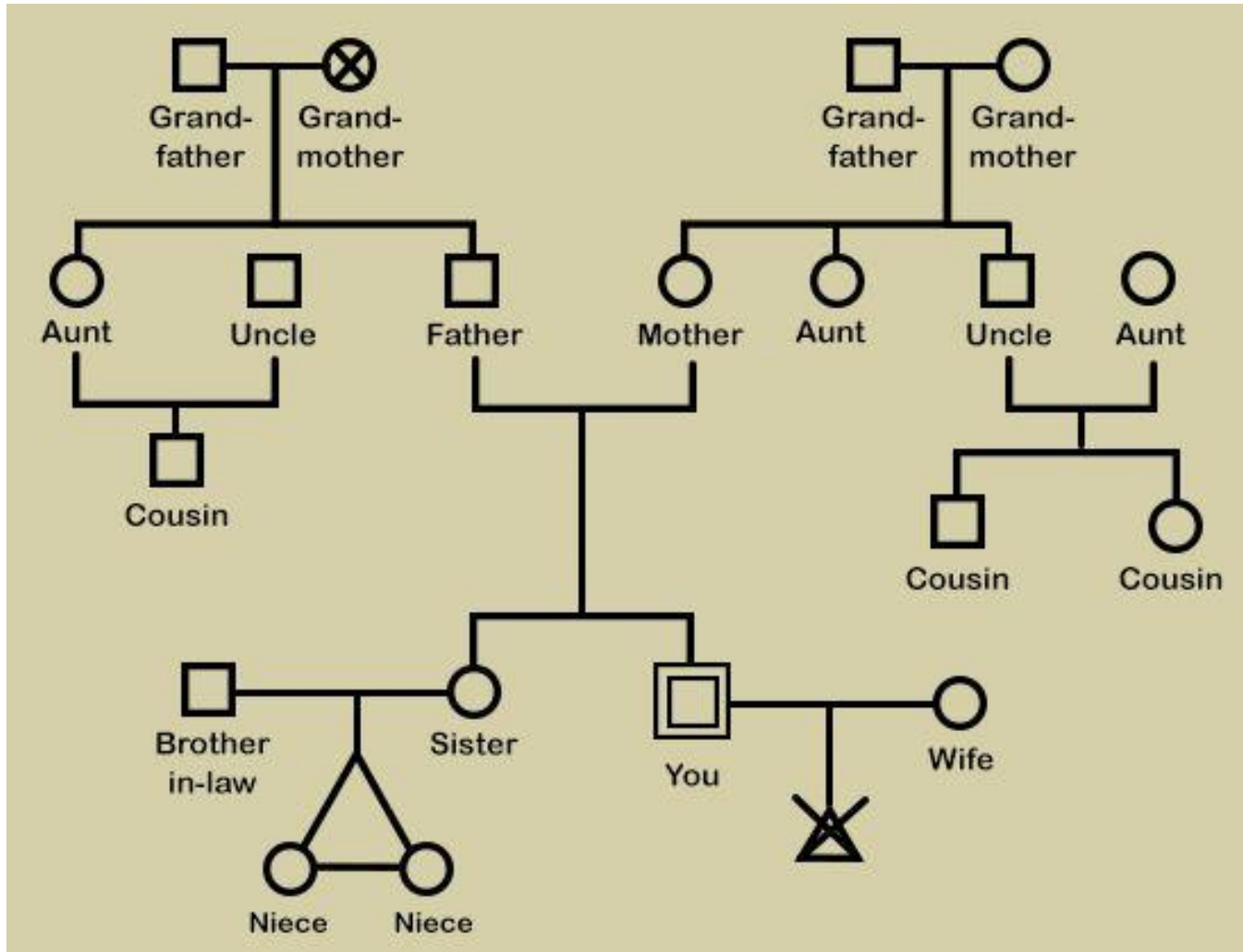
# Emotionally Healthy Spirituality

UPDATED EDITION

IT'S IMPOSSIBLE *to Be* SPIRITUALLY MATURE  
WHILE REMAINING EMOTIONALLY IMMATURE




Peter Scazzero





 Woman

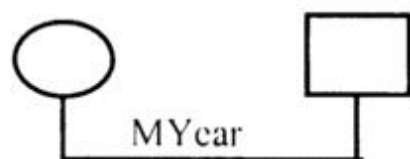
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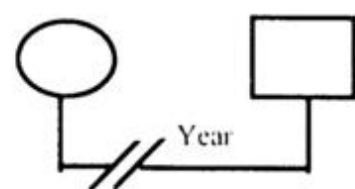
III Household head

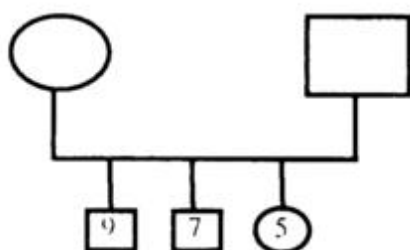
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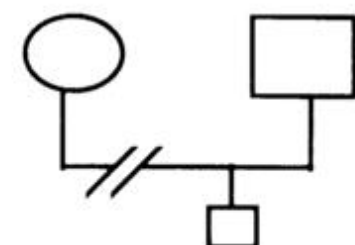
 Age Cause Death, age and cause

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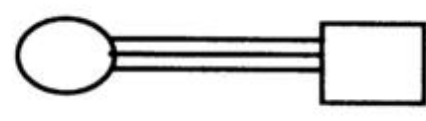
 Married in year  
MYear

 Divorced in year  
Year

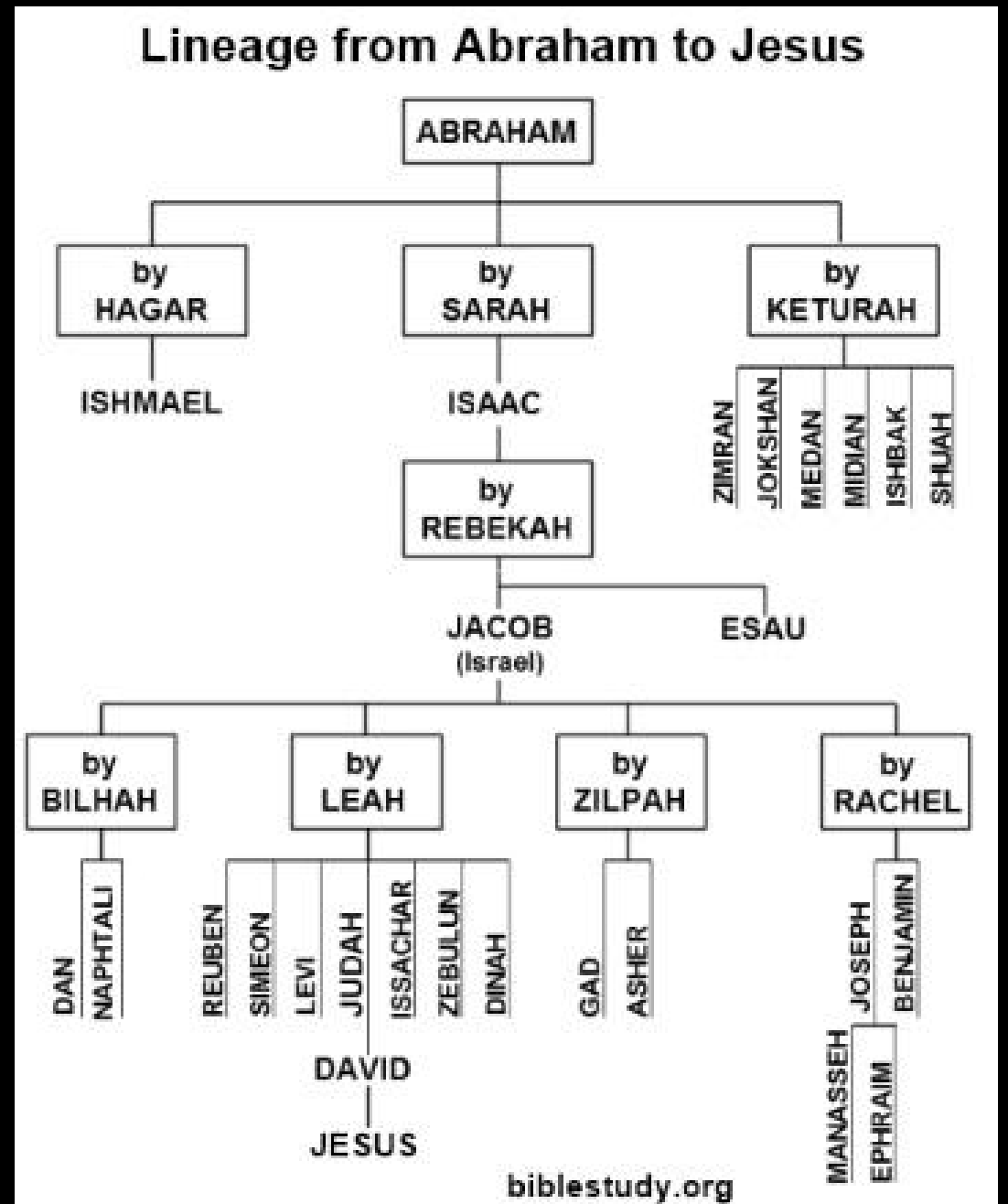
 Children listed according to age  
9 7 5

 Divorced, man has custody of son

 Conflicting relationship

 Very close relationship

Are we teaching our  
children to image God  
or to image us



# INTERGENERATIONAL TRAUMA

@THEPRESENTPSYCHOLOGIST



Someone who experiences trauma (like abuse) can suffer from lifelong effects



Effects like anxiety, shame, depression, substance abuse and risky behavior



When that person has children, the impact of the trauma can affect them



Parents may develop a neglectful/authoritative style or project their trauma on their children



As a result, the child develops a trauma due to growing up with a traumatised parent



This is 'intergenerational trauma' as the effects of trauma are passed on through generations



<sup>12</sup> Isaac planted crops in that land and the same year reaped a hundredfold, because the LORD blessed him. <sup>13</sup> The man became rich, and his wealth continued to grow until he became very wealthy. <sup>14</sup> He had so many flocks and herds and servants that the Philistines envied him. <sup>15</sup> So all the wells that his father's servants had dug in the time of his father Abraham, the Philistines stopped up, filling them with earth.

<sup>16</sup> Then Abimelek said to Isaac, "Move away from us; you have become too powerful for us."

<sup>17</sup> So Isaac moved away from there and encamped in the Valley of Gerar, where he settled. <sup>18</sup> Isaac reopened the wells that had been dug in the time of his father Abraham, which the Philistines had stopped up after Abraham died, and he gave them the same names his father had given them.

<sup>5</sup> Then Abraham complained to Abimelek about a well of water that Abimelek's servants had seized.

Genesis 21:5

<sup>9</sup> Isaac's servants dug in the valley and discovered a well of fresh water there. <sup>20</sup> But the herders of Gerar quarreled with those of Isaac and said, "The water is ours!" So he named the well Esek, because they disputed with him. <sup>21</sup> Then they dug another well, but they quarreled over that one also; so he named it Sitnah. <sup>22</sup> He moved on from there and dug another well, and no one quarreled over it. He named it Rehoboth, saying, "Now the LORD has given us room and we will flourish in the land."

<sup>23</sup> From there he went up to Beersheba. <sup>24</sup> That night the LORD appeared to him and said, "I am the God of your father Abraham. Do not be afraid, for I am with you; I will bless you and will increase the number of your descendants for the sake of my servant Abraham."

<sup>25</sup> Isaac built an altar there and called on the name of the LORD. There he pitched his tent, and there his servants dug a well.

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<sup>33</sup> Abraham planted a tamarisk tree in Beersheba, and there he called on the name of the LORD, the Eternal God.

Genesis 21:33

26 Meanwhile, Abimelek had come to him from Gerar, with Ahuzzath his personal adviser and **Phicol the commander of his forces**. 27 Isaac asked them, "Why have you come to me, since you were hostile to me and sent me away?" 28 They answered, "**We saw clearly that the LORD was with you**; so we said, 'There ought to be a sworn agreement between us'— between us and you. Let us make a treaty with you 29 that you will do us no harm, just as we did not harm you but always treated you well and sent you away peacefully. And now you are blessed by the LORD."

~~22 At that time Abimelek and **Phicol the commander of his forces** said to Abraham, "**God is with you in everything you do**.~~ 23 Now swear to me here before God that you will not deal falsely with me or my children or my descendants. Show to me and the country where you now reside as a foreigner the same kindness I have shown to you."

Genesis 21:22-23

<sup>28</sup> They answered, "We saw clearly that the LORD was with you; so we said, 'There ought to be a sworn agreement between us'—between us and you. **Let us make a treaty with you** <sup>29</sup> that you will do us no harm, just as we did not harm you but always treated you well and sent you away peacefully. And now you are blessed by the LORD."

<sup>30</sup> Isaac then made a feast for them, and they ate and drank. <sup>31</sup> **Early the next morning the men swore an oath to each other.** Then Isaac sent them on their way, and they went away peacefully.

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<sup>7</sup> So Abraham brought sheep and cattle and gave them to Abimelek, **and the two men made a treaty.** <sup>28</sup> Abraham set apart seven ewe lambs from the flock, <sup>29</sup> and Abimelek asked Abraham, "What is the meaning of these seven ewe lambs you have set apart by themselves?"

<sup>30</sup> He replied, "Accept these seven lambs from my hand as a witness that I dug this well."

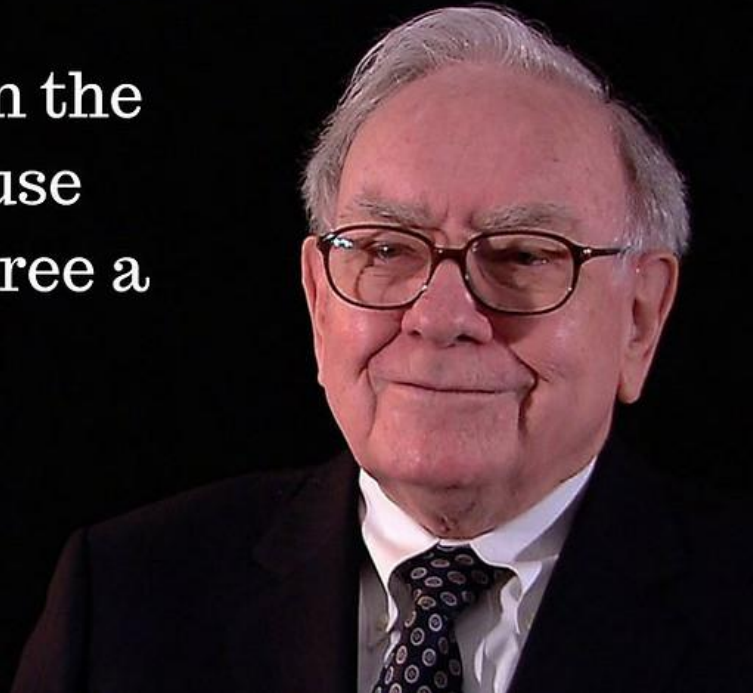
<sup>31</sup> So that place was called Beersheba, **because the two men swore an oath there.** Genesis 21: 27-33



# Generational blessings -what should we prioritize to pass on to our children?

"Someone's sitting in the shade today because someone planted a tree a long time ago."

Warren Buffett



<sup>2</sup> The LORD appeared to Isaac and said, "Do not go down to Egypt; live in the land where I tell you to live. <sup>3</sup> Stay in this land for a while, and I will be with you and will bless you. For to you and your descendants I will give all these lands and will confirm the oath I swore to your father Abraham. <sup>4</sup> I will make your descendants as numerous as the stars in the sky and will give them all these lands, and through your offspring all nations on earth will be blessed, <sup>5</sup> because Abraham obeyed me and did everything I required of him, keeping my commands, my decrees and my instructions." <sup>6</sup> So Isaac stayed in Gerar.

# 1. Love your children the way God loves us.

22 Some time later God tested Abraham. He said to him, "Abraham!"

"Here I am," he replied.

<sup>2</sup> Then God said, "*Take your son, your only son, whom you love—Isaac*—and go to the region of Moriah. Sacrifice him there as a burnt offering on a mountain I will show you."


<sup>15</sup> The angel of the LORD called to Abraham from heaven a second time <sup>16</sup> and said, "I swear by myself, declares the LORD, *that because you have done this and have not withheld your son, your only son,* <sup>17</sup> I will surely bless you and make your descendants as numerous as the stars in the sky and as the sand on the seashore. Your descendants will take possession of the cities of their enemies, <sup>18</sup> and through your offspring all nations on earth will be blessed, because you have obeyed me."

**FOR GOD SO  
LOVED THE WORLD  
THAT HE GAVE HIS  
ONE AND ONLY SON,  
— THAT WHOEVER —  
BELIEVES IN HIM  
SHALL NOT PERISH  
—— BUT HAVE ——  
ETERNAL LIFE**

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JOHN 3:16





We're to love our  
children for who they are,  
not for what we want  
them to become

Alistair Begg

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PICTUREQUOTES.com

Our pattern of relating to others is set in motion long before each of us met our spouse. Our childhood experiences and the way our parents related to us have imprinted certain thought patterns and behaviors on us. Milan and I call these imprints "love styles."

For a few of us, our early love lessons were ideal, and our love style is healthy and positive. **Most of us, though, had some hurtful experiences resulting in a harmful imprint and impaired love style, and that can handicap our marriage relationship.**

Focus on the family- how childhood experiences impact love styles- Kay and Milan Yerkovich

# 1: The Avoider

## Impact on next

**generation:** Bring into marriage an aversion to demonstrate weakness (eg: "*I am fine. Why are you always asking me this?*") both in themselves and others. Children from this marriage tend to not not confide with parent, expression of love is seen to be translated as only when there is approval in

"I AM FINE",  
PUSHES  
OTHERS  
AWAY,  
SELF-RELIANT,  
AVOIDS  
EMOTIONAL  
CONFRONTATIONS,  
DETACHED,  
"DON'T FEEL  
DON'T WANT  
DON'T NEED",  
WORK  
ORIENTED

## Am I an AVOIDER?

- I always try to be "fine" by quickly getting over something bad that happens to me.
- During my childhood, I grew up in an emotionally disconnected family.
- I am content with others expecting the least from me.
- I need my space and like others to leave me alone.
- I do not focus on my own emotions too often.

| TheMindsJournal

## 2: The Pleaser

**Impact on next generation:** Due to a childhood of being always on high alert, will bring into marriage a deep desire to please the spouse and prone to anxiety. Unable to cope well when there is conflict with spouse or children.

“THE  
GOOD KID”,  
“PEACE-  
KEEPER”,  
GIVES  
EXPECTS  
LITTLE  
IN RETURN,  
PLEASES  
OTHERS,  
ANXIOUS,  
CONFORMS,  
PURSUER.

# Am I a PLEASER?

- I was the “the good kid” all of my childhood.
- I feel anxious when faced with confrontation so I deal with disagreement by making up for it.
- I always seek connection and avoid rejection by anticipating and meeting other’s needs.
- I have difficulty rejecting other’s request. I am bad at saying “no”
- I do my best to ‘please’ other people, often at my own expense.

| TheMindsJournal

### 3: The Vacillator

**Impact on next generation:** Deep insecurity in marriage-become hypersensitive to signs of connections or rejection. Bring unreasonable emotional demands to children using emotional threats but on the other extreme will be extremely giving in sacrificial love.

**“HOT AND COLD”, SENSITIVE TO CHANGE, PERCEPTIVE, OBSERVANT, INCONSISTENT, LONGS FOR INTENSE INTIMACY, IDEALIST.**

## Am I a VACILLATOR?

- I feel people will never understand me and my needs.
- I feel emotionally stressed in relationships and experience disturbing internal conflicts.
- I am highly sensitive to people pulling away from me.
- I feel quick changes in my mood.
- People say they are highly cautious while dealing with my feelings.

| TheMindsJournal



# 4&5: The Victim and The Controller

## **Impact on next generation:**

Bring into marriage victim mindset as that is the only reality they know ("I deserve it."). Accept mistreatment as normal. Alternatively learn how to manipulate and control partner or children as a coping mechanism. Anger becomes a common tool in getting what one wants. Feeling vulnerable is seen as not being in control and a sign of weakness.

SUBMISSIVE,  
GULLIBLE,  
LOW  
SELF-ESTEEM,  
HELPLESSNESS,  
NEGATIVE  
SELF-EVALUATION

## Am I a VICTIM?

- I feel I am not deserving of anything good.
- I give in to other people's ideas and thoughts. I get easily influenced.
- I always suppress my negative feelings.
- I want to but I find it difficult to express my emotions to others.

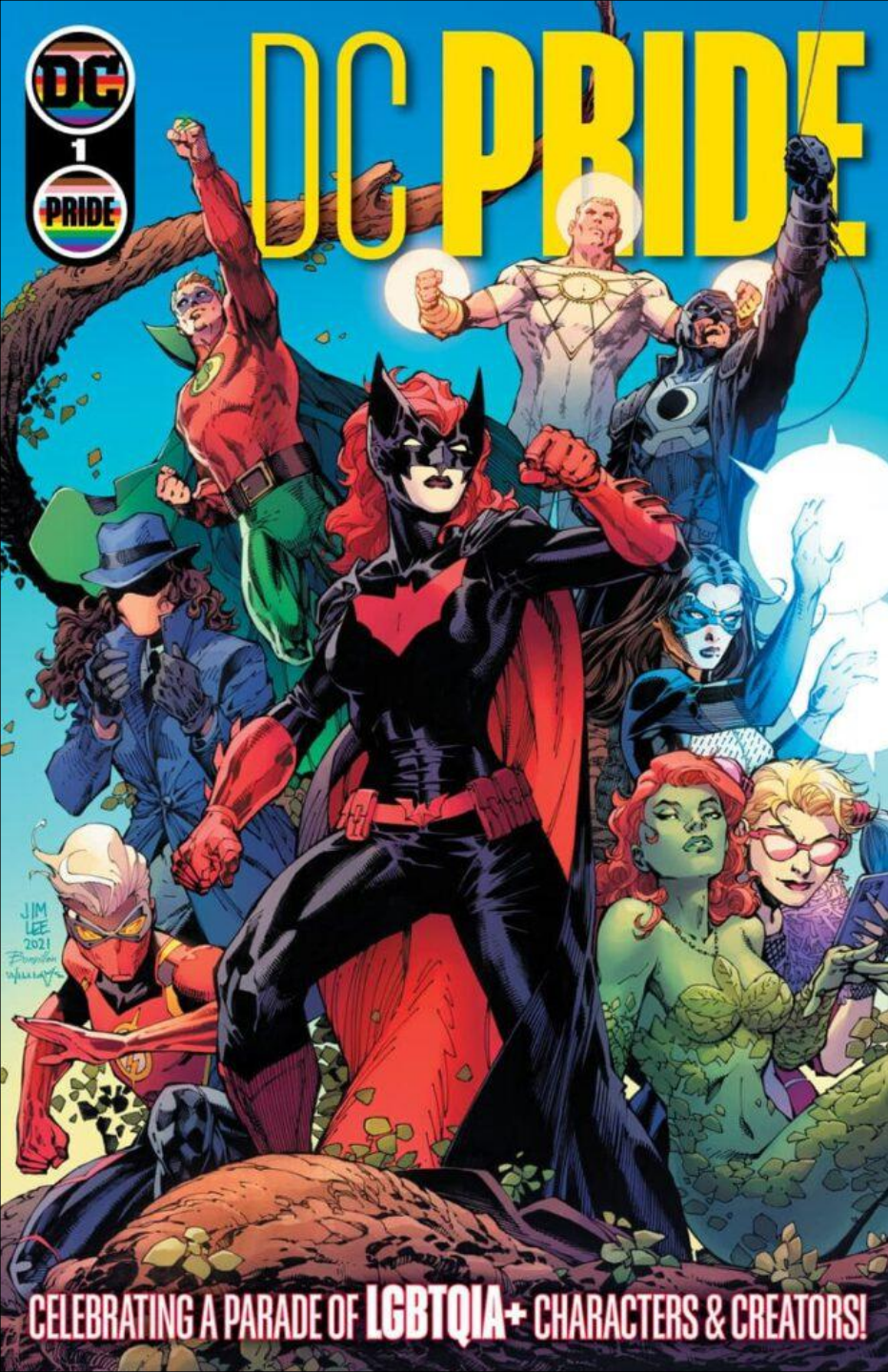
| TheMindsJournal

Image God.. Don't be a response to the image  
of your parents

**FOR GOD SO**  
LOVED THE WORLD  
THAT HE GAVE HIS  
ONE AND ONLY SON,  
— THAT WHOEVER —  
**BELIEVES IN HIM**  
SHALL NOT PERISH  
—— BUT HAVE ——  
**ETERNAL LIFE**

---

JOHN 3:16



2. Don't just pass on teachings to your children.

Pass on your testimony.

<sup>28</sup> They answered, “We saw clearly that the LORD was with you;  
Genesis 26: 28

<sup>22</sup> At that time Abimelek and Phicol the commander of his  
forces said to Abraham, “God is with you in everything you do.  
Genesis 21:22



Like his father before him, Isaac was a testimony in a foreign land to a Pagan King.

<sup>19</sup> Isaac's servants dug in the valley and discovered a well of fresh water there. <sup>20</sup> But the herders of Gerar quarreled with those of Isaac and said, "The water is ours!" So he named the well **Esek**, because they disputed with him. <sup>21</sup> Then they dug another well, but they quarreled over that one also; so he named it **Sitnah**. <sup>22</sup> He moved on from there and dug another well, and no one quarreled over it. He named it **Rehoboth**, saying, "Now the LORD has given us room and we will flourish in the land."



<sup>6</sup> When the men got up to leave, they looked down toward Sodom, and Abraham walked along with them to see them on their way. <sup>17</sup> Then the LORD said, "Shall I hide from Abraham what I am about to do? <sup>18</sup> Abraham will surely become a great and powerful nation, and all nations on earth will be blessed through him. <sup>19</sup> **For I have chosen him, so that he will direct his children and his household after him to keep the way of the LORD by doing what is right and just, so that the LORD will bring about for Abraham what he has promised him."**

<sup>20</sup> Then the LORD said, "The outcry against Sodom and Gomorrah is so great and their sin so grievous <sup>21</sup> that I will go down and see if what they have done is as bad as the outcry that has reached me. If not, I will know."

Genesis 18:6-20

<sup>2</sup> The LORD appeared to Isaac and said, "Do not go down to Egypt; live in the land where I tell you to live. <sup>3</sup> Stay in this land for a while, and I will be with you and will bless you. For to you and your descendants I will give all these lands and will confirm the oath I swore to your father Abraham. <sup>4</sup> I will make your descendants as numerous as the stars in the sky and will give them all these lands, and through your offspring all nations on earth will be blessed, <sup>5</sup> because Abraham obeyed me and did everything I required of him, keeping my commands, my decrees and my instructions." <sup>6</sup> So Isaac stayed in Gerar.

<sup>1</sup> My people, hear my teaching;  
listen to the words of my mouth.  
<sup>2</sup> I will open my mouth with a parable;  
I will utter hidden things, things from of  
old—  
<sup>3</sup> things we have heard and known,  
things our ancestors have told us.  
<sup>4</sup> We will not hide them from their  
descendants;  
we will tell the next generation  
the praiseworthy deeds of the LORD,  
his power, and the wonders he has done.  
<sup>5</sup> He decreed statutes for Jacob  
and established the law in Israel,  
which he commanded our ancestors  
to teach their children,  
<sup>6</sup> so the next generation would know them,  
even the children yet to be born,  
and they in turn would tell their  
children.

<sup>1</sup> My people, hear my teaching;  
listen to the words of my mouth.  
<sup>2</sup> I will open my mouth with a parable;  
I will utter hidden things, things from of  
old—  
<sup>3</sup> things we have heard and known,  
things our ancestors have told us.  
<sup>4</sup> We will not hide them from their  
descendants;  
we will tell the next generation  
the praiseworthy deeds of the LORD,  
his power, and the wonders he has done.  
<sup>5</sup> He decreed statutes for Jacob  
and established the law in Israel,  
which he commanded our ancestors  
to teach their children,  
<sup>6</sup> so the next generation would know them,  
even the children yet to be born,  
and they in turn would tell their  
children.

<sup>7</sup> Then they would put their trust in God  
and would not forget his deeds  
but would keep his commands.

<sup>8</sup> They would not be like their ancestors—  
a stubborn and rebellious generation,  
whose hearts were not loyal to God,  
whose spirits were not faithful to him.


Psalm 78:1–8



- 
- God saved the Israelites from bondage in Egypt and each generation was to pass that testimony down to their children.
  - God saved me from bondage in sin through Jesus Christ and I am to pass that testimony down to my children.
  - Is my life reflecting that testimony?

<sup>4</sup> Hear, O Israel: The LORD our God, the LORD is one. <sup>5</sup> Love the LORD your God with all your heart and with all your soul and with all your strength. <sup>6</sup> These commandments that I give you today are to be on your hearts. <sup>7</sup> Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. <sup>8</sup> Tie them as symbols on your hands and bind them on your foreheads. <sup>9</sup> Write them on the doorframes of your houses and on your gates.

Deuteronomy 6:4-8



Subcontract spiritual  
responsibility out to  
Sunday School and  
Youth service

Regimented “family altar”  
sessions which the  
children think its  
hypocritical

# The power of grace and forgiveness





Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same.

— *Ronald Reagan* —

**AZ QUOTES**



### 3. You can't save your children. Only God can.

- Abraham loved his son Isaac the most. God chose Isaac.
- Isaac loved his son Esau the most. God did not choose Esau.

<sup>32</sup> That day Isaac's servants came and told him about the well they had dug. *They said, "We've found water!"*

<sup>30</sup> Isaac then made a feast for them, and they ate and drank. <sup>31</sup> Early the next morning the men swore an oath to each other. Then Isaac sent them on their way, and they went away peacefully.

<sup>32</sup> That day Isaac's servants came and told him about the well they had dug. They said, "We've found water!" <sup>33</sup> He called it Shibah, and to this day the name of the town has been Beersheba.

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<sup>7</sup> So Abraham brought sheep and cattle and gave them to Abimelek, and the two men made a treaty. <sup>28</sup> Abraham set apart **seven** ewe lambs from the flock, <sup>29</sup> and Abimelek asked Abraham, "What is the meaning of these **seven** ewe lambs you have set apart by themselves?"

<sup>30</sup> He replied, "Accept these **seven** lambs from my hand as a witness that I dug this well."

<sup>31</sup> So that place was called Beersheba, because the two men swore an oath there. Genesis 21: 27-33

<sup>4</sup> Now he had to go through Samaria. <sup>5</sup> So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. <sup>6</sup> Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon. John 4: 4-6

<sup>10</sup> Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."

<sup>11</sup> "Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water? <sup>12</sup> Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?"

<sup>13</sup> Jesus answered, "Everyone who drinks this water will be thirsty again, <sup>14</sup> but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."







**"I AM FINE",  
PUSHES  
OTHERS  
AWAY,  
SELF-RELIANT,  
AVOIDS  
EMOTIONAL  
CONFRONTATIONS,  
DETACHED,  
"DON'T FEEL  
DON'T WANT  
DON'T NEED",  
WORK  
ORIENTED**

# Am I an AVOIDER?

- I always try to be "fine" by quickly getting over something bad that happens to me.
- During my childhood, I grew up in an emotionally disconnected family.
- I am content with others expecting the least from me.
- I need my space and like others to leave me alone.
- I do not focus on my own emotions too often.

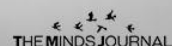
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# Am I a PLEASER?

- I was the "the good kid" all of my childhood.
- I feel anxious when faced with confrontation so I deal with disagreement by making up for it.
- I always seek connection and avoid rejection by anticipating and meeting other's needs.
- I have difficulty rejecting other's request. I am bad at saying "no"
- I do my best to 'please' other people, often at my own expense.

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# Am I a VACILLATOR?

- I feel people will never understand me and my needs.
- I feel emotionally stressed in relationships and experience disturbing internal conflicts.
- I am highly sensitive to people pulling away from me.
- I feel quick changes in my mood.
- People say they are highly cautious while dealing with my feelings.

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# Am I a VICTIM?

- I feel I am not deserving of anything good.
- I give in to other people's ideas and thoughts. I get easily influenced.
- I always suppress my negative feelings.
- I want to but I find it difficult to express my emotions to others.

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DO THIS IN  
REMEMBRANCE  
OF ME



“For I received from the Lord that which I also delivered to you, that the Lord Jesus in the night in which He was betrayed took bread; and when He had given thanks, He broke it and said, “This is My body, which is for you; do this in remembrance of Me.”

1 Corinthians 11:23-24

“In the same way, He took the cup also after supper, saying, ‘This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me.’” 1 Corinthians 11:25

“For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until He comes.”

1 Corinthians 11:26