



new life fellowship

**Sermon Title: Life Beneath the Surface – Going Back to Go Forward**

**Speaker: Rich Villodas – Lead Pastor**

**Scriptures: Exodus 34:6-8**

<sup>6</sup> And he passed in front of Moses, proclaiming, “The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, <sup>7</sup> maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the third and fourth generation.”

<sup>8</sup> Moses bowed to the ground at once and worshiped.

### **Sermon Summary:**

This Sunday, we will conclude our sermon series, Life Beneath the Surface. Pastor Rich will preach on the importance of paying attention to our past and the ways it shows up in our lives today. To live beneath the surface requires us to look behind at our stories and the ways God longs to heal us.

### **Sermon Questions:**

1. Pastor Rich shared that “Discipleship requires us to address the ways our families of origin have shaped us” and “to live beneath the surface requires us to look behind at our stories.” How comfortable are you with the idea of looking at how your family of origin has shaped you both positively and negatively? If you have done work on your genogram or looking back at the generational influence of your family, what has that experience been like?
2. In our Scripture text, we learned that “punish” is better translated as “consequences.” How have you seen generational consequences playing out in your family and life? Remember, we all come from broken families.
3. God works through people who have a messed up past. How have you seen him work in your own mess and brokenness?
4. The genogram helps us to look at patterns (behaviors that are repeated), trauma (woundedness), and scripts (internalized messages we live out as a result of patterns & trauma). Ask God to help you recall or uncover a script you have believed from your experience in your family of origin. Some examples are: “I have to hold everything together” “My voice and needs don’t matter” “I can’t show weakness or ask for help.” How has that script impacted your life?
5. Ask the Holy Spirit what truth God is wanting to reveal to you. What steps is he inviting you to take to walk out a journey of healing and going back in order to go forward?