

# Breaking the Power of the Past

*Darcy Siggelkow*

**Question:** What are some experiences or beliefs from your family and culture that have shaped you?

**God designed families to be a safe place  
for children to grow up,  
but it's been disrupted by sin.**

Often any damage done by the negative impact of our families is unintentional, unrecognized and repeated by us.

The story of Joseph starts in Genesis 37.

Patterns of generational dysfunction in Joseph's family:

- habitual lying
- unhealthy marriage relationship
- sibling rivalry
- favouritism

**A traumatic experience is something  
that shatters your sense of safety and security.  
It can have an impact on your perception of the world.**

Traumatic experiences in Joseph's life:

- The rejection and murderous intent of his brothers.
- Being sold into slavery, losing his family and freedom.
- False accusation and unjust imprisonment.

**Read Genesis 50:20–21 (NLT)**

How Joseph dealt with the trauma and brokenness in his life so he could experience emotional healthy spirituality:

**1. Recognize the iceberg from your past.**

**Question:** What is one iceberg issue that you can choose to do something about?

**2. Learn to discern the good that God intends.**

**Read:** Genesis 50:20; Romans 8:28; 2 Corinthians 1:4

**Questions:** What is an example in your life where God has taken trouble, hurt or pain and made it good? What are you still in the middle of?

**3. Do the hard work of discipleship.**

**Read** Philippians 2:12

**Question:** How does “working hard to show the results of your salvation” look different from working for your salvation?

**With Jesus, your past does not determine your future.**

**Questions:** If you have experienced pain or trauma, can you bring it to God and ask him to help you discern the good? Who can you talk to about this?

YouVersion Reading Plan Suggestions:

- <https://my.bible.com/reading-plans/21769-letting-go-family-trauma-and-addiction>
- <https://my.bible.com/reading-plans/11995-detours-lessons-from-joseph>