

UNEARTHED

Digging beneath the surface and bringing our whole selves before God.

Unearthed Week 2: "God, You, and Your Messed Up Family"

Day 1:

David, the anointed King of Israel, had a less-than-perfect family. His father, Jesse, had many wives and children, causing competition and strife among them. David's own siblings were jealous of him and even his own son, Absalom, rebelled against him.

But despite the brokenness in his family, David remained faithful to God and worked toward reconciliation. He sought forgiveness for his own wrongdoings and extended grace to those who had hurt him.

In Psalm 27:10, David acknowledges his difficult family situation and turns to God for comfort and protection: "Though my father and mother forsake me, the Lord will receive me."

Read through 2 Samuel 13-18. Look especially at times David and his sons are at odds with one another.

As you read, notice the terrible events in David's family. What emotions do you imagine David must have been processing? How did God's faithfulness reveal itself among the bitterness in their family?

Day 2:

Take some time today to read these passages and notice the redemption available to us despite our family history through the work of Jesus.

God is working to redeem our family stories. How do these passages remind you that God can heal what's broken in your family?

Exodus 20:4-6

Psalm 27:10

Psalm 103:17

Proverbs 20:7

Many times, people can feel like their family determines their destiny. How do these passages remind you of God's future for your life?

Psalm 91:1-2

John 3:16

2 Corinthians 5:17

Revelation 21:4

Which passage impacted you the most? Why?

What is God speaking through His Word to you today?

Day 3:

Today we will spend some time looking at our own story to see how the brokenness evident in David's family might shine a light on the brokenness of our own and provide a way forward in reconciliation. As you begin, look back over the Scripture passages from this week.

- How has my family situation impacted my relationship with God?
- In what areas do I need to seek forgiveness or extend grace to my family members?
- How might God be using my family situation to shape my character or fulfill His plans for my life?

Day 4:

To some degree, we've all been formed by our family of origin. Many of us don't fully understand how deep that formation goes. While it is true that God renews us and calls us into his family, the fact remains that we still have our own family's heritage—good and bad—living in us and, to some degree, making us who we are. As Pete Scaero, author of *Emotionally Healthy Spirituality*, says, "Jesus may live in your heart, but Grandpa lives in your bones!"

Take time today to explore those family relationships and their effect on you by working through the Genogram practice in the *Unearthed* workbook starting on page 21.

Day 5:

Ultimately, God used David's family to fulfill His plans for Israel; David's lineage led to the birth of Jesus Christ, the Savior of the world.

We too can overcome a messed-up family by trusting in God's plan, seeking healing and forgiveness, and extending grace to those who have hurt us. With God's help, we can find redemption and purpose in the midst of our family struggles.

Look back over your notes from this week.

What do you notice?

What new thing did God reveal to you?

How has God spoken to you through Scripture or the discoveries you've made?

What's God inviting you to as a result?

Consider...

- Taking time to express gratitude for the legacy of your family. That might include journaling or writing thank you notes, regardless of whether or not you're able to deliver the notes.
- Asking God to help you forgive members of your family who might have hurt you. Some of that pain runs deep. If you need help to process it, you might want to make a Care Appointment or find a counselor who can help you.