

# Life messages I've received...

Messages received about life from parent/s or carer/s:

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Earthquake events in family history:

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Cumulative messages I received:

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## Questions for reflection...

What concerns or fears might you have in looking at your family of origin?

How would you describe the family atmosphere you grew up in?

What might be one specific message from your family of origin that you would want God to heal and free you from?

*Emotionally Healthy*  
**SPIRITUALITY**

Going Back to Go Forward

# Q. What does it look like to be in God's family?

You are loved (1 John 4:16)

You are a joy (John 15:11)

You are free from any condemnation (Romans 8:1)

You are chosen (Colossians 3:12)

You are a child of God (John 1:12)

You have direct access to God (Ephesians. 2:18)

You are forgiven (Colossians 1:14)

You are accepted (Romans 15:7)

You are God's special possession (1 Peter 2:9)

You are a new creation (2 Corinthians 5:17)

*Emotionally Healthy*  
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