



## Wk. 2 Practice: Generational Fruit

Read Psalm 23 and make note of all the blessings the ‘sheep’ receives from the Shepherd. Notice how the goodness of the Shepherd encourages the psalmist to “dwell in His house forever.” When we acknowledge that God is the source of blessing in our lives, it leads us to worshiping His goodness and taking confidence in His character. How has blessing been defined for you growing up? How has that shaped your life?

### Step 1:

- Make a list significant joys, successes, or blessings in your life/family
  - How were these things celebrated?
  - How did they shape your life/family?

### Step 2:

- How were joys, successes, or blessings typically described in your family?
  - Things that were earned or things that were given?
  - Things that make us valuable or things we received because we’re valuable?
  - What have you accepted (called normal), ignored (chosen not to pay attention to), adopted (took up in my own life), or rejected (lived in defiance of) this way of thinking about blessings?

<b><u>Fruits in my life:</u></b>	<b><u>Fruits in my family:</u></b>
<b>My family’s beliefs about blessings:</b>	



What have I accepted, ignored, adopted, or rejected this way of thinking about blessings?

**Step 3:**

- Mark your genogram to reflect the content of your list
  - Use the icons below to indicate which family member received which blessing
  - Feel free to create your own icons if you don't see one that you need

*Examples of icons:*

# = education

\$ = financial wealth

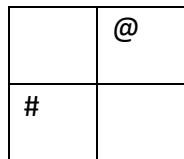
! = talented

+ = loving relationships with family

& = healthy community outside of family

@ = physical health

Keith – father



Darcy – mom

