Introduction: What is a dysfunctional family?

- **Definition** – Dysfunctional is that which is not operating according to its original design; faulty, impaired, “not working properly” for optimal results.

- **History** – Not new, but more plentiful and more extreme than in the past.

What have we learned about dysfunctional families?

1. Dysfunctional families left to themselves produce dysfunctional children.

2. Dysfunctional families require an “intervention” to break the cycle of destruction.

3. Genuine recovery never begins until a person “hits bottom.”

4. Genuine recovery is never complete until a person has helped another person recover.
God’s solution for dysfunctional families: Ephesians 2:1-10

1. Examine the problem:
We are _________ members of a dysfunctional family.

1 As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.

2 All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath.

Ephesians 2:1-3 (NIV)

• The Source: Romans 5:12

• The Results:
  o Past – ____________________________
  o Present – __________________________
  o Future – ___________________________
2. **Understand God’s solution:**

   Jesus’ ______________________ broke the cycle of destruction.

   “But because of His great love for us, God, who is rich in mercy, *made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. *And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus, *in order that in the coming ages He might show the incomparable riches of His grace, expressed in His kindness to us in Christ Jesus.

   Ephesians 2:4-7 (NIV)

   - **His Motive**  
     Ephesians 2:4

   - **His Action**  
     Ephesians 2:5-6

   - **His Purpose**  
     Ephesians 2:7

3. **Experience God’s provision:**

   Our restoration can only begin when we recognize the ______________ _______ ________________ of our need.

   “For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God— *not by works, so that no one can boast.

   Ephesians 2:8-9 (NIV)
4. **Move beyond recovery:**

   Our restoration will never be complete until we ____________________ what we now possess.

   “For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

   Ephesians 2:10 (NIV)

**Discussion Questions:**

1. In what ways did your family operate in a less-than-healthy manner? In a spiritual sense, why are we all members of a dysfunctional family? (Romans 5:12)

2. Why did Jesus intervene to break the cycle of destruction in our lives? What happens in a person’s life when they receive God’s grace and forgiveness? (Ephesians 2:4-6)

3. Why can’t restoration begin until we realize the full extent of our need? In what ways are you coping and/or overcompensating, rather than dealing with the core issue in your life? (Ephesians 2:8-9)

4. What is your “next step” to allow the grace of God to forgive, cleanse, and restore your dysfunctional past?

5. Who might help you on this journey?

**Resources:**

- *The Knowledge of the Holy* by A.W. Tozer
- *Rebuilding Your Broken World* by Chip Ingram
- *Overcoming Emotions that Destroy* by Chip Ingram