

TABOO

How To Talk About The Stuff We Don't Want To Talk About

AT A GLANCE

There may be members who are not familiar with the word taboo. So share the definitions of the word:

AFTER THE SERIES

We should be able to discern the taboos we have buried away from our consciousness, see how they have influenced our thoughts and actions, and how we may be healed of the malaise they caused in our body and soul.

Talk 1: Ancestors

WHAT IT'S ALL ABOUT:

Talk 1, Ancestors, discusses Family Cycles— that are passed on from generation.

Personal Reflection and Group Sharing:

How can you improve the openness in your family communication?

What sensitive topics have you avoided but which you need to talk more about?

I. REVIEW THE KEY BIBLE VERSE

Do not cling to events of the past or dwell on what happened long ago. Watch for the new thing I am going to do. It is happening already—you can see it now! (Isaiah 43:18-19 GNT)

Point out that the “events” mentioned in the verse are the “Family Cycles” discussed in Talk 1: Some are wonderful: There are families that pass on a culture of faithfulness, godliness, kindness, selflessness. But some of those Family Cycles are totally destructive: Envy, pride, temper, drunkenness, selfishness, adultery, divorce... Despite all the pain, some families continue the Family Drama from one generation to another.

II. ASK FOR REACTIONS AND REFLECTIONS

Remember that this is the toughest series we've ever given at the Feast.

Before asking for sharings, **remind** the members that unless the sharer allows public discussion of the sharing, whatever will be revealed during this session *should be kept under the mantel of secrecy to protect the privacy of the sharers and people in their story.*

TABOO

Talk 1:
Ancestors

Talk 2:
Abuse

Talk 3:
Addictions

BIG DAY:
Learn to Laugh More

Notes:



Remind the difference between *Nature* and *Nurture*. *Nature* is your genetic system, *nurture* is your ecosystem. *Nature* is what you get before you're born, and *nurture* is everything that you get *after* you're born.

Recall as an example the story of Tarzan. His nature was human, but his nurture was provided by an Ape. So even if he was a man, he acted like a monkey, talked like a monkey, ate like a monkey. By the way, Tarzan is fictional but in history, there have been many examples of kids raised by animals.

Ask for sharing how members were "nurtured" through Family Cycles that have affected the thoughts and actions of members.

Point out that the Talk emphasizes the Gift of Free Will—
Our sin-tendency is more about nurture than nature. God created us very good (Genesis 1:31). God's greatest gift to us, next to Jesus, is our free will."

Recall the story of a set of twin brothers. Their father was a jobless alcoholic who beat them up regularly. When they grew up, one of the twins became exactly like his father—a jobless alcoholic with a broken family. The other twin grew up to become a successful businessman with a lovely family.

They grew up with the same horrible father. But he didn't chart their destinies. They did. They chose to be who they are.

Point out Heat up butter and it gets softer. Heat up steel and it gets harder. Same heat. Different results. At the end of the day, you choose how to respond.

Ask: Are you butter or are you steel?
How can you go from butter to steel?

Give pointers on how to start discussing taboos in the family:

- 1) **Love** everyone without condition. Accept them, warts and all.
- 2) **Forgive.** It won't be easy, but point out: Just do the action of forgiving. The pain won't go away overnight, but the feeling of forgiveness and acceptance will eventually follow.
- 3) **Have "coffee dates"**— a time to talk privately, gently, with each one of those concerned who need healing.

III. PRAY FOR EACH OTHER

1. **Ask** members a trial they are going through. Pray over each member, pray for healing or relief from his/her particular trial.

2. **Pray** the *Prayer for Healing of the Family Tree*:

Father, I open my whole family—past, present, and future—to your Healing Love. I receive your Unconditional Mercy for the all the sins of my entire family, living or dead. I receive your total healing for all the harm caused by the sins of my parents and grandparents, all their siblings, and those before them. I receive your powerful restoration for the damages caused by the failures of my family, living or dead. I receive your glorious victory and total freedom over all bondages in my family. I receive your complete protection over every member of my family. And by the power of Jesus at work in me, I forgive everyone, especially family members, living or dead, who have hurt me. I consecrate my entire family to you, Jesus, especially dedicating our children and grandchildren; And with all my heart, I declare, as for me and my household, we will serve the Lord. (Joshua 24:15 NIV)

In the next meeting, **remember to follow up** members about their concerns, and ask if they have made an effort to start discussions of a taboo in the family.

Notes:

