

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

Examining the Problem

1. We are all members of a dysfunctional family.

¹As for you, you were dead in your transgressions and sins, ²in 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.

³All 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

- The Source = Romans 5:12

- The Results =

Understanding God's Solution

2. Jesus' intervention broke the cycle of destruction.

⁴But because of his great love for us, God, who is rich in mercy, ⁵made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. ⁶And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, ⁷in 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

- His Motive = vs. 4
- His Action = vs. 5-6
- His Purpose = vs. 7

Experiencing God's Provision

3. Our restoration can only begin when we recognize the full extent of our need.

⁸For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—⁹not by works, so that no one can boast.

Ephesians 2:8-9

Moving Beyond Recovery

- 4. Our restoration will never be complete until we impart what we now possess.**

¹⁰For 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

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? (Ephesians 2:8-9)
4. What would it look like in your life to allow the grace of God to forgive, cleanse, and restore your dysfunctional past?
5. Who might help you on this journey?