

IT RUNS IN THE FAMILY
Week 1 — It Didn't Start With You

Family Pattern Map

What script are you living from?

Instructions

Every family hands down a script—spoken and unspoken patterns that shape how we relate, handle conflict, express love, and talk about God. This exercise is not about assigning blame. It is about gaining clarity. Awareness is the first step toward transformation.

Look across three generations. In each area below, note briefly what you observed or experienced. A few words are enough. Patterns often become visible only when we write them down side by side.

Area	Grandparents	Parents	Me
Faith / Relationship with God			
Prayer			
Marriage / Relationships			
Conflict style			
Anger			
Forgiveness			
Money / Finances			
Generosity			
Hospitality			
Silence / Emotional expression			
Joy / Celebration			
Addiction / Compulsive patterns			
Divorce / Broken relationships			
Emotional closeness / Affection			

After You Map the Patterns

1. What am I grateful I received?
2. What still needs healing?
3. What have I accepted as “normal” simply because it has always existed?

**You cannot choose what you inherited,
but in Christ you can choose what you will pass on.**

This is not the end of the story. Next week we will talk about what it means to stop performing the old script—and to let the Spirit begin writing something new.

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