

THE RECOVERY BOOKSHELF

# Healing the Dysfunctional Church Family

*When Destructive Family Patterns  
Infiltrate the Body of Christ*



DAVID MAINS

# Healing The Dysfunctional Church Family The Recoveryshelf

**David Stoop, James Masteller**



## **Healing The Dysfunctional Church Family The Recoveryshelf:**

**Healing the Dysfunctional Church Family** David R. Mains,1992 No church is perfect just as no family is perfect This profound and honest book calls us to accept the church s humanness as it explores common dysfunctions But it also calls upon us to view each local congregation as a place where we can feel loved helped and forgiven [Creating a Safe Place](#) Curt Grayson,Jan Johnson,1991 An illuminating and practical guide helping Christians recover from the experience of growing up in a dysfunctional family Johnson and Grayson offer profiles of dysfunctional families then go on to help readers examine their pasts and identify their current issues They show how growing up in a dysfunctional family can lead to a distorted view of God and how the church can foster recovery *Healing the Dysfunctional Church Family: When Destructive Family Patterns Infiltrate the Body of Christ* David Mains,2014-10-18 Christians don t check their dysfunctional habits at the church door Coiffed and buttoned down on the outside inside we still bring our compulsions and addictions our urges to criticize compare and deny Try as we might to cover up we often behave in church just like we do at home It s time to stop pretending No church is perfect just as no family is perfect This book calls us to accept the church s humanness the fact that we tend to make messes of our lives as it explores eight common dysfunctions But it also calls us to reaffirm that each local congregation in the body of Christ ought to be a place where we can come and feel loved helped forgiven and given hope to go out and do better next time After all God created the church to be the best family in the whole world Small group discussion questions and helpful excerpts from other books are included with each chapter **Living Free** Ron Halvorson,Valerie Deilgat,1992 By developing a recovery ministry within the church pastors and other church leaders can reach out with hope and healing to congregational members who are suffering from the lingering effects of an addictive or dysfunctional family environment Includes a dynamic blueprint for recovery based on Scriptural Principles and the Twelve Steps *The Good Stuff from Growing Up in a Dysfunctional Family* Karen Casey,2013-10-01 Is there a silver lining to growing up in a dysfunctional family Bestselling recovery author Karen Casey looks at stories of people who grew up in dysfunctional families and the good stuff that can come from the experience Throughout my many decades in recovery rooms I have interacted with thousands of women and men whose journeys reveal in detail the harrowing history of dysfunction that has troubled their lives says Casey But what is also apparent in their stories is their eventual and quite triumphant survival often against extreme odds Casey interviewed more than 24 survivors of families rife with dysfunction survivors who willingly shared their stories and came to realize they had surprisingly thrived as the result of their often harrowing experiences In *The Good Stuff from Growing Up in a Dysfunctional Family* Casey shares the stories and the skills these survivors developed to live more creative and fulfilling lives *Recovery for the Christian Family* Chaplain Farris and Ruth Robertson,2013-02-01 Chaplain Farris and Ruth Robertson bring life changing ideas to the families of alcoholics and addicts Their refreshing approach to the age old problem of alcoholism brings the latest information and techniques to the average

family while handling each sensitive topic with a profoundly hard hitting yet gentle sometimes humorous approach While learning how to interact with an active or recovering addict or alcoholic the family is taught to survive the experience and create an environment that will support the recovery process The Robertsons have pulled together the information you need while providing the family life tools and communication tips you will use to keep the family safe and sane With a full index entertaining graphics and easy to read style designed for ages 14 and up you will find yourself able to test and try new methods that will help the family thrive amid dysfunction While the entire world seems to focus on helping the alcoholic addict the family is largely ignored or treated as an afterthought Chaplain Farris and Ruth Robertson know that hurting families need straightforward explanations and examples in order to prosper and assist their still suffering loved ones Recovery for the Christian Family introduces practical and careful steps to restore family harmony The do s and don ts of living with alcoholism explanations of interventions treatment and the role of the Church all present alternatives for including the alcoholic in family recovery God wants to save families and here is a book that teaches the family how to survive when everything seems to be falling apart amazon com **Recovery for the Christian Family** Chaplain Farris,Ruth Robertson,2014-12-09 Springfield Missouri Chaplain Farris and Ruth Robertson bring life changing ideas to the families of alcoholics and addicts in their new book Recovery for the Christian Family Surviving Alcoholism a 166 page wisdom filled paperback Their refreshing approach to the age old problem of alcoholism brings the latest information and techniques to the average family while handling each sensitive topic with a profoundly hard hitting yet gentle sometimes humorous approach While learning how to interact with an active or recovering addict or alcoholic the family is taught to survive the experience and create an environment that will support the recovery process The Robertsons have pulled together the information you need while providing the family life tools and communication tips you will use to keep the family safe and sane With a full index entertaining graphics and easy to read style designed for ages 14 and up you will find yourself able to test and try new methods that will help the family thrive amid dysfunction While the entire world seems to focus on helping the alcoholic addict the family is largely ignored or treated as an afterthought Chaplain Farris Robertson knows that hurting families need straightforward explanations and examples in order to prosper and assist their still suffering loved ones Recovery for the Christian Family introduces practical and careful steps to restore family harmony The do s and don ts of living with alcoholism explanations of interventions treatment and the role of the Church all present alternatives for including the alcoholic in family recovery God wants to save families and here is a book that teaches the family how to survive when everything seems to be falling apart **Recovery Church His Story** Recovery Church Movement,Philip Dvorak,2022-11-12 The Holy Spirit wrote the vision of Recovery Church on the hearts of strangers from across the country and then formed this rag tag group into a family The story of Recovery Church is His Story The story of how a Holy God went through extravagant measures to reach junkies drunks crackheads outcasts sinners wayward children the lepers of today us

From physicians ministers teachers veterans fathers mothers sons daughters homeless rich poor and every race our growing fellowship is united in our shared solution through Jesus We have grown from just an idea to an increasing network of Recovery Churches and now to the groanings of a movement We now hold to a God sized vision We are witnessing God raising up disciple makers within the recovery community and starting planting and reproducing Recovery Churches People who were lost in their addictions who everyone thought the last chapter had been written have seen God change the narrative Stories of destruction have become His Stories of redemption We now have the vision to see a Recovery Church in every city in this nation and beyond We believe nothing will bring God more honor than for all the world to hear how a Holy God profoundly loved and pursued this group of addicts and alcoholics We believe each story in this book is so miraculous that it is undeniably God at work This is His Story of Recovery Church

**Dysfunctional Family** June Hunt, 2014-07-07 In many ways dysfunctional families are becoming the new norm in our society affecting families in and outside the church In this ebook June Hunt explains the signs characteristics and impact dysfunctional families have on children s attitudes and behavior revealing the ugly truth that dysfunction often produces more dysfunction She presents practical ways to break the generational cycle of dysfunction giving those who come from this background hope and equipping those who minister to them pastor church leader or friend with practical insight on how to help Coming from a dysfunctional family can often make a person feel helpless doomed to repeat the same mistakes and behaviors as their parents June emphasizes that change is possible Using the familiar Bible story of Joseph and his brothers June reveals how God can use one family member yielded to Him to change the dynamics of an entire family She also tells the remarkable true story of Catherine Brown Deeken a woman who grew up in a shattered home with 2 alcoholics but who now through the grace of God runs Rainbow Days a ministry which supports over 65 000 children who are living in high risk situations Compassionate in its approach rich with scripture and easy to understand this ebook explains how to reverse the impact of unhealthy family relationships Includes a quick overview and key definitions Answers What is a dysfunctional family What is a functional family What are the dysfunctional family roles How does being raised in a dysfunctional family affect future relationships Reveals signs symptoms and common characteristics of a dysfunctional family Explains the 8 dominant traits characterized by dysfunctional families including chaos control denial inconsistency emotional indifference instability shame and unpredictability Explains how unresolved conflicts in the past often cause children to repeat the dysfunctional behavior of their parents Includes a checklist to see if you or someone you know is showing signs of unresolved conflict Provides dozens of step by steps suggestions and practical ways to replace old mindsets and behaviors from unhealthy family relationships with God s truth What Is a Dysfunctional Family A dysfunctional family is one where improper and immature behavior of at least one parent damages the growth of individuality and healthy relational skills among family members A dysfunctional family is one where family members are negatively affected emotionally psychologically and spiritually A dysfunctional family is one where everyone is negatively

affected even when only one family member experiences a problem Dysfunctional Families Produce Dysfunctional Families Dysfunction looks different in each family Here are some of the ways dysfunction can creep into the family unit Overly possessive or faultfinding parents Poor organization or overly rigid structure Inconsistent and indecisive parents Emotionally abandoned children including emotional abuse Overly rigid structure or lacking parental authority How Do Kids Cope 4 Dysfunctional Family Roles Children Adopt When parents are unable to manage their lives children learn to cope by playing specific roles in the family or acting out in damaging ways Typically the child will adopt one of four roles The Responsible Child The hero tries to fix the family problems and help create a positive family image through noteworthy achievement This child receives positive attention but often develops perfectionistic compulsive behaviors The Rebellious Child The scapegoat draws focus away from the family s problems and onto himself or herself with rebellious uncontrollable behavior This child consumes time and energy from the family members and often develops self destructive life patterns The Reclusive Child The lost child hopes that by ignoring family problems the difficulties will go away This child avoids attention and is often lonely and withdrawn The Reveling Child The clown uses humor and antics to direct the focus away from family problems This child is often highly active or hyperactive and usually seeks to be the center of attention A child may even display a combination of these traits or progress through different stages as they attempt to manage their emotional pain just seeking to survive To find out more about the coping devices children us check out June Hunt s Dysfunctional Family How can I accept and let go of my dysfunctional past Life is a series of choices Here s just a few choices you and those you are helping can make to begin breaking free from the influence of your past I will Give Christ first place in my heart Ask Jesus to be Lord of my life Accept His forgiveness and love Be aware of His constant presence within me Allow Him to lead in all I say and do Give thought to my present dysfunctional characteristics Pray for God to reveal my weaknesses Pray for wisdom to understand how to change Pray that I will draw on Christ who is my strength to make changes Pray for wise and discerning friends to enlighten and encourage me Give myself boundaries Define who I am I am a child of God and who I am not I am not a piece of property Refuse to be manipulated or mistreated and learn to say No Stop playing the victim As an adult I am not powerless Give up resentment Consider the consequences of unforgiveness Confess my own areas of unforgiveness Contemplate the sins for which I have received forgiveness Choose to forgive and keep on choosing to forgive When I was a child I talked like a child I thought like a child I reasoned like a child When I became a man I put the ways of childhood behind me 1 Corinthians 13 11 The dynamics of dysfunction are detrimental to the family Discover how to cultivate your family now for the generations that follow as you establish and apply the principles of biblical truth in your own family Look for all 36 titles in the Hope For The Heart Biblical Counseling Library These mini books are for people who seek freedom from codependency anger conflict verbal and emotional abuse depression or other problems **Recovery for the Christian Family: Surviving Alcoholism** Ch. Farris & Ruth Robertson, 2013-02-12 Everybody is trying to help the addict or alcoholic get sober but very few people

really know how to help the family through the experience This book has the real world insight of a husband and wife team who are survivors of alcoholism who have worked with thousands of people over the last twenty years You will learn about interventions and how they work and when to use them not from a TV show full of drama but from people that want to guide your family toward success You will learn how to live with alcoholism while not losing your family to it You will find a way of peace during the storm You will gain confidence that God has a plan for your family that may not be clear to you quite yet

*Honoring God by Making Repairs: The Journey Continues, Participant's Guide 7* John Baker, Johnny Baker, 2016-06-14 A Program for Implementing a Christ Centered Recovery Ministry in Your Church Alcoholism Divorce Sexual Abuse Codependency Domestic Violence Drug Addiction Sexual Addiction Food Addiction Gambling Addiction and others There is a way the church can help the hurting move beyond their wounds to experience the healing and forgiveness of Christ Since 1991 more than 200 000 people have participated in the Celebrate Recovery programs offered at more than 3 500 churches prisons and rescue missions Drawn from the Beatitudes Celebrate Recovery helps people resolve painful problems in the context of the church as a whole Family Pain Randy Reynolds, David Lynn, 1992 Helps the many hurting people who want to experience God's grace and deliverance from the pain of their families of origin Freedom from Family Dysfunction Kenneth Perlmutter, 2019-11-04 The headlines ring with stories of opioid addiction and overdose Parents complain about their children's screen addiction law enforcement decries the flood of fentanyl scores of Americans overdose and die daily and teen alcohol poisoning and marijuana induced psychosis rates continue to rise Disabling depression and anxiety are diagnosed at alarming rates in families across the country Now more than ever families struggle to live with care for and protect their family members suffering with addiction or mental illness Kenneth Perlmutter a California psychologist with 30 plus years in the field has written Freedom from Family Dysfunction specifically for family members who love someone battling addiction or mental illness who want to break the cycles of codependency and relapse plaguing their dysfunctional systems The combination of compelling vignettes lively dialogues and step by step instructions makes this guidebook an indispensable tool for the parents partners adult children and the clinicians who treat them to heal the powerlessness pain and impossibility of life with someone they've been trying to help sometimes for decades Perlmutter takes a systemic and inter generational view combining current knowledge with his deep personal experience of addiction and family dysfunction to guide readers toward understanding their systems their positions in them and the forces that keep things stuck Stress Induced Impaired Coping SIIC is the term he's coined to describe his ground breaking model of family system pathology and recovery He invites families to see themselves not as dysfunctional but as wounded as they work toward connection closeness and the restoration of systemic mental wellness and sustainability Best of all the method works regardless of whether the one identified as the problem makes changes or not Family members who take up Perlmutter's method will create closeness by pursuing connection over being right reject tough love learn to communicate authentically and to set

boundaries confidently and fairly rebuild trust authenticity and equality in family relationships reduce chaos anxiety and distress in the mind and in the home shift the entire family system itself toward wellness

**Forgiving Our Parents, Forgiving Ourselves** David Stoop, James Masteller, 1991 Healing adult children of dysfunctional families

**The Good Stuff from Growing Up in a Dysfunctional Family** Karen Casey, 2024-08-13 In Every Bad There's Some Good And A Lesson to Be Learned Twenty-four survivors recount their stories of living in a dysfunctional family It isn't always easy You can't choose your situation or where you come from but you can choose the lessons you take away Is there a silver lining to growing up in a dysfunctional family Bestselling recovery author Karen Casey looks at stories of people who grew up in dysfunctional families and the good stuff that can come from the experience Throughout my many decades in recovery rooms I have interacted with thousands of women and men whose journeys reveal in detail the harrowing history of dysfunction that has troubled their lives says Casey But what is also apparent in their stories is their eventual and quite triumphant survival often against extreme odds From 24 families rife with dysfunction Casey interviews the survivors who emerged from the fires of a turbulent household to willingly share their stories and come to realize they had surprisingly thrived as the result of their often harrowing experiences In *The Good Stuff from Growing Up in a Dysfunctional Family* Casey reveals the stories and the skills these survivors developed to live more creative and fulfilling lives In this book find tales that help you to Realize lessons in disguise Acknowledge your personal growth Point out your own silver lining If you enjoyed books like *Daring Greatly* *Codependent No More* or *Adult Children of Emotionally Immature Parents* then you'll want to read *Good Stuff from Growing Up in a Dysfunctional Family*

[Recovery from Family Dysfunctions](#) Dale Ryan, Juanita Ryan, 1990-07 *Recovery from Family Dysfunctions* is a six study guide that is part of the *Life Recovery* series a series in which Christian counselors Juanita and Dale Ryan provide help and encouragement for people who have been hurt by life in one way or another

**Unlocking Your Family Patterns** David Carder, Earl R. Henslin, John S. Townsend III, William Henry Cloud, Alice Brawand, 2011-04-01 Revised and updated from the original this honest and forthright look at families of all shapes and sizes will help you down the path of healing whether you know you need it or whether you're just not sure *Unlocking Your Family Patterns* combines decades worth of counseling wisdom and pastoral care insights into this one practical resource Your past may hurt and your family's patterns may have left emotional scars but your future has not been laid in stone yet There is hope for healing there are lessons to learn and there are paths toward family health Using clinical biblical and practical examples to help you uncover the patterns your family has lived in this book might lead you toward the family you've been looking for

**The Recovery-Minded Church** Jonathan Benz, Kristina Robb-Dover, 2015-12-02 You want to have vibrant relationships with those who struggle with addiction in your church and community This practical resource for church leaders and congregations answers your pressing questions about addiction and recovery through real life stories the latest insights from medical science and a biblical framework for how to love the addicts in your midst

*In the House of Friends* Kenneth J.



Garrett,2020-07-10 There is a place that promises acceptance spiritual growth and friendship but instead delivers criticism abuse and exploitation A place that declares marriages will be strengthened treasured and protected but instead weakens diminishes and marginalizes them A place that claims to obey the word of God but in practice weaponizes the word against those who disagree or doubt A place where the good news of a tenderhearted loving Savior is blurred by leaders who are controlling traumatizing and self serving A place that calls loudly to the storm tossed at sea only to lure them to the rocks where they flounder and fall apart A place that appeared to be a house of friendship but was a place of betrayal That place might be a Christian church It might be a cult It is probably both In the House of Friends Understanding and Healing from Spiritual Abuse in the Christian Church is written for survivors of abusive churches their families and friends and all who want to understand spiritual abuse and help the abused Dr Garrett is a long term pastor of a diverse urban congregation and combines personal experience sound academic research and pastoral theology to address a poorly understood rarely admitted problem today spiritual abuse in Christian churches      **Celebrate Recovery Updated Curriculum Kit** John Baker,2021-06-22 Drawn from the Beatitudes Celebrate Recovery has helped over half a million people resolve painful problems in the context of the church as a whole Rather than setting up an isolated recovery community it helps participants and their churches come together and discover new levels of care acceptance trust and grace

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