

Covenant

Spiritual Roots – Do I Know How to Rest

SR-102 Lesson 3 Text

UNHEALTHY ROLES

Definitions:

DEFINITION OF A ROLE: a part or character that an actor plays in a performance

A healthy role is a function or office assumed by someone

Example: Being a wife, husband, parent, boss, teacher is a role you have
Its what you DO or function as, not who you ARE

IMPORTANT: A role is not OUR IDENTITY

Our identity has to do with our "*being*"
A role is something we function in

Gen. 2:7 "The Lord God formed the man from the *dust of the ground and breathed into his nostrils the breath of life*, and the man became a living *being*." IDENTITY CAME FROM GOD'S BREATH IN HIM NOT FROM WHAT HE DID.
then --

Gen. 2:15 "The Lord took the man and put him in the Garden *to work it and take care of it*." Role: GARDEN TENDER

ROLES OFTEN GIVEN TO CHILDREN IN DYSFUNCTIONAL FAMILIES

- The HERO (Good Child)
- The SCAPECOAT (Rebel or Problem Child)
- The CARETAKER (People Pleaser)
- The LOST CHILD (Quiet one whose needs were ignored)
- The CLOWN (Mascot or the Funny One)
- The MASTERMIND (The one who capitalizes on others' faults or weaknesses to come out on top)

SOME OTHER ADULT DYSFUNCTIONAL FAMILY ROLES

1. THE ONE WHO CARRIES THE RESPONSIBILITY FOR THE FAMILY
that leaves others free to "play" without having any responsibility

Example: one carries all the financial burden for the family while the others carelessly spend and enjoy.

2. THE ONE WHO CARRIES THE WORRY FOR THE FAMILY

That implies: NO OWNERSHIP in the family -- they are just there to be taken care of

It could go either way -- MALE or FEMALE

*False Responsibility, page 95, Paragraph 1, BORN TO FLY, by Pat Stark
(Partial excerpt below.)*

"Taking false responsibility can drive us to do things we don't have the grace for because we fear someone will be disappointed if we don't. In a case like that we're taking responsibility for their feelings, and in effect, selling our soul for false peace or acceptance so they won't be disappointed with us ..."

Usually the one who carries the family does so out of **fear**

Fear creates control

Col. 1:17 God holds all things together -- not us! We can't control anything!

Fear & Control, page 73, BORN TO FLY book. (I will share on this in a later session)

The family is a UNIT and *all* need to take ownership for *their* part in helping the family to function and flow ... even though the parents carry the responsibility for the family, not the kids.

Many children were forced into adult roles while they were still children because the parents were a mess or simply abdicated their God-given responsibility

Ex. Alcoholic parent, weak parent, pre-occupied parent, or a parent who refused to grow up

Children learn to do chores as a means of taking ownership in the family unit, and to learn responsibility, as well as being trained in how to function in adulthood.

Many children who have just been "care taken" never learned how to function in a healthy way and are a mess when they reach adulthood

PARENTS ARE TO MODEL AND TRAIN A CHILD IN THE WAY HE SHOULD GO
Proverbs 22:6

Another false role is CARE TAKING

There is a difference between care taking and care giving

Care giving is healthy and responds with care and concern, but doesn't carry the person, try to fix the person, or take responsibility for their well-being, or feelings

Care taking carries the person because there is often a lie or false belief in place:

"Others are incapable, they won't do it my way or the way I need it to be done."

"They NEED me -- it will fall apart without me"

"I can't let others feel uncared for like I did as a child."

"Things will fall apart and I will be shamed"

Page 19 in Born to Fly goes into CARETAKING further

All these are BURDENS...JESUS said his burden is light Matt. 11:30

SOME CHARACTERISTICS OF A HEALTHY FAMILY

- I. Open and honest
2. Has limits and boundaries
3. Teaches responsibility
4. Has rules with consequences, but is flexible when necessary, not rigid
5. Treats failure as a learning experience even though there might be consequences
6. Doesn't use shame to discipline the children
7. Uses positive encouragement instead of negative criticism even while disciplining
8. Works together in problem solving and doesn't avoid difficult issues --
9. A family where it feels safe to be honest
10. Knows there are problems, but realizes they can be turned into learning experiences
- II. Walks with the children in learning, but doesn't do it for them -- trains them to be confident

SOME CHARACTERISTICS OF AN UNHEALTHY FAMILY

- I. Uses the children for the parents' own self-worth, has manipulation and control
2. Disciplines through guilt
3. Gives the message: "Don't talk", "Don't feel" -- Children are not allowed to express emotions
4. Children are not allowed to question or disagree with their parents' ideas even though they do it respectfully
5. Parents squash the child's identity and try to remake them into their image for them
6. Parents are over or under protective
7. Unforgiving, judgmental, accusatory, critical, and give mixed messages
8. Absentee parents, lost in their own lives or addictions
9. Chooses one child over another -- one is a hero, the other a scapegoat -- gender preference
10. Exposes the children to things they are not ready for
- II. Miserly or over-indulgent -- tries to buy love or make up for neglect
12. Unpredictable emotionally and with discipline having no clear boundaries or giving mixed messages