



**NO ONE STANDS ALONE**  
FOUNDATION

# FAMILY DYNAMICS WEBINAR NOTES

Protecting Connection in the  
midst of difficulties

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7-9PM MDT -ZOOM

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# FAMILY DYNAMICS MEANING

Family dynamics relates to the patterns of interactions among relatives, their roles and relationships, and the different factors that shape their interactions.

Because family members rely on each other for emotional, physical, and economic support, they are one of the primary sources of relationship security or stress.

Q: What is your biggest struggle when it comes to family?

When thinking of family think of all the relationships within your family including your children, sibling, parents, cousins, aunts, uncles, grandparents, in laws, blended families, step families, etc. Which relationships do you wish were better?

## DIFFICULTIES THAT FAMILIES FACE

- Financial Hardships
- Broken Relationships
- Death of Loved ones
- Strife, disagreements and falling outs
- Physical Distance
- Having to make decisions when you can't agree
- Misunderstandings
- Un-forgiveness
- Strained relationships with children
- Abandonment, divorce or separation
- rejection, gossip
- lack of support or encouragement

Q: What issues are currently impacting your family relationships in a negative way?

# HOW TO PROTECT CONNECTION IN THE MIDST OF DIFFICULTIES

- Seek to understand not just to be understood.
- In what ever situation be willing to listen to understand where the other person is coming from. You may not have considered their perspective.
- Even if you disagree, if there would not be serious consequences be okay to let others take the lead.
- When others are having difficulty deciding be decisive and help them to make healthy decisions
- Instead of judging people because of their past, stand by them to help them build their future, be part of the solution.
- Treat everyone with kindness
- Remember everyone has a story, and you may not know the whole story. Be willing to listen.
- Appreciate those who have supported you
- Forgive those who have hurt you
- Help those who need it with out needing anything in return.

Q: In what ways can you change to cultivate better relationships with your family members?

What causes fights and quarrels among you? Don't they come from your desires that are within you? You want something but you don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. When you do ask, you do not receive because you ask for wrong motives, that you may spend what you get on your pleasures.

James 4:1-3

*How good and pleasant it is when brothers live together in unity. Psalm 133:1*

# BEARING WITH ONE ANOTHER

- To carry or support another
- Be patient with another's burdens
- We will not stop loving each other because of their faults
- endure patiently
- do not purposely cause others harm
- Be willing to challenge them to move forward through encouragement and support.

Q: In what ways can you bear with others in love more often?

My dear brothers, take note of this; Everyone should be quick to listen, slow to speak, and slow to become angry, for man's anger does not bring about the righteous life that God desires. Therefore, get rid of all moral filth and evil that is so easily prevalent and humbly accept the word planted in you, which can save you. Don't merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like a man who looks at his face in the mirror and, after looking at himself, goes away and immediately forgets what he looks like. But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it will be blessed in what he does.

James 1:19-25

# RECOGNIZE WHERE YOU NEED TO RESOLVE YOUR OWN ISSUES.

- Not everything is someone else's fault
- Acknowledge when you are being triggered because of some un-dealt issues in your life.
- It is okay to disagree and still maintain relationship. If that is difficult for you then Pride may be an issue in your life.

Q: Do you recognize that you get triggered from your own issues within these relationships? What triggers you? What is the root of those triggers and how can you seek healing for those triggers?

Therefore as God's Chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with one another and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

Colossians 3:12-14

# YOU MAY NEED TO PRACTICE BOUNDARIES

- When others show no respect for you or your needs
- When others are selfish and only seek to have their needs met.
- Family who lack a sense of healthy boundaries may need to be told what is appropriate behaviour
- Those who do not respect your boundaries you may need to distance yourself from them

Q: Is there anyone in your family that you have to maintain strong boundaries with? What are those boundaries? Have you communicated what you need from them and what would be appropriate behaviour?

# Activation

## STRENGTHENING FAMILY RELATIONSHIPS

Reflect on your family relationships. Do you have close relationships with your family? Do you feel that they are life-giving or draining? Which relationships are strained, distant or non-existent? Do you desire that these relationships be restored?

Choose a close relationship to you that is strained that you desire to restore. Did something cause the strain in the relationship?

Is there anything you can do to reconcile like asking for forgiveness, seeking to understand, asking questions or offering encouragement or support to them in their area of need?

## 3 Keys to Remember

- 01 IT IS THE WILL OF GOD FOR FAMILIES TO LIVE TOGETHER IN UNITY, WHAT PART DO YOU PLAY IN ENSURING THE UNITY IN YOUR FAMILY?
- 02 BE WILLING TO HAVE KINDNESS, COMPASSION AND SUPPORT THOSE WHO ARE STRUGGLING. THEY NEED YOUR GRACE INSTEAD OF JUDGEMENT.
- 03 NOT ALL ISSUES ARE BECAUSE OF OTHERS, RECOGNIZE WHERE YOUR REACTIONS ARE BECAUSE OF YOUR OWN ISSUES BEING TRIGGERED, AND BE HUMBLE TO ADMIT WHEN YOU ARE WRONG.

**Be completely humble and gentle, be patient, bearing with one another in love. Make every effort to keep the unity of the spirit through the bond of peace.**

**Ephesians 4:2-3**