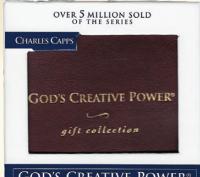
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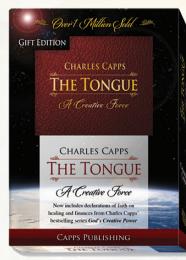
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Family **Oynamics** and the **Holidays** What Part Do You Play? By Annette Capps

t's that time of year again! Around the water cooler, stories are told about what happened over the holidays as families gather that haven't seen each for awhile or don't want to see each other at all! Perhaps your expectations of the holidays are met with love and warmth from your family of origin...maybe not. In any case, the pressure around the holiday season can be intense because the dynamics that are at play during every other day of the year don't change just because we want a "Wonderful Life" ending.

Oddly enough, as believers, we sometimes expect that things will be different this year. Relationships continue on their own course until met with an outside force. Sometimes that could be a spiritual revelation or a crisis or tragedy. All of us have the right of choice and we can choose the "wisdom path" or the "woe path". The wisdom path is asking for insight into your own

life and the part that you play in your family dynamics.

There are unspoken, unwritten rules in families that can be oppressive, such as:

- Don't talk about (or even acknowledge problems) because we want everyone to believe we are the perfect family.
- We are not perfect, so it is OK for us to be verbally abusive and put each other down.
- Anger is a sin. Never show your
- Our family is demonstrative and we just act and say what we think no matter who it hurts. Some people are too sensitive!
- Emotions show weakness. Never show your emotions.
- We come from a long line of passionate, emotional people, so everyone will just have to get used to it!

As you can see, these rules can swing from one extreme to the other. You can be certain that if there are unspoken rules in your family, someone over the holidays will violate those sacred family rules and bring down the wrath of the family on themselves.

## Tod's will is that we set healthy boundaries with others.

The Apostle Paul said, "Let your moderation be known to all men..." Philippians 4:5. Being healthy emotionally and in your relationships means moderation in all things.

Several years ago, there was an emphasis on Co-Dependency, which really was just the tendency of an individual (or family) to go to extremes in their way of relating to others. When I taught about Co-Dependency Issues from a Bible perspective, I emphasized three areas of extremes:

#### **Extremes in Thinking**

Everything is good or bad, awful or wonderful and there is nothing in between. If something unfortunate happens, then it is exaggerated to catastrophic proportions. There is no room for mistakes and if someone does something wrong, that automatically makes them a bad person.

There is "all or nothing" thinking, which may mean that you totally agree

with me or you hate me. (Has that ever happened at a family gathering?) Solutions to this kind of thinking are also extreme. If you don't agree with me, then we can't be friends. TRY THIS RESPONSE, "That is a very interesting point of view."

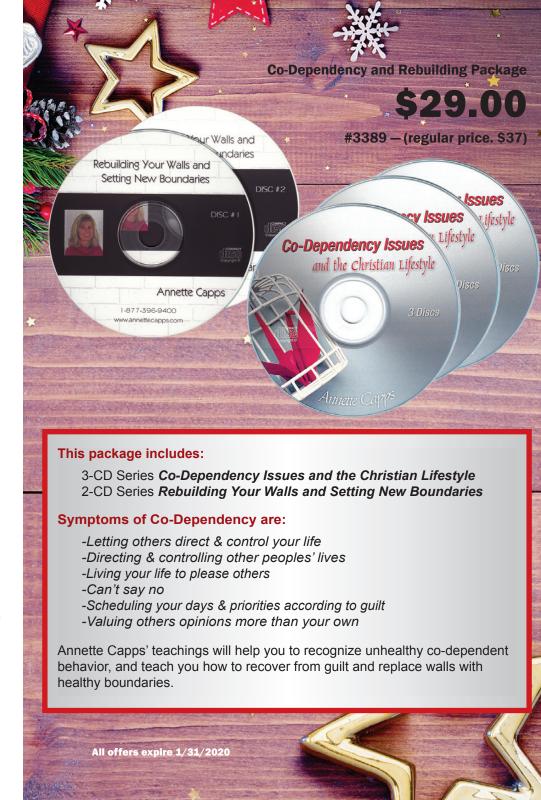
#### **Extremes in Feelings**

Jesus expressed the entire range of human emotions. He was angry, sad, joyful, loving, and grief-stricken. He reacted to all situations in life in a very healthy manner. In unhealthy, or co-dependent behavior, there is a tendency to either overreact or under react to any given situation. In a family dynamic, there will be compensation to these reactions. There could be one person who is explosive and controls by anger which results in another family member being the peacemaker. You will see opposite reactions. It is almost like a play at the theater. Everyone has a role and acts it out. When anyone dares to change their role, it throws the family dynamic into mass confusion.

Emotions are part of our makeup and can be expressed without damaging others. Suggestion: *Don't appoint yourself as the family peacemaker, counselor, or policeman.* Appoint yourself as the "Observer" and mostly observe yourself and your reactions!

#### **Extremes in Behavior**

The results of these attitudes can produce an unhealthy way of relating to the world such as taking responsibility



for others' thoughts, feelings and behaviors. These people are overly responsible. Then the opposite arises in families where one person becomes totally irresponsible. A good example of this is the story of the prodigal son in Luke 15:11-32. The younger son squandered his inheritance and the elder son behaved impeccably, with the exception of resentment!

#### **Setting Boundaries With Others**

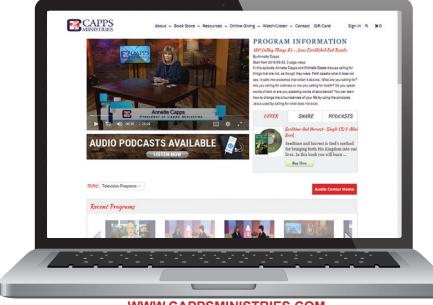
In the series, "Rebuilding Your Walls and Setting New Boundaries," I taught that strong boundaries are necessary in order to not be taken advantage of. Sometimes Christians think that in order to walk in love, we should be doormats, but God does not expect that you, the temple of God, should submit yourself to abuse. You can set boundaries without acting rudely. If there is

an alcohol problem or verbal abuse problem at your family gatherings, you can decide (before the event happens) exactly what behavior will send you packing. It is possible that when reviewing these options, you may decide that not setting foot on the property is your best boundary. God loves you and He expects you to take care of yourself. Jesus is the Savior of your family, not you. Since He came to heal the brokenhearted and set the captive free, I am sure He does not want you entangled with that which is damaging to your soul.

AN INTERESTING IDEA: "Instead of analyzing or judging yourself and family members, be a neutral observer."

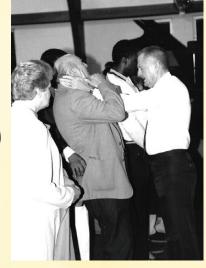
Ask the Holy Spirit for guidance regarding your holidays. It could be an eye opening experience!

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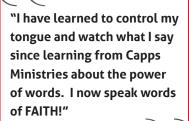


#### **Testimonies**

"Thank you so much for the weekly Concepts of Faith program. I record them and when I go to bed at night I play them back all night long. I am learning so much. Thank you for keeping this ministry going!"



"My husband was in the ER because he couldn't breathe when suddenly his heart stopped and he died for several minutes. God spoke to me to TAKE COMMAND and I began to speak the Word, everything I had heard from Charles Capps materials the past few months. Since I had saturated myself in the teachings about the power of words and faith, I knew what to do. I was speaking the scriptures when I heard my husband's voice talking about heaven. The doctors said he should have been dead, but he came back through the spoken Word."





"I had cancer and was given 3-6 months to live...23 years ago. I was healed through the Word of God that Charles Capps teaches. I am alive today because I heard the message of faith."



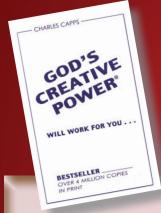
An addict in recovery writes: "My doctor gave me a copy of the Tongue a Creative Force. I read the book in one night. It has changed my life forever!"



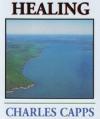
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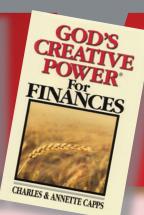
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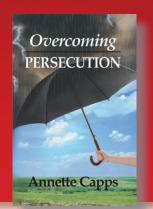
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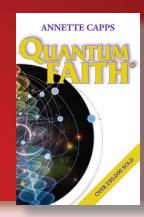
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And in the sixth month the angel Gabriel was sent from God unto a city of Galilee, named Nazareth, to a virgin espoused to a man whose name was Joseph, of the house of David; and the virgin's name was Mary.

And the angel came in unto her, and said, Hail, thou that art highly favoured, the Lord is with thee: blessed art thou among women. And when she saw him, she was troubled at his saying, and cast in her mind what manner of salutation this should be.

And the angel said unto her, Fear not, Mary: for thou hast found favour with God. And, behold, thou shalt conceive in thy womb, and bring forth a son, and shalt call his name JESUS.

(Luke 1:26-31)

The word *behold* means "look." Look at what? Look at the picture I'm going to paint with words: "Behold, thou shalt conceive in thy womb."

The woman has no seed. The male carries the seed. . . Thou shalt conceive in thy womb. He shall be great, and shall be called the Son of the Highest: and the Lord God shall give unto him the throne of his father David: And he shall reign over the house of Jacob for ever; and of his kingdom there shall be no end. Then said Mary unto the angel,

How shall this be, seeing I know not a man? (Luke 1:31-34)

Mary didn't doubt that it was going to happen. She just wanted to know how.

"And the angel answered and said unto her, The Holy Ghost shall come upon thee..." (v. 35) The Greek states "as a cloud," or the Presence of God.

Remember, John 1:1 says, "In the beginning was the Word, and the Word was with God, and the Word was God." Verse 14 says, "And the Word was made flesh..." The Word was made flesh — the Word!

# It was an act of the God-kind of faith that caused the miraculous conception.

There are people today who say it couldn't possibly have happened. They try to go at it strictly biologically, when it was both spiritual and biological. It was the Word which was conceived in her womb.

It was an act of the God-kind of faith that caused the miraculous conception.

"... The Holy Ghost shall come upon thee, and the power of the Highest shall overshadow thee: therefore also that holy thing which shall be born of thee shall be called the Son of God. And, behold, thy cousin Elisabeth, she hath also conceived a son in her old age: and this is the sixth month with her, who was called barren. For with God nothing shall be impossible." (Luke 1:35-37)

The literal Greek states, "It is possible for God to perform His every declaration."

"And Mary said, Behold the handmaid of the Lord; be it unto me according to thy word..." (Luke 1:38)

Jesus tells us how the God-kind of faith works in Mark 11:23. "Whosoever shall say...and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith."

God found a woman who said, "Behold (look), You have found her. You have found the one. Be it done unto me according to thy word." According to feelings? No. According to Thy word. The Word was God, and Jesus was the Word made flesh.

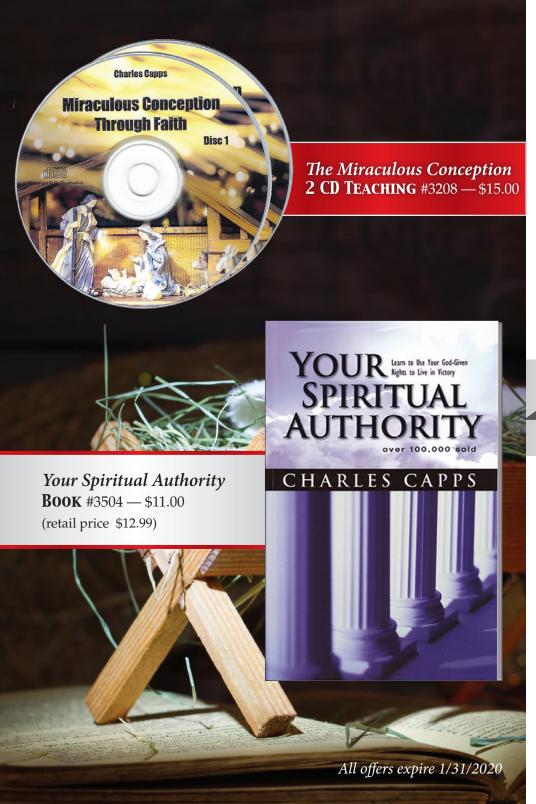
It was THE WORD that was MADE FLESH. Mary conceived the Word of God in her heart; then she went to Elisabeth's house and told her, "He hath done great things..." (Luke 1:49) How did she know? Because the angel of the Lord had told her, and she received that Word.

Do you think she felt any different? No. Do you think she looked any different? No. What was her evidence? Faith and her words! "He hath done great things." The Word said she was filled with the Holy Ghost, and she began to prophesy. She had conceived the Word of God in her spirit.

Here is what the Spirit of God said to me about that situation: "Mary conceived the Word sent to her by the angel (God's Word) and conceived it in the womb of her spirit. Once it was conceived in her spirit, it manifested itself in her physical body. She received and conceived the Word of God in her spirit."

If she had said, "Forget it, it won't work," God would have had to find another woman. But notice Mary's words: "He hath done great things."

She accepted God's Word. She believed God's Word.



Some people say it couldn't possibly have happened because they want to place it in the biological realm. The Bible didn't say she conceived in any other way. It said, "The Word was made flesh..." (John 1:14) The embryo in Mary's womb was nothing but the pure Word of God — and it took flesh upon itself.

The Word of God, Jesus Christ, was born in the earth. The Living Word of God (Jesus) was the Word personified — the Word of God in the flesh form! And how did it happen? A woman dared believe and say that she was the woman: "Yes, I believe You. Behold, You have found her."



## JESUS WAS THE WORD MADE FLESH

The Lord said to me, "My Word will get people healed and filled with the Holy Ghost the same way that the miraculous conception took place! Any believer can conceive My Word concerning healing in their spirits, and healing will manifest itself in their physical bodies! They can conceive My Word concerning prosperity of finances, and prosperity will manifest itself in their business affairs. If they will conceive My Word concerning the baptism of the Holy Spirit, it will manifest itself in their spirits.

Ask and you shall receive. Seek and you shall find. Knock and it shall be opened unto you. Everyone that asks, receives.

How much more shall the heavenly Father give the Holy Spirit to them that ask Him. When the believers receive My Word in their spirits, it will manifest itself in their physical bodies. Any believer can conceive the Word of God and say, 'Behold! I am the man that His stripes healed!'

The miraculous conception came through the God-kind of faith. The faith of God rose in Mary's heart, and she received the Word. She conceived it in her spirit, and it manifested itself in her physical body. The embryo in Mary's womb was the Word of God!"





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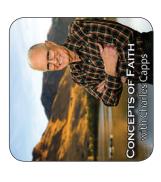
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