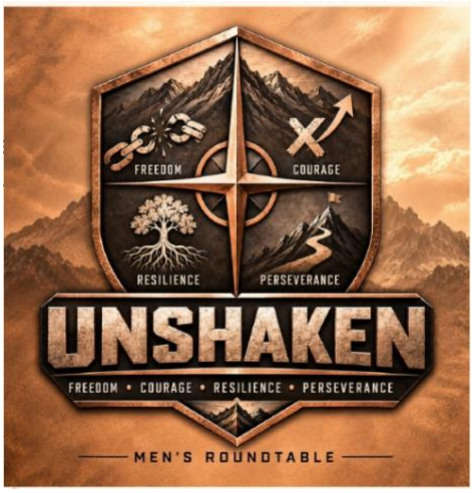


Men's Roundtable: Naming the Weight

November 19, 2026

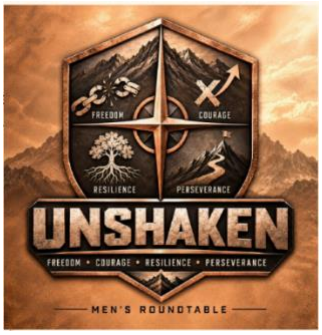
Breaking Generational Cycles Through True Honor

The Core Concept: Kabed The 5th Commandment instructs us to honor our father and mother. The original Hebrew word used here is *Kabed*, which literally translates to "heavy" or "weighty."

True honor does not mean pretending the past was perfect or sweeping emotional distance under the rug. It means giving proper *weight* and reality to exactly who our parents were—the good, the bad, and the broken. We cannot heal what we refuse to name. Today is not about blaming our parents; it is about taking absolute responsibility for what we hand down to our own wives and children.

The Generational Ripple Effect

- **The Principle of Inheritance (Exodus 34:7):** The Old Testament is painfully honest about family systems, noting that the consequences of a father's actions, survival tactics, and unresolved dysfunction will ripple down to the third and fourth generations. Unhealed wounds repeat by default—unless a man decides to stand in the gap and change the trajectory.
- **Abraham & Isaac – The Pattern of Fear (Genesis 20 & 26):** Abraham operated out of fear and self-protection, lying and claiming his wife Sarah was his sister to save his own life. A generation later, his son Isaac faced a similar threat and did the exact same thing with his wife Rebekah. We inherit our fathers' survival tactics.
- **Isaac & Jacob – The Pattern of Favoritism (Genesis 25 & 37):** Isaac and Rebekah played favorites with their sons, creating massive attachment wounds and sibling rivalry. Their son Jacob grew up and repeated the cycle, favoring his son Joseph so blatantly that it brought violence and betrayal into his family. Untended childhood wounds eventually destroy adult relationships.



Personal Reflection

Take some time today to reflect honestly on your own story. Keep the focus on your own side of the street. The goal is taking ownership of your reactions and your family's future.

1. Naming the Weight (Kabed) Think about the emotional climate of the house you grew up in. Without blaming or vilifying your parents, what is the "weight" or reality of what was missing for you emotionally?*(For example: Was anger the only acceptable emotion? Was a parent physically present but emotionally checked out? Was affection tied entirely to your performance and achievements?)*

2. Identifying the "Historical" Trigger There is a saying in counseling: *"If it's hysterical, it's historical."* When our reaction to a situation in our marriage or parenting is a 10, but the actual event was only a 2, we are usually reacting to our past, not the present. What is a recurring conflict or trigger in your life where your reaction is disproportionate? Looking back, what old wound or false belief from your childhood is actually being bumped into?

3. The Inherited Survival Tactic Generational dysfunction gets passed down through the survival tactics we learn as kids. Some of us learned to isolate and shut down when stressed. Others learned to get loud and control the room to feel safe. What is the primary defensive habit you inherited from your family system, and how is it currently creating distance between you and your family?

4. Standing in the Gap Generational patterns repeat by default until a man decides to take the hit and do the heavy lifting to change it. What is one specific, actionable step you need to take today to break an old pattern and create actual emotional attunement with your wife or kids?