

The History of My Family

Why Does it Matter?

Genealogy is an account of the descent of a person, family, or group from an ancestor or from older forms, the study of family ancestral lines. This search has become extremely important and highly search by thousands of people around the world. They all want to know their family history, legacy, gifts and contributions as well as the family secrets. But what is the appeal and why is that information so important?

“A people without the knowledge of their past history, origin and culture is like a tree without roots.” —Marcus Garvey

Knowing, recording, preserving, and sharing our family histories can provide countless benefits to individuals, families, and entire societies. Family history is more than pedigree charts, censuses, and birthdates—it can be a powerful antidote against adverse life experiences that we face today, giving us a stronger understanding of who we are and motivating us to deepen our roots for generations to come.

Knowing our cultural background and where we came from can help us develop a strong sense of who we really are. The way we relate to our family stories and create our own narratives about ourselves helps establish our unique, authentic [core identity](#).

Human beings desire attachment, belonging, and connection. The relationships we form with other people can be incredibly durable, not only with people in our present, but also with people in our past and future. The more we discover about our past, the greater a connection we feel to our ancestors. As we [record our own history](#), we open the opportunity for future generations to connect with us when we are gone.

Learning the history of our ancestors helps us gain a greater understanding of the challenges they faced, and it often inspires greater love and compassion for their flaws and mistakes. This compassion can easily translate to our relationships with the living, within our families and outside them. We all face hard things. Remembering that fact in the context of others' shortcomings

allows us to be better employees, managers, spouses, parents, children, siblings, and human beings.

Knowing our family history builds resilience. In learning about our ancestors' lives, we can see patterns of overcoming failures and surviving hard times. Their stories remind us that surely not everything in life will work easily, that disappointments occur and inequalities exist, but that we can recover, triumph, and find happiness despite hardships.

As we dive into our own family histories, we see events unfold on both a large scale and a personal scale. Contemplating the enormity of mankind while reading about the hand of the Lord in our ancestors' lives bears record to us of His concern and immense love for each of us personally. Our worth and value is great in His sight. We are loved and known by Him.

Sources:

- “Genealogy.” *Merriam-Webster.com Dictionary*, Merriam-Webster, <https://www.merriam-webster.com/dictionary/genealogy>. Accessed 27 Jan. 2022
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- <https://medlineplus.gov> > ... > Inheriting Genetic Conditions