

# From Self-Protection to Soul Connection

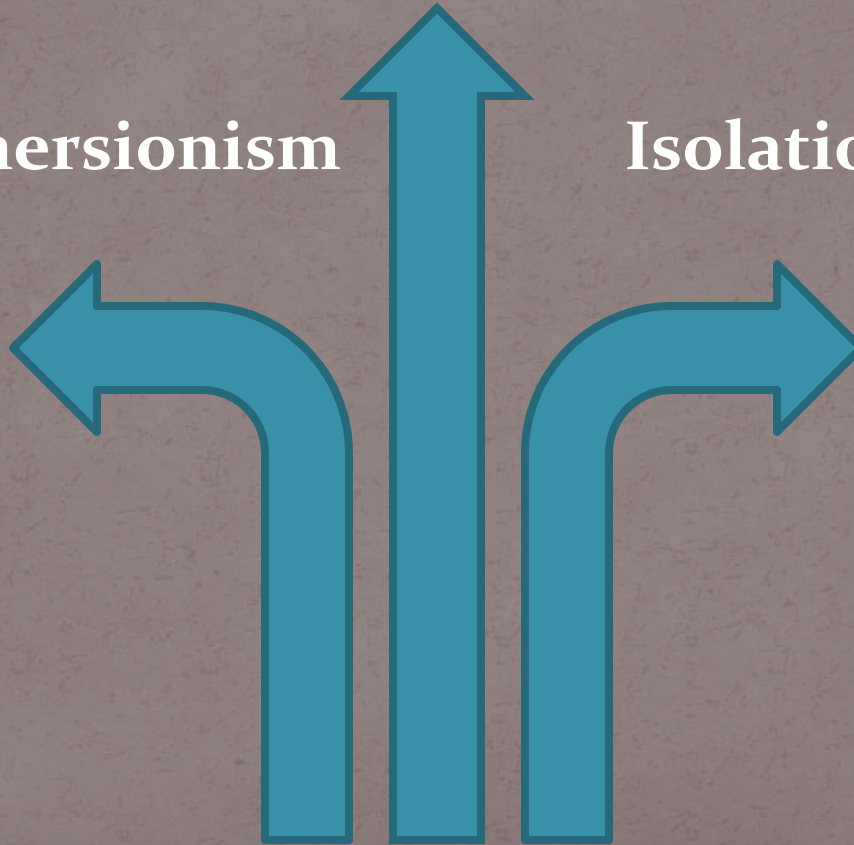
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Opening our hearts to God-ordained authentic spiritual  
community

Looking unto Jesus

Immersionism

Isolationism



# God's design for His people



## Acts 1:4, 5

“[Jesus] commanded them that they should not depart from Jerusalem, but wait for the promise of the Father, which, saith He, ye have heard of Me.”

# Choosing isolation breaks God's law

**“Thou shalt love the Lord thy God with all thy heart...thou shalt love thy neighbor as thyself. On these two commandments hang all the law and the prophets.” Matthew 22:37-39**

Love the  
Lord with  
all your  
heart

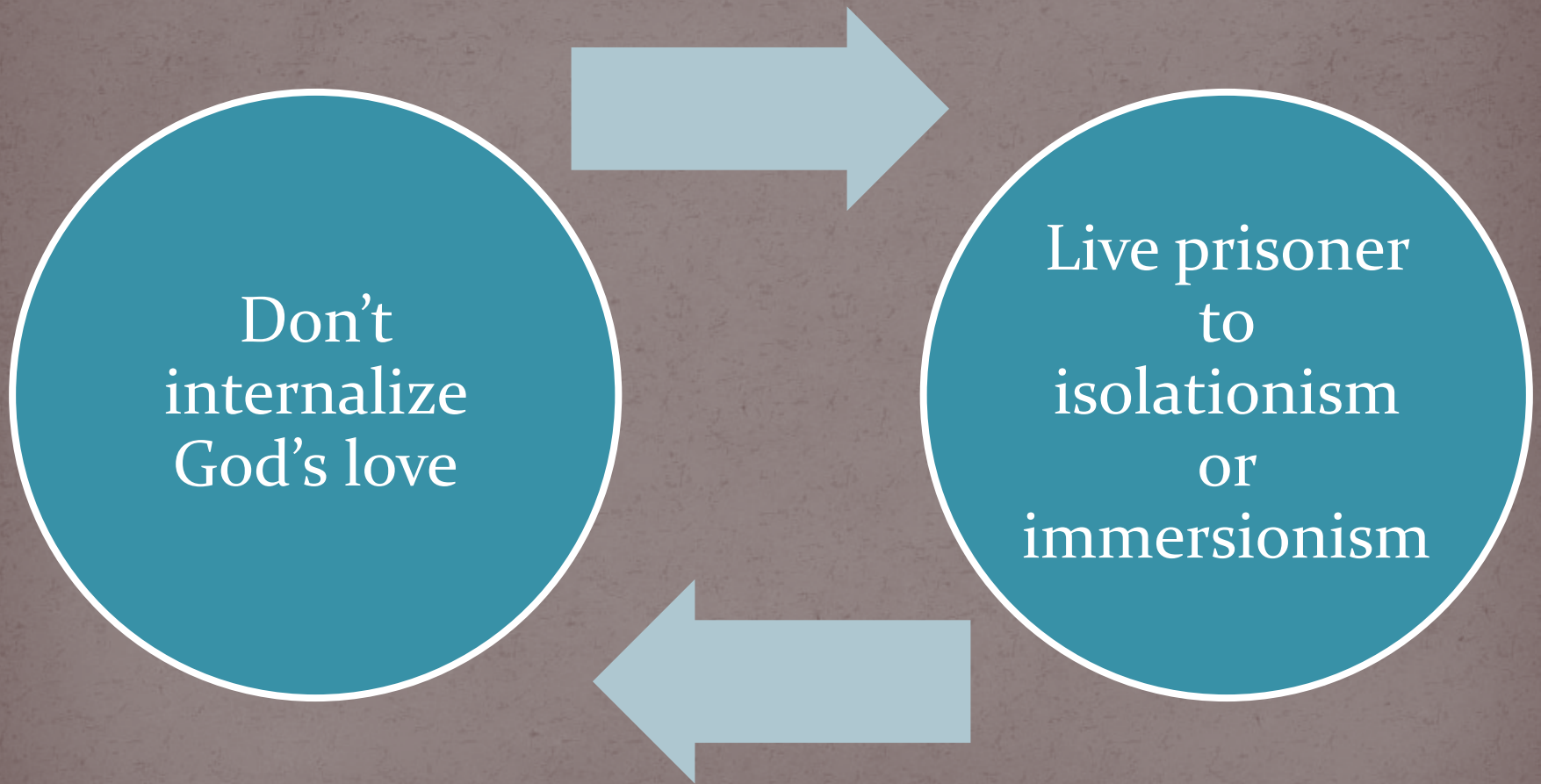


Love your  
neighbor  
as  
yourself

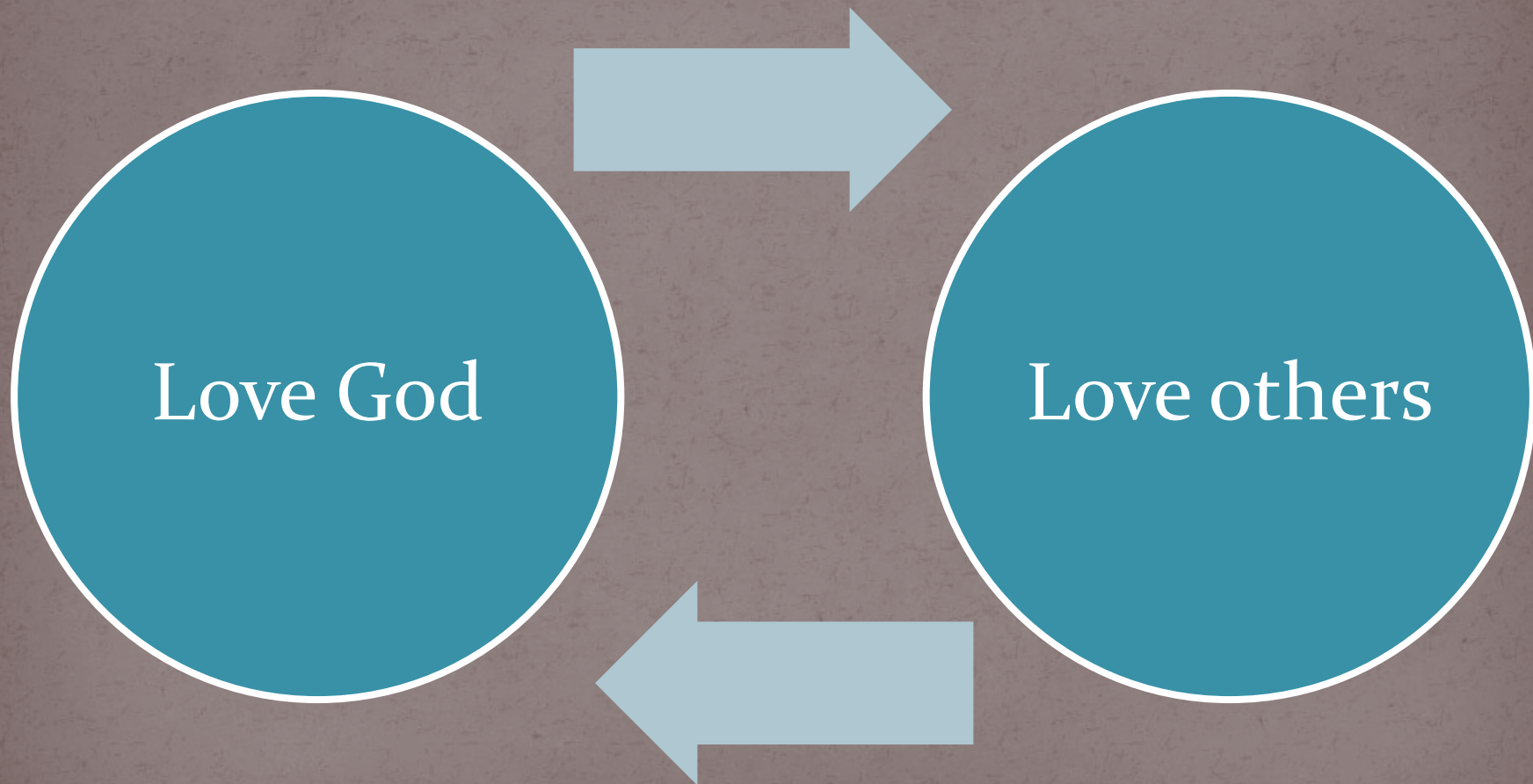


Keeping  
the law  
of love

# The cycle of death unto death



# The cycle of life unto life





Who gave out the bread?



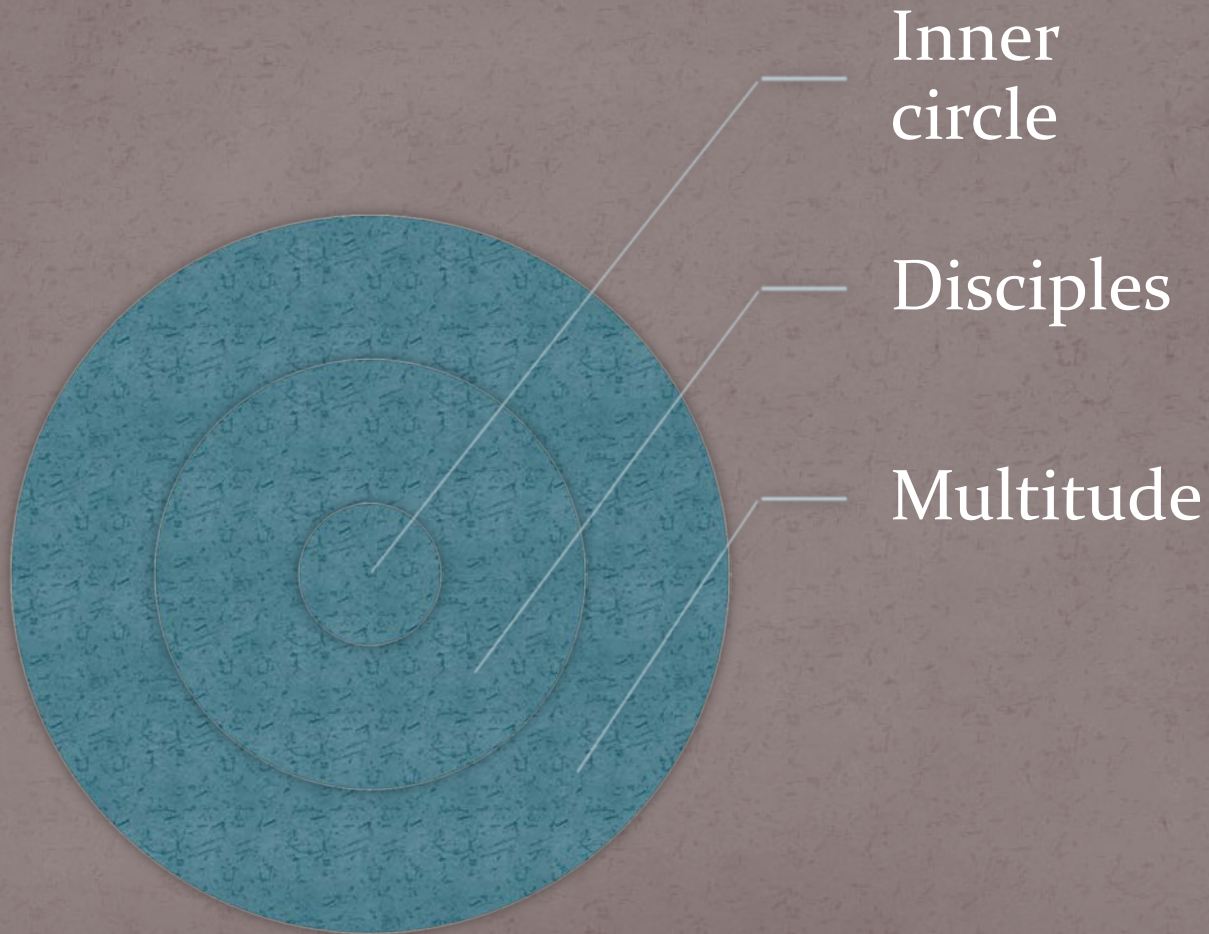
John 13:35

**“By this shall all men know that ye are My disciples, if ye have love one to another.”**

## Luke 22:60-62

**“The Lord turned, and looked upon Peter. And Peter remembered the word of the Lord...And Peter went out, and wept bitterly.”**

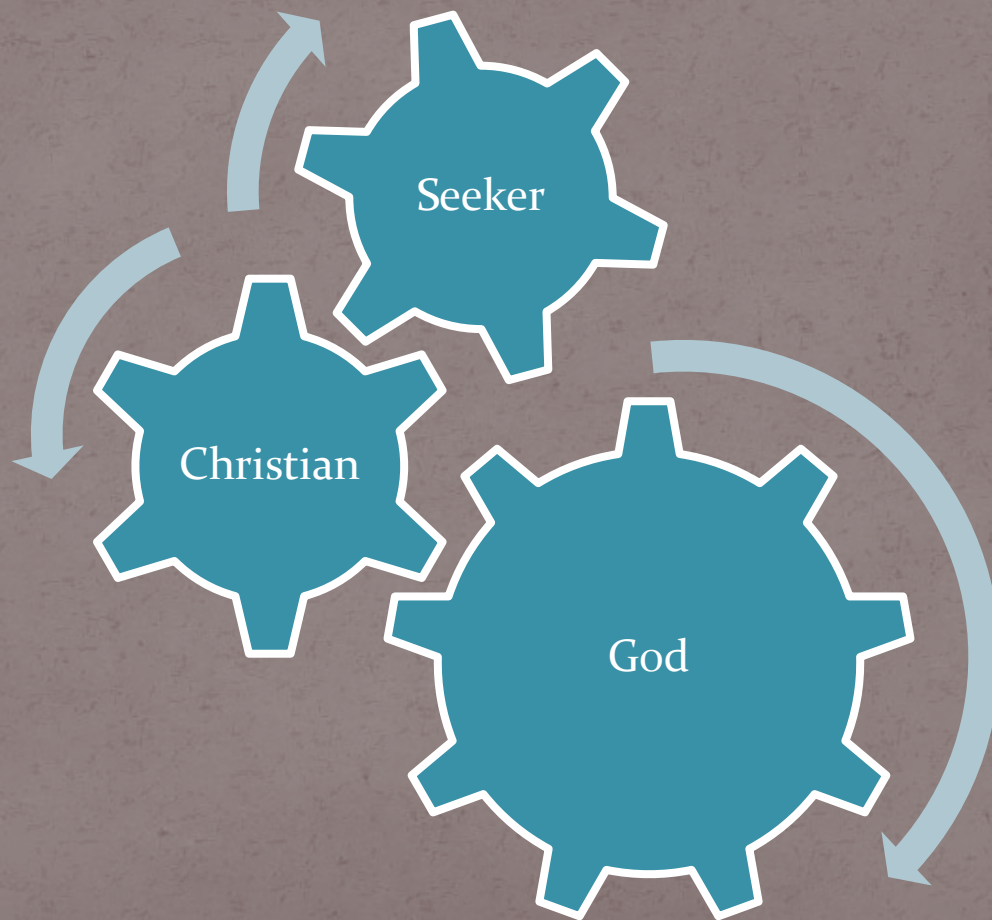
# Jesus was not self-protective



Mark 10:21

“And Jesus beholding him loved him.”

# How love works



## *God Attachment, p. 126*

**“We are wounded in relationships, and we are healed in them, too. We won’t make much progress on our own. We may want to remain isolated so we can read and study on our own, but we won’t take many steps forward that way.”**

## *God Attachment, p. 124*

**“We must find in Christ the courage to admit where we are without casting any blame on others or the situation. For those who have been physically, sexually, verbally , or emotionally abused, you are not to be blamed for what happened to you. On the other hand, you are responsible for your life today and the way you live.”**



# How attachment issues develop

- **Detachment: being emotionally inaccessible**
- **Abandonment: connecting, then leaving**
- **Inconsistency: unstable love object**
- **Criticism: unloving attacks**
- **Abuse: violations that destroy trust**

*Safe People, p. 71*

*God Attachment, p. 127*

**“Your past is not your past if it’s affecting your future.”**

# Four Attachment Styles

Secure

“I’m ok; you’re ok”

Anxious

“I’m not ok; you’re  
ok”

Avoidant

“I’m ok; you’re not  
ok”

Fearful

“I’m not ok; you’re  
not ok”

# Avoidant Attachment Style

- I don't like sharing my feelings with others.
- I don't like it when my partner wants to talk about his/her feelings.
- I have a hard time understanding how other people feel.
- When I get stressed, I try to deal with the situation all by myself.
- My partner often complains that I don't like to talk about how I feel.

# Avoidant Attachment Style, cont.

- I don't really need close relationships.
- I highly value my independence and self-sufficiency.
- I don't worry about being alone or abandoned.
- I don't worry about being accepted by others.
- I tend to value personal achievements and success over close, intimate relationships.

# Anxious Attachment Style

- I really like sharing my feelings with my partner, but he/she does not seem as open as I am.
- My feelings can get out of control very quickly.
- I worry about being alone.
- I worry about being abandoned in close relationships.
- My partner complains that I am too clingy and too emotional.

# Anxious Attachment Style, cont.

- I strongly desire to be very intimate with people.
- In my closest relationships, the other person doesn't seem as desirous of intimacy and closeness as I am.
- I worry a great deal about being rejected by others.
- I tend to value close, intimate relationships over personal achievement and success.
- When I get stressed, I desperately seek others for support, but no one seems as available as I would like them to be.

# Fearful Attachment Style

- My feelings are very confusing to me, so I try not to feel them.
- My feelings are very intense and overwhelming.
- I feel torn between wanting to be close to others and wanting to pull away.
- My partner complains that sometimes I'm really needy and clingy and other times I'm distant and aloof.
- I have a difficult time letting others get close to me, but once I let them in, I worry about being abandoned or rejected.



# Fearful Attachment Style, cont.

- I feel very vulnerable in close relationships.
- Sometimes I feel very disconnected from myself and my feelings.
- I can't decide whether or not I want to be in close relationships.
- Other people can really hurt you if you let them get too close.
- Close relationships are difficult to come by because people tend to be unpredictable in their actions and behaviors.

# Secure Attachment Style

- I find it easy to share my feelings with people I'm close to.
- I like it when my partner wants to share his/her feelings with me.
- I am comfortable getting close to others, but I also feel comfortable being alone.
- I expect my partner to respect who I am.
- I expect my partner to respond to my needs in a sensitive and appropriate way.

# Secure Attachment Style, cont.

- Building intimacy in relationships comes relatively easy to me.
- I let myself feel my emotions, but I'm rarely, if ever, overwhelmed by them.
- I am able to understand and respond sensitively to my partner's feelings.
- I do a decent job balancing my need for intimacy with my need for achievement and success.
- When I get stressed, I feel comfortable seeking comfort from my partner and/or close friends.

**“Even pain we’ve buried for years need not keep clouding our lives. With the love of God and a few trusted friends, we can overcome anxious, avoidant, and fearful patterns in relationships.”**  
*God Attachment, p. 127*

*The Desire of Ages*, p. 22

**“Only by love is love awakened. To know God is to love Him.”**



# God's Rope

- Prayer
- Bible study
- Service

## *God Attachment, pp. 278, 279*

**“If you’re predominantly anxious and feel guilty when you sense you’re not doing something right, give yourself a break....Ask God to help you through these feelings to truly connect with Him in a secure way; He really *does* love you.”**



## *God Attachment, p. 279*

If you're primarily avoidant or fearful, ask God to help you to trust that He *is* capable of being there for you and loving you. Seek Him with all of your heart, even when He feels distant. He really is there for you."

# Who or what has your heart?

- Evaluate prayerfully:
  - Who is God to you?
  - What are your heart thirsts?
- Listen to what your heart thirsts after:
  - Where do you turn when you are down?
  - What craving drives you to destructive thoughts and/or behaviors?
  - What motivates you to spend your time the way you do?

# What is your God like?

- **Prayerfully evaluate how the God you worship is different than the God of the Bible.**
  - **What did you long for as a child and not have?**
  - **What do you instinctively seek when you are down?**
  - **What does your heart ache for?**
  - **Where does God promise to satisfy your heart longings?**