

- 1  **Codependence Workshop**  
Chapter 5: The Surrendered Life: A Battle for Control
- 2  **The Surrendered Life: A Battle for Control**
  - What is surrender?
  - Why doesn't it happen?
  - How do we actually trust God?
- 3  **Why don't we trust God?**
  - Parental experiences
  - Lack of faith
  - Lack of experience (personal encounter)
  - Religious beliefs
  - View God through life experiences
- 4  **Self dependency**
  - Survival is a deep and inbred skill we learn
  - Self dependency is a reliance that is oftentimes created out of need; that reliance needs to be transferred to God, but it won't be easy
- 5  **People Dependency**
  - The holes in our heart that we try to fill through a person will lead to devastating consequences
  - What I need from you or what you need from me equals power
  - Unhealthy dependency lacks love and is replaced by control
- 6  **Controlling patterns**
  - Control are tools of the Enemy
  - They are any efforts we utilize to attempt to get a person to think, feel or act differently
  - Control lacks respect
  - Control must be replaced with the tools of God – which is love through the power of the Holy Spirit
- 7  **Aggressive control**
  - An aggressor is someone who uses control in a more outright way
  - Aggressive controllers often use power, force, shame, guilt or fear to dominate the feelings and behaviors of others.
- 8  **Passive controller**
  - Passive control is much more disguised – flattery, people pleasing and role playing are all methods to control the outcome
  - Passive control usually revolves around someone who is more aggressive
  - Protection of bad behavior and not allowing people to feel the consequence of their behavior are also forms of control
- 9  **Transfer control**
  - Die to self
  - Give God control

"I tell you the truth, unless a kernel of wheat is planted in the soil and dies [our self will], it remains alone. But its death will produce many new kernels—a plentiful harvest of new lives [a life surrendered]. Those who love their life in this world will lose it [those who

choose to live independently of God]. Those who care nothing for their life in this world will keep it for eternity [those who give God control]. Anyone who wants to be my disciple must follow me, because my servants must be where I am. And the Father will honor anyone who serves me.

John 12: 23-26

10  **Transfer control**

- The act of putting myself and others under God's divine providence and protection
- I must trust Him to do this
- All my efforts of control mean:
  - I am not yet broken of "self"
  - I do not fully trust God
- In God's Kingdom, strength is weakness - weakness is strength.
- The codependent, more than any other character make-up, will struggle with admitting weakness, lack of ability, or incompetence to "do".