

## 1 **Welcome**

The Christian Codependence Workshops

## 2 **Why Codependence?**

- Codependence merely describes attributes to identify behaviors and emotions – but the core issue related to codependence is spiritual.
- When Adam and Eve sinned, their fall initiated the brokenness of mankind and God's purposes for them
- Without God's love operating, they no longer had the resources to make relationships work.
- When we live in an environment where God's principles and resources aren't available or being utilized, we will need to cope somehow

## 3 **What Does the Bible Say?**

- While the Bible doesn't use the term specifically, we can find some examples:
  - Don't stare at me because I am dark--the sun has darkened my skin. My brothers were angry with me; they forced me to care for their vineyards, so I couldn't care for myself--my own vineyard. – Song of Solomon 1:6

King David, King Solomon, Sampson, Peter, Abraham and many other characters exhibited "codependent behaviors"

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## 4 **Understanding Oppression**

- Oftentimes we find in the Word of God descriptions of people living under different forms of oppression
- This meant a sort of power system was resurrected in their life that diminished their ability to make choices. Thus, they lived under someone else's control
- Codependence is a modern-form of such oppression
- We live in a free nation, but oftentimes not a free home or a free relationship with others.

## 5 **Oppression of Codependence**

- Bondage comes in many forms, like substance addiction. But it can

be subtle, and covered over many layers. Codependence is deceitful and difficult to recognize.

- The oppression of codependence occurs when:
  - We can't make choices.
  - We are forced to do things that contradict our desires or conscience
  - We feel trapped with "no way out"
  - We feel robbed of personal identity, growth and the potential to be what God created us to be – and need to be what others need us to be
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## 6 **Spiritual freedom**

- Spiritual freedom comes because we are owned, redeemed and under the authority of Jesus Christ – we are no longer under the authority of sin, abuse, neglect, shame or lies have spoken over us.
- Knowing this "theology" often doesn't translate into our daily life experience.
- We can know the truth of God's freedom, and still not be freely walking in it.
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## 7 **Freedom Appears**

- Freedom comes as we:
  - Can exercise our free will to make choices without the coercion or limitations of another human being or agenda
  - Can exercise our free will to submit to the Holy Spirit, thus be able to make choices that align with God's will
  - Can freely live in our God-given purpose and identity without anything stealing or interfering
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## 8 **What does Freedom look like?**

When I am free:

- My heart is able to love – to give it away, to receive it.
- I can connect with the resources of God in the power of the Holy Spirit – that is real power, real Divine power that can overcome the evil of this world, my flesh and Satan.

- I connect with the foundational purpose of life – I know who I am, I know who my Creator is – I understand that my most important function as a human being is to be relational.
- I don't live by shame, guilt or fear (I'm not bound by sin's condemnation). It doesn't mean I won't still sin or have struggles and problems.
- I'm not bound to the thoughts and opinions of others as my reality – God dictates my reality.
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## 9 **Walk by Grace**

- I learn to walk by grace – where I find security that I'm okay no matter what. That making mistakes, that falling short, that sinning has been dealt with by the blood of Jesus Christ.
- I begin to understand that God has designed me for purpose, which is up to Him to fulfill.
- I'm held, kept, loved and empowered by the God I serve, not because of my own efforts, but because He works through me.
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## 10 **Where is Freedom?**

- You can be free and be in a physical prison.
- You can be free and live in the most oppressive totalitarian government known to mankind.
- You can be free while having unhealthy and unavailable people in your life.
- You can be free and have all forces and opposition against you to the point of losing your life.
- Freedom is not external – it's not dependent on circumstances or people. Freedom is a sweet "place" between you and Jesus that exists in the spiritual realm.
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## 11 **WHAT PREVENTS OUR FREEDOM?**

- We don't understand and exercise the gift of salvation and all the resources we gained as children of God
- We are "plugged" spiritually – and therefore God has only a tiny place to access our life

- We are filled with faulty belief systems – lies that have become our truths. They have been so imbedded, we don't even recognize them.
- We filter our reality through these lies rather than the truths of God's ways and God's world
- Something or someone owns our heart other than God
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## 12 **The 12 Modules**

1. Intro to Codependence
2. Family Systems
3. Emotions
4. Love Systems
5. Surrender
6. Denial
7. Shame
8. Forgiveness – Receiving
9. Forgiveness – Giving
10. Identity
11. Boundaries
12. Balance

## 13 **The Purpose of the Workshop**

- To know God more deeply
- To see ourselves more clearly
- To identify lies and strongholds
- To replace those lies with truth
- To develop intimacy with God
- To begin the life long process towards emotional healthiness, spiritual growth and the ability to have healthy, whole relationship
- This is a process – not a “zap”

## 14 **The True Healer**

- Remember this process is not “black and white” and it isn't directly dependent on the content of the program, (although the principles if applied are biblical, and therefore really do work!)
- Make alone time with God a priority – this process is to lead us to Him directly.

- We must always be conscious that it is only Our Father, our Lord Jesus Christ and the workings of the Holy Spirit who can access our hearts, thus orchestrate the healing process. He will work and touch you individually, even while we work through this process collectively.
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