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FearlessAndFreeCommunity.com

PODCAST EPISODE 50
Healing Insecure Relational Attachment—Part 1

PRAYER EXERCISE

Make this a time of prayer and reflection. Remove distractions. Begin an authentic conversation with Jesus. Consider writing down thoughts as they come to you.

Thank you, Jesus, that You are here with me. I ask You to reveal truth to my heart and guide me in this time of prayer and reflection.

1. You are designed for love and security in relationships. Love and trust are meant to be enjoyed with loving, trustworthy people.

- a. *Do you find it easy to give love to others?*
- b. *Do you find it easy to receive love from others?*
- c. *Do you find it easy to trust those closest to you?*
- d. *Do those closest to you trust you?*

If you answered no, write out your thoughts. *What holds you back or causes you to keep people at a distance?*

2. Insecure attachment is the result of childhood loss or trauma. Individuals with an anxious preoccupied attachment style have:

- a. frequent anxiety that the one they love will not love them back or will leave them.
- b. need consistent reassurance, yet even then still question.
- c. are mentally preoccupied analyzing the relationship.

Do these describe you, or anyone you know?

3. When you realize that you have insecure attachment, you can recognize how it affects your closest relationships, including your relationship with God—the very relationship that can heal you. Healing your relationship with God can bring healing from the inside out, giving you secure attachment to His love and trust—and from that security, restore the ability to be secure in your closest relationships with people.

- a. To begin healing, pray and ask God to help you. You can pray something like this:
“Lord God, I ask you for Your help. You know the hurts I have experienced. You know the reasons why it has been hard for me to trust in love to be there for me. You have always seen me. You have always known me. You are with me now. Show me how to see You as You really are. Teach me from Your word, the Bible, about Your character.

Where my heart has been broken in the past, heal the crack in my heart with Your love. Restore my ability to trust in Your perfect love (1 Corinthians 13), and restore my discernment to recognize true love and trustworthiness in others. Thank You for sending Jesus to demonstrate Your love for me. I receive His love and acceptance as my Lord and Savior. In Jesu's name, amen.

- b. Healing takes time. It requires intentionally renewing the mind with truth from Scripture. Here is a valuable truth you can begin applying to yourself today. Speak these "I Am Worthy" statements out loud to yourself daily:
 - i. Love is safe and reliable.
 - ii. I am worthy of love.
 - iii. People who love me want only the best for me, never wish me harm, and willingly make necessary sacrifices for my wellbeing.

For more on healing from childhood loss and trauma, our Free to Be Me course is available at www.fearlessandfreecommunity.com

To learn more and purchase the I AM WORTHY video-based curriculum, go to www.worthyprogram.com

**If you have yet to call on Jesus as your Lord and Savior,
find a biblical explanation of the vital need and a guided prayer at
FearlessAndFreeCommunity.com/Saving-Faith**