

# Combating Codependency

## Highlights

- Romans 1:25 –they worshipped the “thing”. That “thing” can be you.
- A child, a teen, often a girl
- Codependency - in the frame of obsession
- This generation has not been nurtured very well
- They can crave attention and care from a loving individual
- God has created us with needs, to feel value
- God is meant to be our security
- Codependency says I’ll get my security from another person
- Codependency is in the simplest sense “fear”, (fear of man)
- A layer of control and ripples from fear of man and rejection and rooting in neediness and the security of another
- **Characteristic:**
  - Driven by compulsion to fill the void of love, people pleasers , often chameleons, unresolved family issues (bitterness, divorce), perfectionism, over achievers, blame others, extreme emotions, living crisis to crisis, rescuers, victim mentality et...
- It can become a cycle
- Will often turn on you, if they do not get their way
- How do you know?: control of attention, affection, and time
- Restoration Steps:
  - Identify that this is sin
  - Be sensitive to the spirit (humility)
  - Walk through the core issue of the problem
  - Be broken over sin, security and value from Christ
- We have to be careful not to feel powerful in another’s life
- Guide them, not demand of them

## Take Away

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