St. Andrew’s Lutheran Church

*Discipleship class:* **CHANGES THAT HEAL**, by Dr. Henry Cloud

Session 2: *“Bonding”* (Connection)

Foundation for growth

* Universe is relational
* God is a relational being

Learn dependency on outside sources

* Trust (to have needs met)
* Internalize

*John 15:5 (“I am the vine…”)*

Encouragement • Correction • Support • Healing

*I Peter 4:10; Ephesians 4:16; Colossians 2:19*

What goes wrong:

Bad things happen • Good things don’t happen • Rebellion

*John 17:11*

Symptoms of failure to bond:

Depression • Anxiety • Panic disorders • Addictions • Fear of Failure • Feelings of Meaninglessness • Feelings of Badness and Guilt • Distorted Thinking • Emptiness • Sadness • Fear of Intimacy •Feelings of Unreality • Rage • Excessive Caretaking • Fantasy

*Ephesians 4:17-19*

Defense Mechanisms:

Denial • Devaluation • Projection • Reaction Formation • Mania • Idealization • Substitution

*John 3:3 (be born again; and see I John 4:7)*

Solution Skills:

* Own it (realize need)
* Be vulnerable (II Corinthians 6:11-13)
* Challenge distorted thinking
* Recognize defenses
* Become comfortable with anger
* Pray
* Be empathic
* Say “yes” to life (to God’s and others’ invitations to connect)

Put off the old, put on the new

***Paradigm****—Distinct set of concepts or thought patterns; theory or group of ideas about how something should be done, made or thought about.*

***Cortisol—****A life-sustaining adrenal hormone, essential for maintaining homoestasis. High levels are associated with chronic stress.*

***Silo*** *(business)—Behavior or mentality in which departments or groups do not share knowledge or information with others in the same organization.*

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