



CREATING A SECURE ATTACHMENT TO GOD



WHAT IS BIOLOGICAL ATTACHMENT?



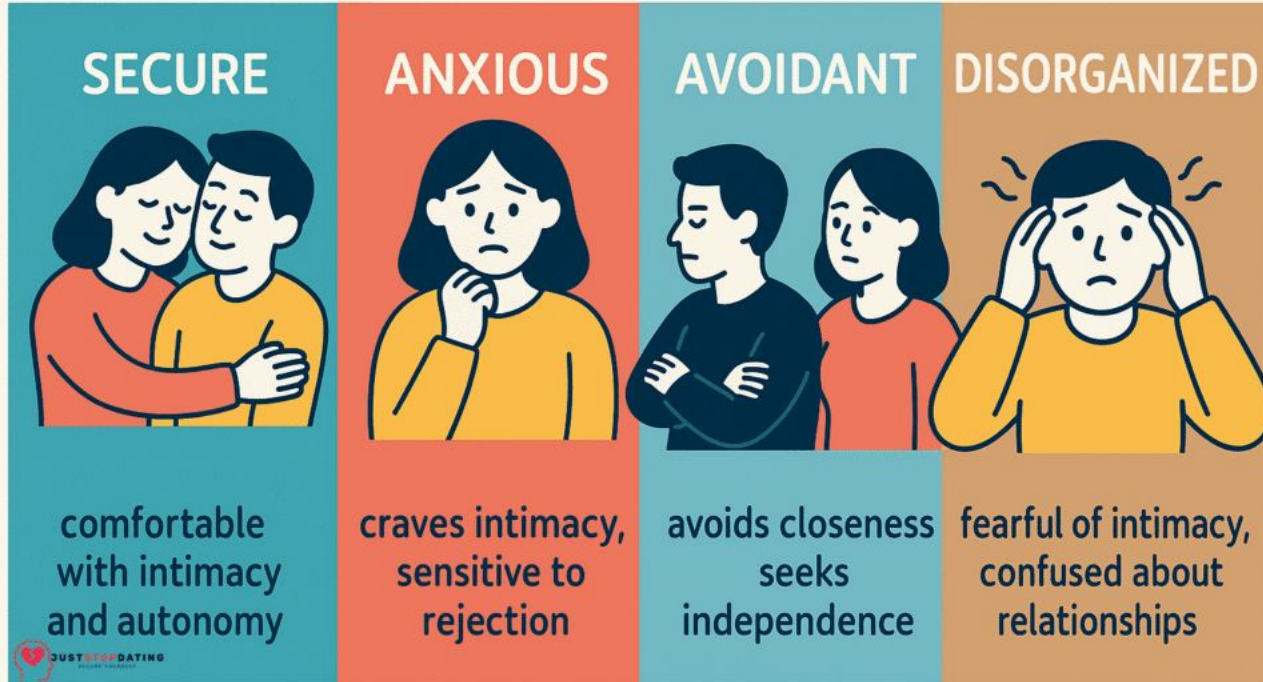
BIOLOGICAL ATTACHMENT





THINGS
TO KEEP IN
MIND

THE FOUR ATTACHMENT STYLES





SECURE ATTACHMENT



INSECURE ATTACHMENT



FROZEN

ANXIOUS ATTACHMENT



AVOIDANT ATTACHMENT



DISORGANIZED ATTACHMENT



SPIRITUAL ATTACHMENT



GOD CONCEPT vs GOD IMAGE



9 SPIRITUAL TEMPERAMENTS

Naturalistsloving God in nature and the outdoors

Sensates loving God with the senses

Traditionalists loving God through rituals, symbolism, and liturgy

Ascetics loving God in solitude and self-denial

Activists loving God by fighting injustice

Caregivers loving God by caring for those in need

Enthusiasts loving God with music and celebration

Contemplatives loving God through quiet adoration

Intellectuals loving God with the mind

<https://www.focusonthefamily.com/marriage/nine-spiritual-temperaments/>

Prayer — *“In the silence of the heart God speaks.”* — **Mother Teresa**

Service — *“Where there is love, there is God.”* — **Mother Teresa**

Movement — *“When I run, I feel His pleasure.”* — **Eric Liddell**

Ritual & Devotion — *“I felt love enter my heart.”* — **Thérèse of Lisieux**

Scripture - *“The Spirit is to us a witness, by whose testimony we feel God’s fatherly kindness toward us.”* **Calvin**

Suffering — *“I live in the faith that God loves me.”* — **Bonhoeffer**



Made with AI

Stones of Remembrance

— Joshua 4 —



ATTACHMENT SEEN IN SCRIPTURE

- Ps. 22:9-10, "Yet you are He who brought me forth from the womb; You made me trust when upon my mother's breasts. Upon You I was cast from birth; You have been my God from my mother's womb".
- Ps. 139:13-14, "For You formed my inward parts; You wove me in my mother's womb. I will give thanks to You, for I am fearfully and wonderfully made."
- Ps. 33:20-22, "Our soul waits for the Lord; He is our help and our shield. Let Your lovingkindness, O Lord, be upon us, according as we have hoped in You.."
- Ps. 3:4-6, "I was crying to the Lord with my voice, and He answered me from His holy mountain. I lay down and I slept; I awoke, for the Lord sustains me. I will not be afraid of ten thousand of people who have set themselves against me round about."
- Ps. 16:7-8, "I will bless the Lord who has counseled me; Indeed my mind instructs me in the night. I have set the Lord continually before me; Because He is at my right hand, I will not be shaken."
- Ps. 63:1-8, "O God, you are my God; I shall seek you earnestly; My soul thirst for you, my flesh years for you, In a dry and weary land where there is no water...Because your lovingkindness is better than life, my lips will praise you. So I will bless you long as I live; I will lift up my hands in your name. My soul will be satisfied as with marrow and fatness, and my mouth offers praises with joyful lips. When I remember you on my bed, I meditate on you in the night watches, for you have become my help, and in the shadow of your wings I sing for joy. My soul clings to you, your right hand upholds me."
- Ps. 74:1, 12, "O God, why have You rejected us forever? Why does Your anger smoke against the sheep of Your pasture?...Yet God is my kind from of old, who works deeds of deliverance in the midst of the earth."
- Ps. 73:21-26, 28 "When my heart was embittered and I was pierced within, then I was senseless and ignorant; I was like a beast before You. Nevertheless, I am continually with You; You have taken hold of my right hand. With your counsel You will guide me, and afterward receive me to glory. Whom have I in heaven but You? And besides You, I desire nothing on earth. My flesh and my heart may fail, but God is the strength of my heart and my portion forever... But as for me, the nearness of God is my good; I have made the Lord God my refuge, that I may tell of all Your works."

RECOMMENDED READING



- ***Changes that Heal*** by Dr. Henry Cloud
- ***God Attachment*** by Dr. Tim Clinton and Dr. Joshua Straub
- ***How We Love*** by Milan and Kay Yerkovich
- ***Spiritual Disciplines Handbook*** by Adele Calhoun
- ***The Joy Switch*** by Chris M. Coursey
- ***The Connected Child*** Karyn B. Purvis
- ***The Whole-Brained Child*** by Daniel J. Siegel MD
- ***Wired for Love*** by Stan Tatkin

REFERENCES

- Agum, B. (May 24, 2016). Father's love letter. YouTube. <https://www.youtube.com/watch?app=desktop&v=vCoDTUXHMeg>
- Clinton, T & Straub, J. (2010). *God attachment: Why you believe, act, and feel the way you do about God*. Howard Books.
- Cloud, H. & Townsend, J. (2001). *How people grow: What the Bible reveals about personal growth*. Zondervan.
- Comer, J. M. (2024). *Practicing the way*. Waterbrook Press.
- Coursey, C.M. (2021). *The joy switch: How your brain's secret circuit affects your relationships – and how you can activate it*. Northfield Publishing.
- Crabb, L. (2010). *God's love letters to you: A 40-day devotional experience*. Thomas Nelson.
- Dallas, K. (June 16, 2016). A father's faith: How modern dads impact their children's religious views. *Deseret News*.
<https://www.deseret.com/2016/6/16/20590370/a-father-s-faith-how-modern-dads-impact-their-children-s-religious-views/>
- Eldredge, J. (2009) *Fathered by God*. Thomas Nelson.
- Eldredge, J (2016) *Moving mountains: praying with passion, confidence, and authority*. Thomas Nelson.
- Groeschel, B. (1984). *Spiritual passages: the psychology of spiritual development*. Crossroad Publishing Company.
- Hall, T. (2021). *Relational Spirituality: A Psychological-Theological Paradigm for Transformation*. IVP.
- Keffer, L.A., & Brown, F.L. (2018). Attachment to God uniquely predicts variation in well-being outcomes. *Archive for the Psychology of Religion*, 40, (2018), 225-257. www.Brill.com/arp
- Mayfield, Krispin. (2022). *Attached to God: A practical guide to a deeper spiritual experience*. Zondervan books.
- Moriarty, G.L. et al. (2013). The efficacy of a manualized group treatment protocol for changing God image, attachment to God, religious coping, and love of God, others, and self. *Journal of Psychology and Theology*, 41(4), 267-280.

References

- Movieclips. (2018). *Won't You Be My Neighbor? I Love You Just The Way You Are*. YouTube.
<https://www.youtube.com/watch?v=DqSBqfDgOsQ>
- Neff, M.A. and McMinn, M.R.(2020). *Embodying integration: A fresh look at Christianity in the therapy room*. Caps Books.
- Tatkin, S. (2011). *Wired for love: How understanding your partner's brain and attachment style can help you diffuse conflict and build a secure relationship*. New Harbinger Publications, Inc.
- Thompson, C. (2010) *Anatomy of the Soul: Surprising connections between neuroscience and spiritual practices that can transform your life and relationships*. Tyndale Momentum.
- Wagner, L. (2016). *Help me help others: Practical ways to build healthy relationships*. Redemption Press.
- Warner, M. & Wilder, J. *Rare leadership: 4 uncommon habits for increasing trust, joy, and engagement in the people you lead*. Moody Publishers.
- Wilder, J. (2020) *Renovated: God, Dallas Willard, and the Church that transforms*. NavPress.
- Wilder, J. E., Garzon, F., & Johnson, E.L. (2020). A Christian multi-modal approach to therapy utilizing inner healing prayer: The life model. *Journal of Psychology and Christianity*, 39(1), 49-64.
- Zahl, B. P. (2016) Attachment Theory and your relationship with God: Attachment is part of what it means to be a human, created by God. *Mockingbird*, 21.

COMPASSIONATE and GRACIOUS SLOW TO ANGER
overflowing with LOYAL LOVE and FAITHFULNESS

EXODUS 34:6