

## Lesson #2

### Relationship Problems – Sources & Solutions

The fall of Adam has caused mankind to be born separated from God, with a sin nature and in a harsh environment. Man was not designed to grow and live like this.

Man is me-centered and misdirected in every aspect of believing, expecting, loving, desiring and reverencing. At the core and to the core man's thinking is corrupted. The bible discusses our core thinking as analogous to the roots of a plant.

#### Roots:

Root – Heb *sheresh*; Greek *rizo* – root of a plant; issue at the heart of a matter; source of behavior

Deut 29:18 – idolater in Israel - produces bitter poisonous fruit

Rom 11:16 – holy root produces holy branches à holy fruit

Mk 4:17 – parable-Sower – no root in themselves – rejected biblical root – kept worldly roots

*Roots = core motives of the unconscious mind – more dominant than conscious awareness*

1Tim 6:10 – love of money – root of all kinds of evil – desiring money à many griefs

- Belief that money brings Perfect Happiness (+H) à desire for money à commitment to pursue money à abandon spiritual life as +H à empty, defeated life. Heb 12:15 fail the grace of God– root of bitterness – defiles many
- Divine discipline and suffering à unrealistic ideas about the Christian Way of Life (CWL) à reject grace in it à angry and bitter about God's training in your life.
- Relationships: belief that relationship with man = +H à unrealistic expectations of the person and the relationship à manipulation (fight-withdraw) à bitterness à quit

During personal development, we build core ideas and values that become the roots of our thinking, feeling and behavior. Old Man Beliefs / Behavior is based on lies and therefore our roots produce fruits that destroy relationships rather than nurture them.

#### Needs:

Man's neediness – helplessness – powerlessness

Man w/out God – everything is conditional based on performance or contribution; God offers us a better way based on grace.

- **Security** – sense of safety, freedom from fear or danger  
God – absolute security by grace – eternally; legal – justification, union/Christ, adoption; love – all God's love poured out in our hearts - unconditional  
World – based on production, compliance, adherence, accommodation – works; love & acceptance is conditional – earn love by self invented strategies; minimize rejection  
Heb 13:5 – I will never leave you or forsake you – ouk me...ouk me
- **Self worth** – self opinion based on the assessment of others – God or the world  
God – Justification - +R in Christ; worth given as a gift; assigned worth based on God's decree; unconditional – worth as a permanent assessment by God  
World – worth = what you produce, contribute or accomplish; appearance, personality, ability  
All that we bring to the table that might cause others to increase their view of us.
- **Significance** – ability to contribute – because of security/self worth, never as the means  
God – power of GHS dwells in us and is available to us; power of the word – eternal impact  
World – human ability that produces human works with no real impact.

Man's neediness and helplessness is by God's design. Man is driven to meet these needs – instincts: survive, nurture, warmth, affection, accomplish. When man seeks to meet his needs from man, he finds only conditional relating – competition. Only God who has no need is able to give with constancy and w/out conditions. OMB/B is built in a competitive environment and requires production to gain attention

Ex: 1<sup>st</sup> born – center of attention until the next baby comes along – demoted à jealous à intensify attention getting behavior à murderous à discouraged

Ex: Mate seeking – strategies for increasing attractiveness to compete in market place

### **Worship Instinct: Attachment and Bonding**

**Man's need to worship causes him to attach his needs to a person or object**

- Mankind has a universal need and capacity to become attached to others – divine design  
Babies have a need to attach – temporary attachment to God's reps - parents  
Attachment is a bonding that occurs from believing that another is necessary for happiness  
Attachment often walks in the guise of love but is really an expression of need  
The needier the person the more attached and more easily attached they become  
Ex: falling in love – attempt to have personal needs met – do anything not to lose the object; Parent/child bonding – child bonds primarily to have needs met as often does the parent – emotional incest  
We idolize and idealize – think more of them and expect more from them than is reasonable  
***To whoever / whatever man attaches and depends upon for his needs is who/what he worships***  
Parents, peers, mate(s), children, money
- Man w/out God attaches to human objects as the source of happiness  
Believers have the option to detach from inappropriate objects and re-attaching our hearts to God.  
Taking off the old man – detaching from false objects of trust, love and dependence  
Putting on the new man – attaching to God as the object of trust, love and dependence.

### **Transference Example:**

Around the turn of the century Freud began his work in psychoanalysis. Through observation of hundreds of patients, he began to notice a common occurrence among them. After a time of analyzing them, most would form an illusionary attachment to him. They began to entrust their very souls to his care and became very dependent upon him for emotional needs. Many of the women “fell in love” with him and others attached their childish needs and feelings as if he were their parent. They attached the love and neediness and also their anger and bitterness to him as if he were their father. He called this phenomena “transference” indicating a projecting of previous attachments onto a new object. The phenomenon was not limited to Freud. In fact it is so common in counseling that every school of psychological thought in every culture addresses it.

Transference is the psychological name for the worship instinct or the ability to attach to another.

When we attach to a person, we open our hearts for that person to meet our love needs – become dependent upon them, expectation/demands upon them à disappointment, anger, vengeance

### **2Cor 10:5 – bring every thought into captivity to Christ.**

1. Are you experiencing God as a real Person with whom you relate?
2. Where are you on the +H spectrum? Misery [ 1 2 3 4 5 6 7 8 9 10 ] Joy
3. Is there something missing in your Christian experience?
4. Are you compelled to do something to gain God's approval?
5. Are you able to just enjoy “being” in God's grace or must you always be “doing”?
6. Is your heart filled with the reality of God's love - are you going through the motions?
7. Are you committed to moving forward in Christ? Complacent? Reversionistic?
8. Are you a fearful and worrisome person? Do you grind an issue over and over?
9. Do you prioritize earthly responsibilities more or spiritual responsibilities?