

Attachment Cycle

A person's attachment cycle starts from the day they were born

A baby becomes attached to whoever brings them comfort. It is the same as we grow except

1. We choose what we attach to

Romans 6:16 NLT

Don't you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living.

Once we are attached to something long enough. Our bodies and flesh we tell us it's a need no matter how bad it is for us spiritually, physically, or mentally.

2. Unhealthy attachments have side affects

Romans 6:19 NLT

Because of the weakness of your human nature, I am using the illustration of slavery to help you understand all this. Previously, you let yourselves be slaves to impurity and lawlessness, which led ever deeper into sin. Now you must give yourselves to be slaves to righteous living so that you will become holy.

Some of the side affects to unhealthy attachments.

- A. Our character can be bad
- B. Our mind can experience depression or anxiety
- C. Our physical body can become unhealthy

We are designed with our attachment cycle.

Whatever we attach to becomes what we trust to comfort us and to be there for us

The devil will fight to make you have a unhealthy attachment cycle

3. Changing what we attach to is a FIGHT

Matthew 16:24 NLT

Then Jesus said to his disciples, “If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me.

But no matter how hard to fight seems or how you have no idea how to live without you’ve attached to.

Always remember

Joshua 1:9 NLT

This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.”

4. God is the perfect attachment

A. He is the comforter

Psalms 23:4 NIV

Even though I walk through the darkest valley,
I will fear no evil, for you are with me;
your rod and your staff, they comfort me.

B. He is protector

Psalms 27:1 NIV.

The Lord is my light and my salvation—
whom shall I fear?
The Lord is the stronghold of my life—
of whom shall I be afraid?

C. He breaks all unhealthy attachments

John 8:36 NIV

So if the Son sets you free, you will be free indeed.