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Find your comfort in God rather than in idols or addictions.

"Find rest, O my soul, in God alone; my hope comes from Him." Psalm 62:5

5

Declare aloud these attachment statements.

"Consequently, faith comes from hearing the message, and the message is heard through the word about Christ." Romans 10:17

God is there for me and I belong to Him. *Psalm 100: 3*

I can count on God and I depend on Him to come through for me and to be my advocate. *John 14:26*

God really does care about me. *1 Peter 5:7*

God believes in me and He created me for a purpose. *Ephesians 2:10*

God is crazy about me! *Zephaniah 3:17*



FREEDOM
from **ABANDONMENT**

*"Never will I leave you; never will I forsake you."
Hebrews 13:5*

One of the most basic fears is abandonment. We feel abandoned when our parents neglect us and our emotional needs are not met or validated.

The anatomy of ABANDONMENT

Finding freedom from abandonment first involves understanding the components that make up abandonment.

An absence of attachment leads us to replace relationships with things, to become self-reliant, and find our comfort and security through addictions. Attachment is the antidote of abandonment.

Three Characteristics of Attachment

The good news is that God created each of us to become attached to Him. It's in our attachment to our

heavenly Father, that our security lies. God, the Father displays the three characteristics of attachment:

Proximity or Presence: God will never give up on us, nor turn His back on us, even when we sin. *Hebrews 13:5*

Attentiveness: Nothing slips by God's attention. He's attuned to our every need. *Psalms 121:4*

Responsiveness: God is emotionally available and desires connection with us. *Philippians 4:19*

5 STEPS TO FREEDOM from ABANDONMENT

1 Attach yourself to Jesus.

Deepen your relationship with God by spending time with Him. Worship Him, read the Bible, fast, and pray.

"Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."
Psalms 91:1

2 Sit still and listen to God's voice.

You experience God's presence, attentiveness, and His responsiveness when you hear God's voice.

"My sheep listen to my voice; I know them, and they follow me." *John 10:27*

3 Become anchored in the Word of God.

Find your security in the God of the Word.

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work." *2 Timothy 3:16-17*