

Breaking the Codependent Cycle

Codependency usually occurs in individuals who struggle with unmet needs from the past. Discovering one's identity in Christ helps co-dependent individuals find healing.

READ: Gen. 1:27-31; Ps. 4:3-8; Ps. 62:1-2; John 8:32-36; 1 Cor. 6:12; 1 Pet. 2:9-10.

HEART ISSUE: What is the primary source of your identity? Is your security derived from approval by God or by others?

PRAYER FOCUS: Father, forgive us for any wrongful way we have sought to control others. Heal our unmet needs through Jesus so we may be free and whole in relationships. Amen.

Read a companion article.