

World’s Definition of Co-Dependency

An excessive emotional or psychological reliance on a partner, typically one who needs support because of illness or addiction.

Bible’s Definition of Co-Dependency

Having a partner take the place of God, for approval, importance, or priority. This becomes idolatry.

Idolatry, the worship of someone or something other than God, this person than replaces God’s will for your life.

Co-dependency refers to an unhealthy attachment to another person, not God, in order to make oneself feel whole.

The Bible Commands against Idolatry

God is the only one to be worshipped because He alone is worthy of worship.

1John 5:21

So dear children, keep yourselves away from false Gods (Idols).

Dangers of Idolatry

Putting people or things as a higher priority that God is dangerous.

Jonah 2:8

Those who cling to worthless idols turn away from God’s love for them.

Futility of Idolatry

Humans have rationalizations for every action, but the futility (uselessness) of idolatry is spoken of throughout scripture.

Psalms 115: 1-8

Lord, you should receive the honor, not us.
The honor belongs to you because of your faithful love and loyalty,
Why should the nations wonder where our God is?
Our God is in heaven, and He does whatever He wants.
The 'gods' of those nations are only statues that some humans made from gold and silver.
Those statues have mouths, but cannot talk.
They have eyes, but cannot see.
They have ears, but cannot hear.
They have noses, but cannot smell.
They have hands, but cannot feel.
They have feet, but cannot walk.
No sound come from their throats. The people who make and trust in those statues will become like them.

While we don’t typically have physical idols, we make people our idols which is just as useless.

Those we place as gods in our lives may have mouths, but do not talk like God.

Psalms 119:105

Your word is like a lamp that guides my steps, a light that shows the path I should go.

- Do those around you guide you into peace or harm by their words?

Those in our lives may have eyes, but do not see like God.

Psalms 32:8

The Lord says, “I will teach you and guide you in the way you should live. I will watch over you and be your guide.”

- Do those around you carefully watch over you or take advantage of you in your circumstances?

Those in our lives may have ears but do not hear like God.

Psalms 116:1-2

I love the Lord for hearing me, for listening to my prayers. Yes, He paid attention to me, so I will always call on Him whenever I need help.

- Do those around you always hear your cries and help with Godly good intention when called?

Those around us may have hands but are they gentle like God?

Matthew 11:28

Come to me all of you who are tired from the heavy burden ... He will give you rest.

- Do those around you understand, truly sympathize, and respond with kindness in truth?

Those around us have feet, but cannot walk with us like God can.

Lamentations 3:22-23

The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness.

- Do those around you steadfastly (unwavering) love and walk with you?

Proverbs 3:5-8

Trust the Lord completely, and don’t depend on your own knowledge. With every step you take, think about what He wants, and He will help you go the right way. Don’t trust in your own wisdom, but fear and respect the Lord and stay away from evil. If you do this, it will be like a refreshing drink and medicine for your body.

He gives wisdom and guidance.

1 Corinthians 1:25

Even the foolishness of God is wiser than human wisdom. Even the weakness of God is stronger than human strength.

- God’s wisdom has no equal. Relying on our own wisdom will lead us to confusion and destruction.
- God’s wisdom leads to refreshment and healing.

Psalms 37:23-34

The Lord shows us how we should live, and he is pleased when he sees people living that way. If they stumble, they will not fall, because the Lord reaches out to steady them.

- He will always be available to guide in His ways.
- He will carefully watch over you as you walk. Catch you when you fall.

How Do We Learn to Trust God?

By Studying and Understanding
God’s Promises, Names, Attributes,
and Character.

Here are just a few....

God’s Promises

You will find REST in Him

Matthew 11:28

Come to me all of you who are tired
from the heavy burden you have
been forced to carry. I will give you
rest.

- He has promised rest is
available, because of His gentle
Spirit.

You will find FREEDOM

Isaiah 61:1

God sent me to tell the captives and
prisoners that they have been set
free.

- God, through His Mercy, has
promised to set you free.

You will find STRENGTH

Ephesians 3:16

God will give you that strength
through His Spirit.

- God through His power and
glory gives you strength.

God’s Names

El Roi: The God who sees me

After Hagar was treated cruelly by
Sarai and ran away scared and
alone.

Genesis 16:13

The Lord talked to Hagar. She began
to use a new name for God. She said
to Him, “You are ‘God Who Sees Me.’”
She said this because she thought, “I
see that even in this place God sees
me and cares for me.”

- You can trust God’s claim to see
and care for you in a personal way.

Jehovah Rapha: The Lord who heals

He reveals this name when the
Israelites are in the desert after the 10
plagues. It includes physical, mental,
emotional, and spiritual healing.

Psalms 147:3

He heals their broken hearts and
bandages their wounds.

- You can trust that God can and
does heal all wounds.

God’s Attributes

God is SOVEREIGN

Holds position of ruler. Reigning; He is
independent of all others.

Job 42:2

I know you can do everything. You
make plans, and nothing can change
or stop them.

- Because He is Sovereign, He can
do anything, even miracles. Trust
Him, even with your loved one.

God is FAITHFUL

Loyal, reliable, unwavering,
dependable.

Colossians 1:17

The Son was there before anything
was made. And all things continue
because of Him.

- If He can hold the universe together,
He can hold you together, too.

God’s Character

Miracle Worker

Psalms 111:2-3

The Lord does wonderful things, more
than anyone could ask for. The things
He does are great and glorious! There is
no end to His goodness.

- Do you believe that God can and
does great things today?

Counselor

John 15:26

Jesus said: “I will send you the Helper
from the Father. The Helper is the Spirit
of truth who comes from the Father.
When He comes, He will tell about me.”

- He left part of Himself here to
continue to help us in times of
uncertainty and trouble. His counsel
is always near and always perfect.

God can be trusted, He has proven that
in the lives of those in scripture and in
the lives of those around us. Ask other
believers, they will tell of the
faithfulness of God.

As we love God completely we leave
behind co-dependency with people.

(All Bible Verses are from the Easy to Read
Version)

The Most Excellent Way

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Replacing
Co-Dependency
With
God-Dependency

Learning to have FAITH in
God’s:

Character
Attributes
Names
Promises