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Leader's Collective

"Growing a fearless people who love like Jesus!"

Session 4
Attachment One:
Basic Attachment Theory

Today's topics

- ▶ How attachment works
- ▶ How Scripture speaks of attachment
- ▶ How to move attachments from fear to love

How attachment works

How attachment works

- ▶ Search for intensity
- ▶ Suppression of glucocorticoids
- ▶ The attachment system presumes mother will protect from harm
 - ▶ Joy
 - ▶ Fear
- ▶ The senses develop - smell, touch, joy smiles and warm voices
- ▶ Attachment develops identity by using affect regulation
 - ▶ Alternating joy and quiet
 - ▶ Building relational capacity
 - ▶ Developing mindsight

How Scripture speaks of attachment

How Scripture speaks of attachment

- ▶ Hesed
- ▶ Agape
- ▶ New birth by water and Spirit
 - ▶ Cleansing of the existing life
 - ▶ Transformation into a new kind of life
- ▶ Not by the flesh
 - ▶ Desires of the human father
 - ▶ Birth by a human mother
- ▶ The children of God
- ▶ See *Renovated* for more

Salvation is a new secure and loving attachment to God

- ▶ How to experience this new attachment?
 - ▶ We complete Christ's sufferings for one another (people first)
 - ▶ We express in relationships the nature of God's care for others (God first)
 - ▶ We interact with God about our eternal nature and character
 - ▶ We oppose the flesh (old attachments die hard)
 - ▶ We learn to love our enemies spontaneously
- ▶ Loving enemies
 - ▶ Is an "acquired value" for the brain
 - ▶ Runs in the brain's fast track
 - ▶ Reveals the strength of our attachment to God and God's people

Evangelical rationalism and voluntarism

- ▶ Descartes and rationalism
- ▶ Anthropology from the Greeks
 - ▶ Faculties and virtues
 - ▶ Passions and depravity
 - ▶ Primacy of the will for salvation
 - ▶ Voluntarism moves from God's will to the human will response
 - ▶ Under Greek anthropology we are saved at the intersection of God's will and ours
 - ▶ Choices - the romantic period and second Great Awakening
- ▶ Salvation became a decision in the popular view and the solution to sin
- ▶ See *The Solution of Choice* for more

Salvation as attachment love

- ▶ The “firewall” to identity in the brain
- ▶ We are more changed by who we love than what we believe
- ▶ If you are attached to me you will keep my commandments
- ▶ There are two ways to attach
 - ▶ Fear - insecure attachments
 - ▶ Joy and peace - secure attachments
- ▶ Mature loves removes fear

Moving attachments from fear to love

Changing fear bonds to love bonds

- ▶ God guides his enemies through fear
- ▶ God guides his children through love
- ▶ Ask God for help and guidance
- ▶ Identify our motivations that come from fear
- ▶ Pay attention to how the fear gets results
- ▶ Identify the results we treasure
- ▶ Compare the results we want with those God wants to see
- ▶ Begin to practice peace, joy and gratitude each day (learn the goal)
- ▶ Enlist relational support for your growth
- ▶ Ask God what fear God wants to change to Godly desire first