

Freedom from “Codependency”

(PART 2 of 2)
November 14, 2022

GALATIANS 1:10 ESV - (10) For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.

PSALM 139:14 ESV – (14) I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

Listed are eleven useful tips that can begin to shed some light and possibly provide help for the codependent leanings that you may struggle with. But for these tips to work you must know that God’s word has value and therefore you are very valuable in His eyes! Therefore, if you struggle with codependency, allow God to bring you out of it:

- #1: Avoid Living as if You are a Victim.
- #2: Trust Yourself in Whatever You Decide to Do
- #3: Appreciate and Feel Your Feelings
- #4: Be Compassionate with Yourself
- #5: Focus More on the Positive
- #6. Be Confident and Build that Confidence
- #7. Be More Aware of the External Influence of Others
- #8: Learn to Maintain Good Emotion Boundaries with Others
- #9: Become Self-Responsible for Your Own Wellbeing
- #10: Learn to Depend on Your Own Abilities
- #11: Practice Honest Communications Always

The best way to live outside the control of codependency begins by accepting that the condition is a problem and is affecting us. Then, acknowledge that our distorted view of ourselves is just and only a problem that we – and to some degree, our faith – can solve.

Let us take note of **1 John 5:16-17**. Read it and pray for them. It is never too late. For God gives life. Codependency is an illness. If not careful, if not conscious about it, you will find yourself worshipping others or even yourself.

SCRIPTURE READING: GALATIANS 1:10

THOUGHT FOR THE WEEK: When you say Yes to others make sure you are not saying No to yourself.

“A JOURNEY OF THE HEART”