

# Freedom from “Codependency”

(PART 1 of 2)  
November 7, 2021

**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.

Codependency refers to pain caused by the sufferings we encountered during our childhood, but becomes expressed in adulthood, leading to a higher chance of compulsive/addictive behavior and relationship problems. Codependency can be attributed to specific feelings and behaviors that result in an aversive relationship that is full of self-loathing and self-sacrificial behaviors.

The condition leaves you at a point where your life is miserable and something to endure instead of enjoying. As a result, you find yourself dreading each day and hoping it passes as quickly as possible while hinging your relief on other people's lives.

One result of a codependent relationship pattern is that God takes second place to people. Codependents rely on each other for emotional needs and even some physical needs rather than take care of themselves. They also lack faith and trust in God to care for their needs and, as a result, manipulate others to get what they want. Codependent people typically are attracted to one another and will keep each other stuck in a dysfunctional blind spot by telling each other what they want to hear. This way, they both can feel okay, despite the chaos their choices are creating. Obviously, people who avoid telling the truth in love have trouble recognizing their own sinful habits or need for repentance.

Related to codependency are other issues such as pride, fear of man (**Proverbs 29:25**), and boundaries. Pride blinds us from seeing our true self the way God sees us. While God loves us regardless of our sin, He has declared that we are 100 percent wicked and in need of a savior (**Mark 10:18**). That message offends our pride, which tells us we are basically good. Codependent people are loyal—in a destructive way—to their friends, so that they support sinful or even illegal behavior. Through denial or idealization, codependents keep each other feeling that they are not the ones with the problem. Codependency is a way to keep the blinders on and so ignore our sin.

**In the above passage, Paul** immediately expresses how baffled he is that these people who received the good news about salvation by God's grace and through faith in Christ have so quickly deserted Christ. Anyone who teaches any other gospel than the one Paul taught to them is cursed and/or will be eternally condemned. Paul points to that harsh statement as evidence that he is not trying to please any men. He serves and lives for [the approval of God](#).

Next week, we will look at the remedy to conquer, "[Codependency](#)."

**SCRIPTURE READING:** 1 JOHN 5:16-17

**THOUGHT FOR THE WEEK:** It's hard to see your future when you are staring at your past.

"A JOURNEY OF THE HEART"