

ATTACHMENT HurtsNHope - Here are suggested questions to ask yourself or discuss within a group:

1. What was the most significant relational injury you have experienced and how does it affect your spiritual relationships today within the church?

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2. Think of a relationship where you have the closest connection and with whom you share your deepest spiritual and emotional needs. What have been the benefits to you?

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3. Thinking of that same relationship, what does it take for you to maintain that relationship and why do you make that effort to forgive, stay connected and be transparent?

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4. Have you ever had a close, emotional bond with a pet? If so, describe the pet, what you enjoyed about that relationship and what made it so close?

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5. What's the #1 need you have and if it's not met, then you feel isolated from others?

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6. Rather than relational hurts from physical or emotional abuse, were there indirect reasons that your attachment to others has become a deficit, such as neglect or inabilities of others to meet those needs? If so, describe the dynamic and how it affected you.

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7. Do you have an emotional connection with God the Father or Jesus? If so, what allows you to have that with someone you cannot see? If not, why do you think that it's difficult for you to experience that?

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