Dr. Henry Cloud

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Changes That Heal-5 Part Series-Part 2

Outline

Bonding to Others

God is a relational God who created us in his image; we were designed for relationship. The first - and the most important - developmental step Dr. Cloud mentions is Bonding. We must learn to bond in order to get our needs met in a healthy way; it's the very first thing that happens in life. Our ability to trust, depend on, and connect with others will affect our relationships and every area of life. When we fail to bond, we can develop a variety of serious problems. Join Dr. Cloud as he shares how we can evaluate and repair our ability to bond.

Small group discussion questions:

1) How are you doing in the area of bonding? Do you have connections?

2) If you are not connecting, where was your trust broken?

3) Where can you learn to be vulnerable, open up and express your needs?