

Outline

Is Co-dependency a Sin?

We were designed to be responsible for our own lives, choices, gifts, and talents. A co-dependent person gets in the way of this normal process. When you take on responsibility for another person's life, and don't say no when you should, you are actually interfering with God's created order. If you are rescuing someone from the consequences of their own choices, you are contributing to their irresponsibility. You are a part of the problem, and need as much help as the person who isn't living responsibly. Join Dr. Cloud as he helps you discover what the Bible has to say about co-dependency - and how you can change this behavior that causes pain and can ruin lives.

Small group discussion questions:

- 1) Do I need to repent of rescuing someone? Who?

- 2) What need is driving me to rescue these people? Do I fear their reaction? Am I afraid they will leave me? What is my reason for rescuing?

- 3) I need to normalize saying No! How can I begin to do that?