

CLOUD-TOWNSEND

RESOURCES



Loving People, 2: Connection—Bridging the Gap

Featuring

Dr. John Townsend

Psychologist

Best-selling co-author of Boundaries series,

author of Loving People

Visit CTR at www.cloudtownsend.com

I. What connection does for us

Connection pulls us out of our isolation back into the river of life

It's a heart to heart attachment between two people

It's not just knowing-about someone else but knowing someone else

Connecting is possible without being loving

¹¹*We have spoken to you who are in the city of Corinth with plain words. Our hearts are wide open.*

¹²*Our hearts are not closed to you. But you have closed your hearts to us. ¹³I am speaking to you now as if you were my own children. Open your hearts wide to us!*

—2 Corinthians 11-13

II. What things get transferred in connection?

- Feelings
- Desires
- Fears
- Failures and hurts
- God

III. The problem: our disconnected state

God didn't make you disconnected or detached

You need to be connected now because there are times when you'll be alone

¹⁷*so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, ¹⁸may have strength to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.*

—Ephesians 3:17b-19

IV. What it is to receive connection

First, you must experience your need

You have to know how isolated and empty we are without connection

If you don't feel that hunger, you may need help to experience it

Be able to ask

It lets people know what we need

Asking is our job, our responsibility

When you ask, you give people the power to say no

You must experience what the other gives you

Then you have to use it

Think about how you can use it to make things better

You must connect before there is change

With no connection, a person just feels like a project

“Just As I Am”

V. Skills for connection

As you’re receiving connection, you can be giving connection

Learn to temporarily suspend your point of view

This isn’t about agreeing

Ask yourself to feel what they’re feeling

Empty yourself and feel what they’re feeling: that’s identification

Move toward the problem

“In passing” problems are never “in passing”: they’re a signal

Loving people will ask

VI. Next steps in connection

- Learn to de-mystify a connection

The Bible and research teach a lot about connection

- Connection comes before feelings

Get engaged in the process

- Stay emotionally present

Focus all of your attention on that person in the moment

Next week on *Solutions*: “Loving People, 3: Truth Telling—Solving Problems”

Resources:

BOOKS:

Loving People

By Dr. John Townsend
www.cloudtownsend.com

Who’s Pushing Your Buttons?

By Dr. John Townsend
www.cloudtownsend.com

Hiding from Love

By Dr. John Townsend
www.cloudtownsend.com



CLOUD-TOWNSEND SOLUTIONS FOR LIFE

FREE online video solutions 24/7!

As part of our online video community you can ask Dr. Cloud & Dr. Townsend your questions and get a video response!

Go to **CloudTownsend.com** and discover:

- relevant video solutions
- videos of the week
- engaging discussion groups
- and much more!

Contact Information:

Cloud-Townsend Resources
18092 Sky Park South Suite A
Irvine, California 92614
Phone: 800-676-4673
Web: www.cloudtownsend.com

Visit CTR at www.cloudtownsend.com