



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF SEPTEMBER 15, 2008



The One-Life Solution, 6: Your Balance Sheet and Endings

Featuring
Dr. Henry Cloud
Psychologist
Best-selling co-author of Boundaries series,
author of The Secret Things of God

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I. Get your “balance sheet” in order

A balance sheet: Strengths and liabilities

- Security in the balance sheet
- In a position to do good things

Personal security: being able to move forward your own agenda

If you're not in a position to tell anyone the truth, you've ceased to love and serve them

You no longer serve yourself well if you have a dependency issue

Strength and security precede freedom

We're designed to be free and use our freedom responsibly

You as an adult are not designed to be dependent on another person for survival

You *are* designed to be dependent on *people* and on God

The problem: An adult is sometimes required to stand up to someone

If they need something from that person, they're no longer free to do that

Infancy isn't a life plan

As strength and security is built, we gain freedom

People lose their boundaries because of parental transference

In life you have to have difficult conversations

If you can't, you can't deal with the situation from an adult perspective

When an adult leaves an adult, there's grief—but there's an intact person

Get strength and security from God and from the Body of Christ

Increase your assets

- Don't try to address the problem without getting the balance sheet in order
- Find your security where Christ said to

*Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms.
—1 Peter 4:10*

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II. End some things now

Endings are normal

- Winter

When we don't end things, that's abnormal

When something is normal, we're supposed to do it proactively

The problem: we have incurred endings of things before their time

Deaths, rejections, abandonment: not by design

Abnormal endings leave us unable to do the normal ones

- End of relationship
- Inability to fire someone

We're designed to end good things for better things

Pruning

Getting rid of live stuff to make room for better stuff

If you don't go through the endings that need to happen:

1. Problem people that need to be addressed will continue
2. You have agreed to mediocrity
3. There are Promised Lands that you have lost the opportunity to have

Do a spring cleaning in your life

Any time we can't practice a part of life, life is going to suffer

Next week on *Solutions*:
“The One Life Solution, 7: Communicating Your Boundaries at Work”

Resources at www.cloudtownsend.com

BOOKS:

The One-Life Solution

by Dr. Henry Cloud

Boundaries in Marriage

by Drs. Henry Cloud and John Townsend

The Mom Factor

by Drs. Henry Cloud and John Townsend

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Contact Information

Dr. Henry Cloud

Cloud-Townsend Resources
 18092 Sky Park South, Suite A
 Irvine, CA 92614

Phone: 800-676-4673

Web: www.cloudtownsend.com

Church Communication Network

PO Box 1718
 Mt. View, CA 94042

Phone: 800-321-6781

Fax: 650-745-0660

Email: ccninfo@ccnonline.net

Web: www.ccn.tv

Visit CCN on the web at www.ccn.tv