

# THE CO-DEPENDENT CHRISTIAN

## A 30-Day Devotional Journey to Freedom and Wholeness

---

### Introduction

Welcome to this journey toward freedom. If you've picked up this devotional, you likely recognize patterns in your life that leave you exhausted, resentful, or feeling lost in your relationships. Codependency isn't just a psychological term—it's a spiritual struggle that affects how we love God, ourselves, and others.

Codependency often looks like devotion. It masquerades as Christian service, selflessness, and sacrifice. But beneath the surface, it's driven by fear, not love; by compulsion, not freedom; by the need to be needed, not by genuine compassion.

This devotional will help you distinguish between healthy Christian love and codependent patterns. Over the next 30 days, you'll discover that God desires your freedom more than your frantic service, your wholeness more than your people-pleasing, and your authentic self more than the mask you wear to keep others happy.

As Henri Nouwen wrote, "When we have come to believe in the voices that call us worthless and unlovable, then success, popularity, and power are easily perceived as attractive solutions."

Let's journey together toward the truth of who you are in Christ.

---

## **CODEPENDENCY ASSESSMENT**

Before beginning the devotional, take this assessment to understand where you are. Answer honestly on a scale of 1-5:

- 1 = Never/Rarely
- 2 = Sometimes
- 3 = Often
- 4 = Very Often
- 5 = Always/Almost Always

### **Personal Boundaries**

1. I have difficulty saying "no" to requests even when I'm overwhelmed
2. I feel guilty when I prioritize my own needs
3. I take responsibility for other people's feelings and problems
4. I allow others to violate my boundaries without speaking up
5. I feel responsible for making everyone around me happy

### **Identity and Self-Worth**

6. My sense of worth depends on what others think of me
7. I need others' approval to feel good about myself
8. I don't have a clear sense of who I am apart from my relationships
9. I minimize or ignore my own feelings and needs
10. I feel empty or purposeless when I'm alone

### **Control and Responsibility**

11. I try to control situations and people to feel secure
12. I feel responsible for fixing other people's problems

13. I give advice even when not asked
14. I feel anxious when things are outside my control
15. I believe I know what's best for others better than they do

### **Relationships**

16. I stay in unhealthy relationships because I fear being alone
17. I sacrifice my values to avoid conflict or rejection
18. I attract people who need rescuing or fixing
19. My relationships are characterized by drama and crisis
20. I do for others what they should do for themselves

### **Emotional Patterns**

21. I struggle to identify or express my true feelings
22. I fear abandonment or rejection intensely
23. I feel resentful after helping others but don't express it
24. I hide my authentic self to be accepted
25. I experience anxiety or depression regularly

### **Spiritual Patterns**

26. I serve in ministry to feel valuable to God
27. I struggle to believe God loves me unconditionally
28. I feel I must earn God's approval through good works
29. I have difficulty receiving from others (including God)
30. I equate Christian love with self-abandonment

## **Scoring:**

- **30-60:** Minimal codependent tendencies. This devotional will help you maintain healthy boundaries.
- **61-90:** Moderate codependency. You have some patterns that need attention and healing.
- **91-120:** Strong codependent patterns. This devotional is crucial for your spiritual and emotional health.
- **121-150:** Severe codependency. Please consider professional counseling alongside this devotional.

---

## DAY 1: WHO AM I REALLY?

### Scripture

"For you have been bought with a price: therefore glorify God in your body." —  
1 Corinthians 6:20 (NASB)

### Daily Summary

Your identity isn't found in what you do for others or how much they need you. You are God's beloved child, purchased at the highest price—the blood of Christ. This means your worth is inherent, not earned.

### Personal Story

Sarah was the perfect ministry volunteer. She ran three programs, counseled friends at all hours, and never said no. When her pastor suggested she take a sabbatical, she panicked. "If I'm not serving, who am I?" she asked. That question revealed her crisis: she'd built her entire identity on being needed. During her sabbatical, Sarah discovered a painful truth—she didn't know herself apart from what she did for others. God began a gentle work of showing her that she was His beloved daughter first, and servant second.

### Review Questions

1. When do you feel most valuable or important?
2. If you couldn't serve anyone tomorrow, how would you describe yourself?
3. What percentage of your identity is based on what you do versus who you are in Christ?

### Personal Application

Today, complete this sentence without mentioning anything you do: "I am..." Write at least five statements about your identity based solely on what God says about you in Scripture.

**Theological Insight:** C.S. Lewis wrote, "The Christian does not think God will love us because we are good, but that God will make us good because He loves us."

---

## DAY 2: THE BURDEN YOU WEREN'T MEANT TO CARRY

### Scripture

"Come to Me, all who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is comfortable, and My burden is light." — Matthew 11:28-30 (NASB)

### Daily Summary

Jesus invites the weary to rest, not to more service. If your Christian life feels like an unbearable burden, you may be carrying responsibilities God never assigned you—namely, other people's lives and problems.

### Personal Story

Marcus was exhausted. As the "go-to guy" in his family and church, he managed everyone's crises. His sister's marriage problems, his friend's job search, his nephew's college applications—somehow all became his responsibility. When his own health began failing, Marcus realized he was trying to be everyone's savior. But there's only one Savior, and it wasn't him. Learning to release others to God's care felt like betrayal at first, but it was actually the most loving thing he could do.

### Review Questions

1. What burdens are you carrying that God never asked you to carry?
2. Do you believe God is more capable than you at caring for the people you love?
3. What would it look like to trust God enough to release control?

### Personal Application

Make a list of all the problems and people you're trying to manage. Beside each one, write: "This belongs to God, not me." Pray through the list, releasing each burden to the One who can actually carry it.

**Theological Insight:** Dietrich Bonhoeffer taught, "It is only when one submits to God's grace that one is free to be human."

---

## DAY 3: THE DANGEROUS POWER OF "YES"

### Scripture

"But above all, my brothers and sisters, do not swear, either by heaven or by earth or with any other oath; but your yes is to be yes, and your no, no, so that you do not fall under judgment." — James 5:12 (NASB)

### Daily Summary

Your "yes" means nothing if you can't say "no." Codependents say yes compulsively—not from genuine willingness but from fear, guilt, or the need to be needed. A biblical yes is free, chosen, and honest.

### Personal Story

Jennifer said yes to everything: baking for the church social, leading the women's Bible study, babysitting for three different families, organizing the missions trip. She said yes when exhausted, yes when overcommitted, yes when resentful. Her yeses were lies—they promised availability and joy she didn't possess. When she finally learned to say no, people were angry. But Jennifer discovered something profound: the people who truly loved her respected her boundaries. The people who didn't weren't really her friends at all.

### Review Questions

1. When was the last time you said no to a request without guilt or extensive explanation?
2. What fears arise when you consider saying no to someone?
3. Are your yeses honest reflections of your capacity and desire, or are they rooted in fear?

### Personal Application

Practice saying a simple, kind no today: "I'm not able to help with that, but I appreciate you thinking of me." Notice your feelings. Write them down. Pray through any guilt or anxiety that surfaces.

**Theological Insight:** As Tim Keller writes, "If your identity is based on being a giver, on being needed, you can actually be using the people you are helping to try to make yourself feel good about yourself."

---

## DAY 4: WHOSE APPROVAL ARE YOU SEEKING?

### Scripture

"For am I now seeking the favor of people, or of God? Or am I striving to please people? If I were still trying to please people, I would not be a bond-servant of Christ." — Galatians 1:10 (NASB)

### Daily Summary

The codependent Christian is enslaved to human approval. Paul declares this incompatible with true service to Christ. When people's opinions determine your worth, you've made them God.

### Personal Story

David was a pastor who preached boldly—until someone criticized him. Then he'd obsess for days, replaying the conversation, adjusting his next sermon to win back approval. He tracked attendance, counted compliments, and measured his value by human response. One day, in prayer, God confronted him: "Whose slave are you?" David realized he'd been performing for people, not proclaiming truth for God. The shift in focus was painful but liberating. Some people stopped liking him. But he found freedom.

### Review Questions

1. Whose disapproval do you fear most? What does that reveal?
2. How much mental and emotional energy do you spend managing others' opinions of you?
3. Can you serve God faithfully even if people misunderstand or reject you?

### Personal Application

Identify one area where you've been seeking human approval instead of God's. Today, make one decision based solely on what you believe honors God, regardless of others' responses.

**Theological Insight:** A.W. Tozer observed, "A scared world needs a fearless church." We cannot be fearless if we're enslaved to approval.

---

## DAY 5: THE IDOLATRY OF RELATIONSHIPS

### Scripture

"You shall have no other gods before Me." — Exodus 20:3 (NASB)

### Daily Summary

When another person's opinion, presence, or approval becomes essential to your emotional survival, they've become your god. Codependency is often relational idolatry disguised as love.

### Personal Story

Rachel couldn't imagine life without Michael. Not because their relationship was healthy—it wasn't. He was emotionally unavailable, often cruel, and never prioritized her. But she'd made him her source of identity and worth. When her counselor suggested she'd made Michael an idol, Rachel was offended. She was a Christian! She'd never worship a person! But slowly she recognized the truth: she checked her phone constantly for his texts, her mood depended entirely on his attention, and she'd compromised her values repeatedly to keep him. She'd built her life around someone who wasn't God.

### Review Questions

1. Is there a relationship you can't imagine living without? Why?
2. Have you compromised your values or boundaries to maintain a relationship?
3. Do any of your relationships give you what only God should provide?

### Personal Application

Complete this inventory: "I need this person because they make me feel \_\_\_\_\_." For each answer, find a Scripture that shows how God fulfills that need. Begin asking God to be your source.

**Theological Insight:** Timothy Keller writes, "If anything becomes more fundamental than God to your happiness, meaning of life, and identity, then it is an idol."

---

## DAY 6: BOUNDARIES ARE BIBLICAL

### Scripture

"Like a city that is broken into and without walls so is a person who has no self-control over his spirit." — Proverbs 25:28 (NASB)

### Daily Summary

Boundaries aren't selfish—they're biblical. Just as ancient cities needed walls for protection, you need boundaries to guard your heart, time, and calling. Self-control includes controlling what you allow into your life.

### Personal Story

When Emma learned about boundaries in therapy, she felt guilty. Wasn't she supposed to be available to everyone? Wasn't that what Jesus did? But her counselor pointed out that Jesus often withdrew from crowds, said no to urgent requests, and didn't heal every sick person in Israel. He had boundaries. He guarded His time with the Father. He didn't let the urgent crowd out the important. Emma began establishing boundaries: no phone calls after 9 PM, one weekend per month with no ministry commitments, permission to leave toxic conversations. People called her selfish. But Emma was finally healthy.

### Review Questions

1. What areas of your life have no protective boundaries?
2. Who in your life regularly violates your boundaries? How do you respond?
3. What would change if you had healthy boundaries?

### Personal Application

Identify one boundary you need to establish this week. Write it clearly: "I will \_\_\_\_\_ in order to \_\_\_\_\_. Share it with someone safe who will support your growth.

**Theological Insight:** Henry Cloud and John Townsend write, "Boundaries define us. They define what is me and what is not me. A boundary shows where I end and someone else begins."

---

## DAY 7: REST ISN'T REBELLION

### Scripture

"It is in vain for you to rise up early, to retire late, to eat the bread of painful labors; for He gives to His beloved even in his sleep." — Psalm 127:2 (NASB)

### Daily Summary

The codependent equates rest with laziness and busyness with godliness. But God gives to His beloved even in sleep. Rest demonstrates trust in God's sovereignty—it declares that the world doesn't depend on you.

### Personal Story

Tom's schedule was insane. He worked 60 hours weekly, led two Bible studies, coached his son's team, served on three church committees, and volunteered at the homeless shelter. When his body broke down, requiring hospitalization, Tom was furious—at himself. How could he let everyone down? In his hospital bed, God whispered: "I never asked you to carry the world. That's My job." Tom realized his busyness wasn't devotion—it was distrust. He didn't really believe God could manage things without him.

### Review Questions

1. What percentage of your activity is driven by genuine calling versus compulsion?
2. Do you feel guilty when resting? What does that reveal?
3. What would happen if you took a Sabbath rest regularly?

### Personal Application

Schedule one guilt-free rest day this week. Turn off your phone. Do something life-giving. Practice trusting that God holds everything together—even when you're not working.

**Theological Insight:** Eugene Peterson wrote, "The word Sabbath is from the Hebrew word that means 'to quit.' Not to quit something forever but to take a break."

---

## DAY 8: THE COST OF FALSE PEACE

### Scripture

"If possible, so far as it depends on you, be at peace with all people." —  
Romans 12:18 (NASB)

### Daily Summary

Notice the conditions: "if possible" and "so far as it depends on you." Peace isn't always possible, and it doesn't always depend on you. Codependents sacrifice truth and health to maintain false peace.

### Personal Story

Lisa never confronted anyone. When her mother-in-law criticized her parenting, Lisa smiled. When her brother borrowed money and never repaid it, Lisa loaned more. When her friend gossiped viciously, Lisa said nothing. She called it "keeping the peace." But it wasn't peace—it was pretense. Real peace requires honesty, boundaries, and sometimes uncomfortable conversations. When Lisa finally learned to speak truth in love, several relationships ended. But the relationships that remained became authentic for the first time.

### Review Questions

1. Are you maintaining false peace by avoiding necessary confrontation?
2. What truth are you suppressing to keep someone comfortable?
3. Is the "peace" you're keeping actually healthy for anyone involved?

### Personal Application

Identify one situation where you're maintaining false peace. Write out what honest, loving truth-telling would look like. Pray for courage. If appropriate, have that difficult conversation this week.

**Theological Insight:** Dietrich Bonhoeffer warned, "Silence in the face of evil is itself evil. Not to speak is to speak. Not to act is to act."



## DAY 9: YOU CANNOT CHANGE THEM

### Scripture

"The wind blows where it wishes, and you hear its sound, but you do not know where it is coming from and where it is going; so is everyone who has been born of the Spirit." — John 3:8 (NASB)

### Daily Summary

You cannot control another person's spiritual journey, healing, or choices. Like the wind, people are ultimately free. Your attempts to change someone reveal your distrust in God's ability to work in their life.

### Personal Story

For fifteen years, Michelle tried to change her husband. She managed his schedule, monitored his spiritual disciplines, orchestrated encounters with "good influences," and prayed manipulation disguised as intercession. He grew more distant. Finally, exhausted, Michelle surrendered. "God, he's Yours. I cannot change him. I release him to You." Something miraculous happened: when Michelle stopped managing, God began moving. Her husband's transformation didn't happen on her timetable or look like her plan. But it was real.

### Review Questions

1. Who are you trying to change, fix, or rescue?
2. What would happen if you released them completely to God?
3. How much energy are you wasting trying to control what only God can change?

### Personal Application

Write a release prayer for someone you've been trying to change: "God, I release [name] to You. I trust You to work in their life. I surrender my agenda, my timeline, and my control. Amen." Pray this daily.

**Theological Insight:** C.S. Lewis observed, "There are two kinds of people: those who say to God, 'Thy will be done,' and those to whom God says, 'Thy will be done.'"

---

## DAY 10: HEALTHY VULNERABILITY VS. OVER-SHARING

### Scripture

"Do not give what is holy to dogs, and do not throw your pearls before pigs, or they will trample them under their feet, and turn and tear you to pieces." — Matthew 7:6 (NASB)

### Daily Summary

Jesus teaches discernment about vulnerability. Not everyone is safe for your deepest truths. Codependents often over-share with unsafe people, seeking connection, then feel violated when those people betray their trust.

### Personal Story

Amy told everyone everything. She shared her struggles, fears, and secrets with near-strangers, hoping for intimacy. But people repeatedly used her vulnerability against her. Her confessions became gossip. Her struggles became ammunition. Amy felt betrayed, but the pattern continued. Finally, a wise mentor asked: "Are you sharing your pearls with pigs?" Amy realized she was giving holy things to unholy people, seeking acceptance she could only find in Christ.

### Review Questions

1. Do you over-share to create false intimacy?
2. Have you been selective about whom you trust with your heart?
3. What's the difference between healthy vulnerability and codependent over-sharing?

### Personal Application

Identify your safe people—those who've proven trustworthy over time. Commit to sharing deeply only with them. With others, practice appropriate boundaries about personal information.

**Theological Insight:** Brené Brown writes, "Vulnerability without boundaries is not vulnerability. It's manipulation."

---

## DAY 11: THE MARTYR COMPLEX

### Scripture

"Each one must examine his own work, and then he will have reason for boasting, but to himself alone, and not to another." — Galatians 6:4 (NASB)

### Daily Summary

The codependent martyr serves with secret scorekeeping, then feels resentful when unappreciated. Biblical service is about obedience to God, not recognition from people.

### Personal Story

Gary was the ultimate church servant. He arrived first, left last, and did jobs nobody else wanted. But beneath his service was bitterness. He kept mental records of who noticed, who thanked him, who reciprocated. When someone else got recognition, Gary seethed. His pastor confronted him gently: "Gary, are you serving God or seeking glory?" The question shattered Gary's carefully constructed image. He was serving to be seen, not because he was loved. Real healing began when Gary resigned from all ministry and dealt with his heart.

### Review Questions

1. Do you serve to be noticed or appreciated?
2. Do you feel resentful when your service goes unacknowledged?
3. Would you still serve if nobody ever knew or thanked you?

### Personal Application

This week, do one act of service that nobody will know about. Notice your feelings. If you struggle with this, explore why recognition is so important to you.

**Theological Insight:** Jonathan Edwards wrote, "True virtue most essentially consists in benevolence to Being in general. Or perhaps, to speak more

accurately, it is that consent, propensity and union of heart to Being in general, which is immediately exercised in a general good will."

---

## DAY 12: RECEIVING IS SPIRITUAL

### Scripture

"It is more blessed to give than to receive." — Acts 20:35 (NASB)

### Daily Summary

This verse is often used to justify one-directional giving, but notice: both giving and receiving are blessed. Codependents refuse to receive, which denies others the blessing of giving and reveals a deep distrust or pride.

### Personal Story

Patricia couldn't receive. When friends offered help, she declined. When her church wanted to bless her financially after her husband's death, she refused. She convinced herself this was humility, but her counselor saw differently: "Patricia, why do you think you're unworthy of receiving?" The question cracked something open. Patricia believed she had to earn everything. Receiving felt like weakness. But God showed her that refusing to receive was actually pride—it said His grace wasn't enough, that she had to achieve her own worthiness.

### Review Questions

1. How comfortable are you receiving help, gifts, or support?
2. What do you believe about yourself when you refuse to receive?
3. How might your inability to receive reflect your understanding of God's grace?

### Personal Application

This week, say yes when someone offers help. Practice receiving without explaining, justifying, or immediately reciprocating. Simply say, "Thank you. I receive this gift."

**Theological Insight:** Paul Tillich wrote, "Grace strikes us when we are in great pain and restlessness...when our disgust for our own being, our indifference,

our weakness, our hostility, and our lack of direction and composure have become intolerable to us."

---

## DAY 13: FEELINGS ARE NOT FACTS

### Scripture

"The heart is more deceitful than all else and is desperately sick; who can understand it?" — Jeremiah 17:9 (NASB)

### Daily Summary

Codependents trust their feelings more than truth. If you feel responsible, guilty, or anxious, you assume those feelings reflect reality. But Scripture warns that hearts are deceitful. Feelings are indicators, not dictators.

### Personal Story

Every time her adult son called, Elena felt overwhelming guilt. He blamed her for every problem in his life. Her feelings said she must be a terrible mother. But her counselor challenged those feelings: "Elena, are feelings always accurate?" Elena began separating feelings from facts. Fact: she wasn't a perfect parent. Fact: her son was responsible for his own choices. Fact: guilt didn't mean actual guilt. Elena learned to acknowledge her feelings without letting them control her.

### Review Questions

1. What feelings consistently control your decisions?
2. Can you distinguish between feelings and actual truth?
3. What lies do your feelings tell you?

### Personal Application

When a strong feeling arises today, pause. Ask: "Is this feeling telling me the truth?" Write down the feeling, then write the factual truth beside it. Notice the difference.

**Theological Insight:** Os Guinness writes, "Feelings are great followers but terrible leaders."

## DAY 14: YOUR CALLING ISN'T EVERYONE'S EMERGENCY

### Scripture

"But Jesus Himself would often slip away to the wilderness and pray." — Luke 5:16 (NASB)

### Daily Summary

Jesus, with crowds demanding His attention and genuine needs everywhere, regularly withdrew. He prioritized the Father's voice over human urgency. Your calling doesn't require you to respond to every emergency.

### Personal Story

As a counselor, Brandon received crisis calls constantly. At first, he answered everything immediately—even at 2 AM. He believed availability proved his compassion. But he was drowning. His mentor said something revolutionary: "Brandon, their emergency is not automatically your responsibility. You can have boundaries and still be loving." Brandon established on-call hours and emergency protocols. Some people complained. But Brandon's ministry became sustainable, and ironically, more effective.

### Review Questions

1. Do you confuse urgency with importance?
2. How do you discern between God's voice and people's demands?
3. Can you withdraw to pray even when needs are pressing?

### Personal Application

Establish one non-negotiable boundary around your prayer/rest time. When people make urgent demands during that time, practice saying: "I'll get back to you after [specified time]."

**Theological Insight:** Richard Foster teaches, "The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people."

## DAY 15: THE TRUTH ABOUT ENABLING

### Scripture

"If anyone is not willing to work, then he is not to eat, either." — 2  
Thessalonians 3:10 (NASB)

### Daily Summary

Love doesn't mean protecting people from consequences. Enabling—rescuing people from the results of their choices—isn't kindness. It's cruelty that prevents growth and dishonors their dignity as capable humans.

### Personal Story

Year after year, Rita bailed out her brother: paid his rent, covered his car repairs, loaned money never repaid. She called it Christian love. Her brother remained irresponsible because Rita always rescued him. When Rita's counselor called it "enabling," she was offended. But slowly she saw the truth: her "help" wasn't helping. She was preventing her brother from growing up. When Rita finally stopped enabling, her brother was furious. But within six months, he had a steady job and paid his own bills. True love let him experience consequences.

### Review Questions

1. Are you protecting someone from the natural consequences of their choices?
2. How might your "help" actually be harming someone?
3. What would real love look like in this situation?

### Personal Application

Identify one person you may be enabling. What consequences are you preventing? What would happen if you stepped back? Pray for wisdom and courage to love truly, not just comfortably.

**Theological Insight:** C.S. Lewis wrote, "Love is something more stern and splendid than mere kindness."

---

## DAY 16: GOD DOESN'T NEED YOUR ANXIETY

### Scripture

"Be anxious for nothing, but in everything, by prayer and pleading with thanksgiving, let your requests be made known to God." — Philippians 4:6 (NASB)

### Daily Summary

Codependent anxiety masquerades as concern, but it's actually distrust. Your worry accomplishes nothing except stealing your peace and suggesting God isn't capable.

### Personal Story

Tamara lay awake every night rehearsing every possible disaster: What if her daughter made bad choices? What if her husband lost his job? What if her ministry failed? She called it "caring," but it was torture. A friend gently asked: "Tamara, has your anxiety ever prevented one bad thing from happening?" The answer was no. Anxiety was her attempt to control the uncontrollable. God invited her to trade worry for worship, anxiety for trust. It wasn't easy, but as Tamara practiced giving her fears to God, peace slowly replaced panic.

### Review Questions

1. What percentage of your mental energy goes to worrying about others?
2. Has your anxiety ever actually prevented a problem?
3. What are you afraid will happen if you stop being anxious?

### Personal Application

Write your worries on paper. For each one, write this prayer: "God, You are sovereign over this. I trust You. I release my anxiety." When the worry returns, pray this again.

**Theological Insight:** Corrie ten Boom said, "Worry does not empty tomorrow of its sorrow, it empties today of its strength."

## DAY 17: SELF-CARE IS BIBLICAL STEWARDSHIP

### Scripture

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own?" — 1 Corinthians 6:19 (NASB)

### Daily Summary

Your body is God's temple. Neglecting your physical, emotional, and spiritual health isn't virtue—it's poor stewardship. You cannot serve from an empty vessel.

### Personal Story

Katherine ignored every signal her body sent: exhaustion, chronic pain, depression. She kept serving, believing self-denial equaled godliness. When her body finally broke down completely, requiring months of recovery, Katherine was forced to reconsider. A wise mentor said: "Katherine, how can you steward God's resources if you won't steward the body He gave you?" Katherine realized that caring for herself wasn't selfish—it was essential. She learned to sleep adequately, eat well, exercise, and rest. Her ministry became more fruitful, not less.

### Review Questions

1. What self-care practices do you neglect because you feel guilty?
2. How effective is your service when you're depleted?
3. What would stewarding your body look like practically?

### Personal Application

Identify three self-care practices you've been neglecting (sleep, nutrition, exercise, counseling, hobbies). Choose one to prioritize this week. Schedule it like an important appointment.

**Theological Insight:** John Ortberg writes, "Ruthlessly eliminate hurry from your life."

---

## DAY 18: THE DANGER OF TRIANGULATION

### Scripture

"If your brother sins, go and show him his fault in private; if he listens to you, you have gained your brother." — Matthew 18:15 (NASB)

### Daily Summary

Triangulation—talking to Person B about problems with Person C—is common but destructive. Jesus' model is direct, honest conversation. Codependents triangulate to avoid conflict, but it creates more problems.

### Personal Story

Whenever Jill had conflict with someone, she'd call five friends to discuss it—everyone except the actual person. She collected validation and called it processing. But it was gossip disguised as concern. When Jill's pastor confronted her pattern, she was defensive. "I need support!" she protested. Her pastor replied: "Support is different than complaining about someone instead of talking to them." Jill learned to go directly to the person involved. Many conflicts resolved quickly with simple, honest conversation.

### Review Questions

1. Do you talk about people or to people when there's conflict?
2. Why do you avoid direct, honest conversation?
3. How has triangulation complicated rather than resolved issues?

### Personal Application

If you're in a triangulated situation, commit to having a direct conversation with the person involved. If you catch yourself complaining about someone, stop and ask: "Have I talked to them about this?"

**Theological Insight:** Dietrich Bonhoeffer taught, "If you board the wrong train, it is no use running along the corridor in the other direction."

## DAY 19: WHEN FORGIVENESS DOESN'T MEAN RECONCILIATION

### Scripture

"If possible, so far as it depends on you, be at peace with all people." —  
Romans 12:18 (NASB)

### Daily Summary

Forgiveness is always required; reconciliation isn't always possible or wise. You can forgive someone and still maintain boundaries. Codependents confuse forgiveness with allowing continued abuse.

### Personal Story

Year after year, Nicole forgave her father's abuse and returned for more. She believed forgiveness meant pretending it never happened and giving unlimited chances. When her therapist distinguished between forgiveness and reconciliation, Nicole felt liberated. She could release bitterness toward her father (forgiveness) while protecting herself from further harm (boundaries). She forgave, but didn't restore full relationship. Some people called her unforgiving. But Nicole was finally both forgiving and wise.

### Review Questions

1. Have you allowed someone to harm you repeatedly because you thought forgiveness required it?
2. Can you forgive someone while still protecting yourself?
3. What's the difference between forgiveness and trust?

### Personal Application

If there's someone who has harmed you repeatedly, write out your forgiveness: "I forgive [name] for [offense]. I release my right to revenge." Then write necessary boundaries: "I will protect myself by [boundary]." Both are biblical.

**Theological Insight:** Lewis Smedes wrote, "To forgive is to set a prisoner free and discover that the prisoner was you."

---

## DAY 20: YOUR EMOTIONS ARE VALID

### Scripture

"Jesus wept." — John 11:35 (NASB)

### Daily Summary

Jesus felt and expressed the full range of human emotion. Your feelings matter. Codependents often suppress, minimize, or apologize for their emotions to keep others comfortable. But emotional honesty is biblical.

### Personal Story

Whenever Craig felt angry, hurt, or sad, he'd immediately suppress it. He'd been taught that negative emotions were sinful. When his wife left, Craig smiled at church and said he was "trusting God." But inside, he was dying. His counselor said something radical: "Craig, your emotions aren't sin. They're information. Jesus felt anger, sorrow, and distress. So can you." Craig began the painful work of feeling. He discovered rage, grief, and terror beneath his smile. As he processed emotions honestly, real healing began.

### Review Questions

1. What emotions are you not allowed to feel?
2. Do you apologize for having feelings?
3. How might your suppressed emotions be affecting your health and relationships?

### Personal Application

Practice emotional honesty today. Complete these sentences without minimizing: "I feel \_\_\_\_ because \_\_\_\_." Share your feelings with someone safe. Notice any impulse to apologize for having emotions.

**Theological Insight:** Henri Nouwen wrote, "The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of

grief and bereavement, who can tolerate not knowing...not healing, not curing...that is a friend who cares."

---

## DAY 21: THE MYTH OF INDISPENSABILITY

### Scripture

"But if I am to live on in the flesh, this will mean fruitful labor for me; and I do not know which to choose. But I am hard-pressed from both directions, having the desire to depart and be with Christ, for that is very much better; yet to remain on in the flesh is more necessary for your sake." — Philippians 1:22-24 (NASB)

### Daily Summary

Even Paul, perhaps the most important missionary in history, recognized he wasn't indispensable. God's work would continue without him. The codependent delusion is believing you're irreplaceable.

### Personal Story

When Daniel took his first vacation in three years, his ministry colleagues managed fine without him. He'd convinced himself the ministry would collapse without his daily involvement. His absence revealed the truth: God's work doesn't depend on any one person. This was simultaneously humbling and liberating. Daniel wasn't as essential as he'd believed, which meant he could rest without guilt. God was bigger than Daniel's availability.

### Review Questions

1. What would happen in your absence?
2. Do you believe things will fall apart without you?
3. How does your sense of indispensability reveal distrust in God's sovereignty?

### Personal Application

Take a complete break from one responsibility this week. Don't check in, don't manage remotely. Trust that either things will be fine or God will provide someone else. Notice your anxiety and what it reveals.

**Theological Insight:** A.W. Tozer wrote, "When God is about to do something great, He starts with a difficulty. When He is about to do something truly magnificent, He starts with an impossibility."

---

## DAY 22: HEALTHY INTERDEPENDENCE

### Scripture

"For just as we have many parts in one body and all the body's parts do not have the same function, so we, who are many, are one body in Christ, and individually parts of one another." — Romans 12:4-5 (NASB)

### Daily Summary

The opposite of codependency isn't independence—it's healthy interdependence. We're designed for connection, but as free individuals who contribute to and receive from the body, not as enmeshed people who've lost their individual identity.

### Personal Story

After years of codependency, Bethany swung to the opposite extreme. She refused all help, avoided vulnerability, and prided herself on "not needing anyone." But isolation wasn't freedom—it was another prison. Slowly, Bethany learned healthy interdependence: she had her own identity but also genuine connection. She contributed her gifts to the community and received others' gifts. She was neither enmeshed nor isolated—she was healthily connected.

### Review Questions

1. Are you currently codependent, independent, or interdependent?
2. Can you both give and receive freely?
3. Do you maintain your identity within relationships?

### Personal Application

Evaluate your relationships. Draw a line with "enmeshed" on one end and "isolated" on the other. Where do your important relationships fall? What would healthy interdependence look like in each?

**Theological Insight:** Dietrich Bonhoeffer wrote, "Let him who cannot be alone beware of community. Let him who is not in community beware of being alone."

---

## DAY 23: SPEAKING TRUTH IN LOVE

### Scripture

"But speaking the truth in love, we are to grow up in all aspects into Him who is the head, that is, Christ." — Ephesians 4:15 (NASB)

### Daily Summary

Truth without love is brutality. Love without truth is sentimentality. Speaking truth in love—honest, kind, and direct communication—is the mature Christian's responsibility, even when it's uncomfortable.

### Personal Story

For years, Monica watched her friend destroy her life with alcohol. Monica said nothing, afraid of damaging the relationship. Finally, Monica's pastor said: "Monica, love speaks the truth. Your silence isn't kindness—it's cowardice disguised as compassion." Monica gathered courage and had the hardest conversation of her life. Her friend was furious and ended the friendship. Monica grieved, but had peace. A year later, her friend returned, sober, and said: "You were the only one who loved me enough to tell me the truth."

### Review Questions

1. What truth are you withholding from someone because you fear their response?
2. Have you prioritized comfort over honesty?
3. What would real love require you to say?

### Personal Application

Identify one truth you need to speak in love. Plan the conversation: What will you say? How will you say it lovingly? When will you have this conversation? Pray for courage and wisdom.

**Theological Insight:** C.S. Lewis wrote, "If you look for truth, you may find comfort in the end; if you look for comfort you will not get either comfort or truth."

---

## DAY 24: DISAPPOINTMENT ISN'T DISASTER

### Scripture

"And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose." — Romans 8:28 (NASB)

### Daily Summary

Codependents catastrophize disappointment, seeing every setback as disaster. But God redeems everything. What feels like the end might be the beginning of something better.

### Personal Story

When Adam's ministry project failed, he was devastated. He'd invested years, and it seemed like complete waste. He questioned God's goodness and his own calling. But looking back years later, Adam saw that the "failure" redirected him to exactly where God wanted him. The closed door had prevented him from missing the right door. The disappointment wasn't disaster—it was divine direction.

### Review Questions

1. What current disappointment feels like disaster?
2. Can you trust God's sovereignty even in setbacks?
3. Looking back, what "disasters" became blessings?

### Personal Application

Write about a past disappointment that God redeemed. Remember that He's trustworthy even when circumstances seem dark. When disappointment comes, practice saying: "I'm disappointed, but God is still good and still sovereign."

**Theological Insight:** Elisabeth Elliot wrote, "God never withholds from His child that which His love and wisdom call good. God's refusals are always merciful—'severe mercies' at times but mercies all the same."

---

## DAY 25: YOU'RE NOT RESPONSIBLE FOR THEIR SALVATION

### Scripture

"So then each one of us will give an account of himself to God." — Romans 14:12 (NASB)

### Daily Summary

You bear witness, but you cannot save anyone. You share truth, but you cannot force belief. Each person stands before God individually. Release the crushing burden of being responsible for others' spiritual outcomes.

### Personal Story

Hannah was tormented by her adult children's rejection of faith. She'd raised them in church, prayed constantly, and blamed herself for their choices. Her pastor finally said: "Hannah, you're not the Holy Spirit. You did your part. Their salvation isn't your responsibility—it's between them and God." Hannah realized she'd been trying to do God's job. She released her children to God's hands, continued praying, but stopped carrying crushing guilt for choices she couldn't control.

### Review Questions

1. Are you trying to be the Holy Spirit in someone's life?
2. Can you trust God with the people you love most?
3. What would it look like to faithfully witness without taking responsibility for results?

### Personal Application

If you're carrying guilt for someone's spiritual state, write a release prayer. Surrender them to God. Commit to faithful witness but release the outcome. You are not responsible for another person's response to Christ.

**Theological Insight:** J.I. Packer wrote, "Witnessing is essentially a matter of telling people about Jesus Christ—who he is, what he did, what he is doing

now and what he will do; and urging them, on that basis, to repent and believe in him."

---

## DAY 26: CONTENTMENT IN CHRIST ALONE

### Scripture

"Not that I speak from want, for I have learned to be content in whatever circumstances I am." — Philippians 4:11 (NASB)

### Daily Summary

Codependency is ultimately about finding in people what only Christ can provide. Contentment independent of circumstances and relationships is possible only when Christ is your source.

### Personal Story

Nathan's happiness depended entirely on his relationships. When they were good, he was joyful. When they were difficult, he was devastated. His emotional roller coaster was exhausting. In counseling, Nathan discovered he'd made relationships his god. When Nathan began cultivating intimacy with Christ—daily prayer, Scripture meditation, worship—something shifted. His relationships still had ups and downs, but his core contentment remained stable. Christ became his source, and relationships became blessings rather than necessities.

### Review Questions

1. What has to happen for you to be content?
2. Is your peace dependent on your circumstances and relationships?
3. How deep is your actual intimacy with Christ?

### Personal Application

Commit to 30 minutes daily with God this week—not doing ministry, not asking for things, just being with Him. Notice how this affects your contentment level. Journal about what you discover.

**Theological Insight:** Blaise Pascal wrote, "There is a God-shaped vacuum in the heart of every man which cannot be filled by any created thing, but only by God, the Creator."

---

## DAY 27: GRACE FOR YOUR IMPERFECT JOURNEY

### Scripture

"My grace is sufficient for you, for power is perfected in weakness." — 2 Corinthians 12:9 (NASB)

### Daily Summary

Recovery from codependency isn't linear. You'll have setbacks, slip into old patterns, and disappoint yourself. But God's grace covers every stumble. Progress, not perfection, is the goal.

### Personal Story

Three months into recovery, Jessica fell back into old patterns—she said yes when she meant no, over-functioned for her adult son, and ignored her boundaries. She felt like a complete failure. Her counselor said: "Jessica, recovery is a spiral, not a straight line. You'll revisit issues at deeper levels. Each time you recognize and correct a pattern, you're growing." Jessica learned to extend herself the grace God freely gives. Progress wasn't perfection, but every step forward counted.

### Review Questions

1. Are you expecting perfection from yourself?
2. How do you respond when you slip into old patterns?
3. Can you receive God's grace for your imperfect journey?

### Personal Application

When you recognize a codependent pattern emerging, practice this response: "I see this pattern. I choose differently now. God's grace is sufficient for me." Give yourself grace for the journey.

**Theological Insight:** Brennan Manning wrote, "The gospel declares that no matter how dutiful or prayerful we are, we can't save ourselves. What Jesus did was sufficient."

## DAY 28: THE FREEDOM TO FAIL

### Scripture

"Therefore there is now no condemnation at all for those who are in Christ Jesus." — Romans 8:1 (NASB)

### Daily Summary

Perfectionism and codependency are partners. The fear of failure drives people-pleasing and over-functioning. But in Christ, you have freedom to fail without losing your identity or worth.

### Personal Story

Derek's entire identity was built on never failing—at work, in ministry, in relationships. He worked frantically to maintain his image. But when Derek's business failed, his carefully constructed world crumbled. He expected rejection and shame. Instead, he discovered something beautiful: the people who truly loved him weren't going anywhere. God wasn't disappointed. Derek was free to be human, to fail, to try again. The freedom was intoxicating.

### Review Questions

1. What are you afraid will happen if you fail?
2. How does fear of failure drive your codependent behaviors?
3. Do you believe God's love is unconditional?

### Personal Application

Take a small risk this week—something where failure is possible. Notice your anxiety. When you succeed or fail, notice how your worth in Christ remains unchanged. Practice: "I am loved whether I succeed or fail."

**Theological Insight:** Martin Luther said, "Be a sinner, and let your sins be strong, but let your trust in Christ be stronger, and rejoice in Christ who is the victor over sin, death, and the world."

## DAY 29: DISCOVERING YOUR TRUE SELF

### Scripture

"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them." — Ephesians 2:10 (NASB)

### Daily Summary

Beneath the codependent mask is your true self—the person God created you to be. Recovery is about discovering and embracing that authentic self, created for specific purposes.

### Personal Story

For forty years, Victoria had been whoever others needed her to be: the perfect daughter, the supportive wife, the selfless mother, the capable volunteer. But who was she really? When Victoria began therapy, she couldn't answer simple questions about her preferences, desires, or dreams.

Discovering her true self was terrifying and exhilarating. Victoria learned what she liked, what she believed, what she wanted. She discovered gifts she'd suppressed. At forty-five, Victoria was finally becoming herself.

### Review Questions

1. Can you describe yourself without referencing your roles or relationships?
2. What parts of your authentic self have you suppressed to please others?
3. What might God have created you specifically to do?

### Personal Application

Complete these sentences: "I enjoy..." "I believe..." "I want..." "I feel called to..." Answer from your authentic self, not based on what others want or expect. Begin exploring and expressing this true self.

**Theological Insight:** Thomas Merton wrote, "Before we can realize who we really are, we must become conscious of the fact that the person we think we are, here and now, is at best an imposter and a stranger."

---

## DAY 30: WALKING IN FREEDOM

### Scripture

"It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery." — Galatians 5:1 (NASB)

### Daily Summary

Christ died to give you freedom—from sin, from shame, from slavery to others' opinions and expectations. This freedom isn't license; it's the ability to love, serve, and live from wholeness rather than woundedness.

### Personal Story

Looking back over her two-year recovery journey, Ashley marveled at the change. She still served, still loved, still gave—but differently. Her service flowed from rest, not exhaustion. Her love had boundaries, not resentment. Her giving was chosen, not compelled. Ashley wasn't perfect, but she was free. And from that freedom, she could genuinely love as Christ loved: with truth, wisdom, and grace.

### Review Questions

1. How has your understanding of freedom changed?
2. What does healthy Christian love look like for you now?
3. How will you continue growing in freedom?

### Personal Application

Write your freedom declaration: "In Christ, I am free from \_\_\_\_\_. I am free to \_\_\_\_\_. Commit to three practices that will help you maintain your freedom. Share your declaration with someone who will support your continued growth.

**Theological Insight:** Augustine said, "Love, and do what you will." True freedom enables us to love authentically, without manipulation, control, or selfish motivation.

## WORKBOOK SECTION

### Week 1 Exercises: Identity and Self-Awareness

**Exercise 1: Identity Inventory** Complete each statement with at least five answers that don't reference what you do:

- I am...
- God says I am...
- My value comes from...

**Exercise 2: Burden Analysis** List every responsibility you're currently carrying. Mark each:

- (G) God assigned this to me
- (M) I took this on myself
- (U) This is uncertain

Pray through each item marked M or U. Which need to be released?

**Exercise 3: Boundary Assessment** For each area, rate your boundaries from 1-10 (1=no boundaries, 10=healthy boundaries):

- Time: \_\_
- Energy: \_\_
- Emotions: \_\_
- Finances: \_\_
- Body: \_\_
- Values: \_\_

Choose your lowest area and write three specific boundaries you need to establish.

## **Week 2 Exercises: Relationships and Control**

### **Exercise 4: Relationship Patterns** For each significant relationship, answer:

- What do I hope to get from this person?
- What role do I play (rescuer, victim, persecutor, hero)?
- Do I respect their autonomy and choices?
- Are there healthy boundaries?
- Is this relationship mutual or one-directional?

### **Exercise 5: The Serenity Prayer Exercise** Write the Serenity Prayer: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

List current concerns under:

- Things I Cannot Change (release these)
- Things I Can Change (take action on these)

### **Exercise 6: Communication Audit** Review recent conflicts or difficult situations:

- Did I speak directly to the person involved?
- Did I speak truth in love or avoid confrontation?
- Did I triangulate (talk to others instead)?
- Did I express my needs clearly?
- What do I need to do differently?

## **Week 3 Exercises: Emotions and Self-Care**

### **Exercise 7: Emotion Wheel** Draw a circle divided into sections. Label emotions you frequently feel. For each:

- What triggers this emotion?

- What do I typically do with it (suppress, express, etc.)?
- What is this emotion telling me?
- How can I honor this emotion healthily?

**Exercise 8: Self-Care Plan** Create a comprehensive self-care plan:

- Physical (sleep, nutrition, exercise)
- Emotional (therapy, journaling, safe friendships)
- Spiritual (prayer, Scripture, worship, Sabbath)
- Mental (learning, creativity, hobbies)
- Social (healthy relationships, boundaries)

Schedule specific times for each category this month.

**Exercise 9: Enabling vs. Empowering** List anyone you're currently helping.

For each, ask:

- Am I solving problems they should solve?
- Am I preventing natural consequences?
- Does my help foster dependence or growth?
- What would empowering them look like instead?

Write one change you'll make for each person.

### **Week 4 Exercises: Spiritual Growth and Integration**

**Exercise 10: Forgiveness and Boundaries Worksheet** For anyone who has harmed you:

- I forgive [name] for [specific offense].
- I release my right to revenge to God.
- To protect myself going forward, I will [specific boundary].
- Reconciliation is/isn't appropriate because \_\_\_\_.

**Exercise 11: Values Clarification** List your top 10 values (what matters most to you). For each, ask:

- Am I living according to this value?
- Have I compromised this value to please someone?
- What would honoring this value look like?

Choose one value to prioritize this month.

**Exercise 12: Freedom Declaration** Write your personal freedom declaration:

- I am no longer enslaved to \_\_\_\_.
- In Christ, I am free to \_\_\_\_.
- My identity is found in \_\_\_\_.
- I commit to these practices for ongoing freedom: \_\_\_\_.

**Exercise 13: Support System** Identify your support system:

- Who are my safe people?
- Who supports my growth vs. who enables codependency?
- What professional help do I need (counselor, spiritual director, support group)?
- How will I stay connected and accountable?

**Exercise 14: Relapse Prevention Plan** Identify warning signs you're slipping back into codependency:

- Thoughts: \_\_\_\_
- Feelings: \_\_\_\_
- Behaviors: \_\_\_\_

Create a plan for when you notice these signs:

1. I will \_\_\_\_

2. I will contact \_\_\_\_\_

3. I will remember \_\_\_\_\_

### **Monthly Reflection Questions**

At the end of each month, reflect on these questions:

1. What patterns am I noticing in my journey?
2. What progress have I made, even if small?
3. Where am I still struggling?
4. What have I learned about God, myself, and others?
5. What do I need to continue, stop, or start doing?
6. Who has supported me well this month?
7. What Scripture has been most meaningful?
8. How has my understanding of love changed?
9. Where do I need more grace for myself?
10. What am I grateful for in this process?

### **Additional Resources for Your Journey**

#### **Recommended Books:**

- "Boundaries" by Henry Cloud and John Townsend
- "Codependent No More" by Melody Beattie
- "The Life You've Always Wanted" by John Ortberg
- "The Freedom of Self-Forgetfulness" by Tim Keller

#### **Scripture Memory Verses:**

- Galatians 5:1
- 2 Corinthians 12:9

- Romans 8:1
- Philippians 4:6-7
- Matthew 11:28-30
- Ephesians 2:10

**Prayer for the Journey:** "Father, You created me for freedom. You know the depth of my codependent patterns and the pain they've caused. I surrender my need to control, my fear of rejection, my performance-based identity to You. Teach me to find my worth in Christ alone. Give me courage to establish boundaries, wisdom to speak truth in love, and grace for the imperfect journey ahead. Help me love as You love—freely, truthfully, and without losing myself. Transform my broken patterns into beautiful wholeness. In Jesus' name, Amen."

---

## Closing Words

Dear reader, you've completed 30 days of honest reflection and hard work. Recovery from codependency is a lifelong journey, not a destination. You will have days when old patterns resurface. Be gentle with yourself. God is patient with your process.

Remember:

- Your worth is inherent, not earned
- You cannot change or save anyone else
- Boundaries are biblical and loving
- God desires your freedom
- You are His beloved child
- Your authentic self matters
- Progress, not perfection, is the goal

Keep returning to these truths. Keep practicing these principles. Keep surrounding yourself with safe people who support your growth. Keep drawing near to the God who is making you whole.

You are not alone in this journey. Millions of Christians are recovering from codependency. As you grow in freedom, you'll become a source of hope for others still trapped in these patterns.

May you walk in the freedom Christ purchased for you. May you love from wholeness, not woundedness. May you discover the joy of being God's beloved child, free to be exactly who He created you to be.

"And you will know the truth, and the truth will set you free." — John 8:32  
(NASB)

Go in peace. Walk in freedom. Live in love.