

### Small Group Lead Notes-Lesson 3

- **Ppt1: four:one Journey -Lesson 3**
  - Have this opening ppt. up each week as participants arrive, to provide a sense of welcome and readiness for the upcoming session
- Follow the outline on Page 3-3 for the Welcome & Prayer
- Address unfinished material from previous lesson if necessary
- Discuss homework completed from previous lesson.

### Lesson 3 – Attachment: A Secure Foundation

- Point out to your participants that the **Take away** emphasizes how our parents responded and reacted to us as children, colors the way we feel and think about ourselves as well as how we manage other important relationships.
- **Review the Prepare page**
  - As you watched Dr. Curt Thompson and Troy and Melissa Haas, did you capture any notes on which you'd like to comment?
  - Did this video invoke any emotion or questions about your relationship with your parents? Discuss
  - Did this video invoke any emotion or questions about your relationship with your children? Discuss
  - What are your thoughts about Dr. Thompson's statement, "emotions are to us what fuel is to a car."
- **Ppt2:The Still Face Paradigm**
  - Watch the video "The Still Face Paradigm."
  - <https://youtu.be/leHcsFqK7So>
  - Discussion
- **The Development and Impact of Attachment in the Personality**
  - Ask someone to read aloud the last paragraph on p.3-4
- **Ppt3: The Four Attachment Styles**
- **Ppt4: Watch the following short clip by Dr. Curt Thompson entitled "You're Never Too Old to Change."**
  - <https://youtu.be/ychx4pw4lbo>
  - Before the video, share that there are 4 characters in this short clip
    - A deceased great grandfather
    - Calvin – a 63 year old father and grandfather

- Ed – a young father in his mid-30's
    - A 9 month old son, and grandson
  - Discussion
- Before your attempt to name your own attachment style, let's go back to the video clip "You're Never too Old to Change."
  - Ppt5: Identify the likely attachment style of:
    - Ed's father
    - 63 year old Ed
    - Calvin, in his mid-30's
    - Calvin's 9 month old son
- By observing yourself, were you able to identify your attachment style?
  - SGL'S: Encourage the participants to not stress over identifying their style tonight. These are complex relational realities which may take time for them to prayerfully consider.
- In what ways do you think your relationship with your parents has impacted you?
- In the context of this clip, what do you think "making sense of your life" means?
  - Ppt6: In what ways might your life be impacted if your four:one journey helps you to "make sense of your life?"
  - Ppt7: And Your Attachment Style?
- SGL note: Inevitably "blame" will come up in the assessment of parent's impact on children. Be ready to discuss the futility in blaming, but that identifying parents' patterns, or even their inadequacies, can provide insight into the way one has "learned" to react in present life circumstances.
- Have you ever considered the depth of the complexities (financial, relational, trauma) your parents (or their parents) may have been facing during your childhood?
- Discuss the concept and discovery that the plasticity of our brain can change our behavior? (Philippians 4:1-8)
- **Note to SGL's: Without minimizing the pain of their past, keep the focus on the complexity and the genius of God's design of the brain & mind for today!**
- **Attachment and its Impact on Brain Development**
  - Ppt8: This quote by Dr. Siegel on pg. 3-10, is a heavy statement for us to process. What thought or feeling rise in you as you read it?
  - As you considered your upbringing what thoughts or sensation do you experience when in the 3<sup>rd</sup>. paragraph of pg.3-10, A. N. Schore states that, "early abuse negatively impact the developing brain"?
  - In last weeks lesson you looked at the following Scriptures:
    - Ppt9: Romans 12:2; 2 Cor 10:5; Philippians 4:8; 1 Peter 1:13
    - Ask the series of 3 questions on pp 3-10 and 3-11?
- **Attachment and Our Relationship to God**

- Dr. Thompson mentions in his presentation that the Gospel speaks to us of a secure attachment with the Lord. What is your reaction to this statement?
- Have you been able to identify any Scriptures that assure you of God's longing to offer you a close, safe, and secure relationship?
  - Ppt10: Luke 15 & Isaiah 49
  - Ppt11: Psalm 103
- Ppt 12: Although the pain of past experiences and memories work to negate the peace of God in our lives, the pursuit of a renewed mind, relative to these memories, is a worthy pursuit.

- **Attachment and the Marital Relationship**

- Work through this section on p. 3-13, 14.
- When you evaluate your relationship to your mate do you believe your attachment style and that of your mate, have played a part in some of the challenges you've faced?
- SGL note: Inevitably "blame" will come up in the assessment of a spouse's impact on you. Be ready to discuss the futility in blaming, but how identifying patterns, or even their relational inadequacies, can provide insight into the way one has "learned" to react in present life circumstances.
- The depth of this discussion can't be "fixed" in our session this evening. However, prayerfully seek to understand what God would have you learn from this lesson

- **Recap and Homework**

- It is likely that this lesson took the full amount of your two hour group time.
- Use the Recap Questions as homework, if necessary.
- Encourage your participants to ask for God's insight into the impact of their developmental years on their current beliefs, thoughts, relationships and reactions.
- Psalm 139 and Romans 8 are reassuring truths for review this week.

- **Prayer**

- Ppt13: Logo Slide
- Although this lesson could have produced some heavy realities for you, thankfully, we don't have to feel hopeless or stuck in an insecure attachment.
- The Gospel is our way to freedom. The Word of God provides examples of God calling us to deep relationship with Him, where we are seen, we are soothed, safe and secure in the love of Christ.