

Section 2 – Leader’s Group & Teaching Worksheet

Attachments: Hidden Forms of Dependence

Sometimes attachments are not obvious. They may not look like money, social media, or relationships. Instead, they can hide behind things that seem productive, safe, spiritual, or even helpful. Yet anything we depend on more than God can quietly become an unhealthy attachment.

This worksheet is designed to help group participants identify deeper or less obvious attachments that may still be competing for God’s place in their hearts. It builds naturally alongside the Section 2 attachment work already found in the workbook.

Why This Matters

Attachments often begin with a legitimate need:

- The need to feel safe
- The need to feel in control
- The need to feel accepted
- The need to avoid pain
- The need to prove our value

When these needs are not fully surrendered to God, we may begin attaching ourselves to unhealthy substitutes.

“Those who cling to worthless idols turn away from God’s love for them.” – Jonah 2:8 (NIV)

Examples of Hidden Attachments & Their Dangers

Control – “If I can control everything, I will feel safe.”

→ Leads to anxiety, frustration, and fear when life does not go as planned.

→ Truth: “Trust in the Lord with all your heart and lean not on your own understanding.” (Proverbs 3:5)

People-Pleasing – “I need everyone to approve of me.”

→ Leads to exhaustion, fear of rejection, and losing your identity.

→ Truth: “Am I now trying to win the approval of human beings, or of God?” (Galatians 1:10)

Comfort & Avoidance – “I just want to avoid hard things.”

→ Leads to procrastination, emotional numbing, and spiritual stagnation.

→ Truth: “Be strong and courageous... for the Lord your God will be with you.” (Joshua 1:9)

Busyness / Productivity – “My value comes from staying busy and accomplishing things.”

→ Leads to burnout, emptiness, and a lack of peace.

→ Truth: “Be still, and know that I am God.” (Psalm 46:10)

Being Needed – “If people need me, then I matter.”

→ Leads to unhealthy boundaries, resentment, and losing sight of God’s role.

→ Truth: “God is our refuge and strength.” (Psalm 46:1)

Past Pain / Old Identity – “This hurt is part of who I am.”

→ Leads to staying stuck in shame, victimhood, or hopelessness.

→ Truth: “If anyone is in Christ, he is a new creation.” (2 Corinthians 5:17)

Success / Achievement – “I must succeed to have worth.”

→ Leads to comparison, fear of failure, and pride.

→ Truth: “My grace is sufficient for you.” (2 Corinthians 12:9)

Being Right – “I must always prove I’m right.”

→ Leads to pride, conflict, defensiveness, and difficulty receiving correction.

→ Truth: “God opposes the proud but gives grace to the humble.” (James 4:6)

Group Reflection Questions

- Which of these hidden attachments do you most relate to?
- Which one has quietly influenced your emotions, choices, or relationships?
- What fear might be underneath that attachment?
- What would trusting God in that area look like?
- Which Scripture truth stands out most to you today?

Heart Check Exercise

Circle or highlight any attachment that may be influencing your life right now:

- Control
- People-Pleasing
- Busyness / Productivity
- Success / Achievement
- Comfort / Avoidance
- Being Needed
- Fear of Failure
- Being Right
- Past Pain / Old Identity
- Perfectionism
- Security / Predictability
- Approval from Family

- Approval from Church Leaders
- Routine / Familiarity
- Recognition / Praise
- Other: _____

Reflection Prompts

1. Which attachment is hardest for you to surrender? Why?

2. What emotion is most connected to this attachment?

3. What fear do you believe would happen if you let go of it?

4. What truth from Scripture could replace that fear?

5. What is one practical step of surrender you can take this week?

Leader Discussion Prompt

Ask participants:

“What is one attachment that does not look sinful on the outside, but has quietly taken too much space in your heart?”

Allow gentle discussion and remind participants that conviction is not condemnation. God reveals attachments because He wants freedom, peace, and deeper intimacy with Him.