

From Deficient Love to True Communion

Spiritual Formation With a Relational Focus

1

ROOT SOURCES

What shapes our capacity to love

2

INNER EXPERIENCE

What we feel and interpret

3

SELF-PROTECTIVE RELATIONAL PATTERNS

How we try to protect ourselves

4

SEPARATION

What these patterns produce

5

THE SPIRIT'S RESTORING WORK

Where restoration begins



FEAR

I am in danger. I may be hurt.

SHAME

I am exposed. I do not measure up.

GUILT

I have done wrong. I am responsible.

God-given signals can become distorted, intensified, or overwhelming.

CONTROL

I need to manage to feel safe.

CONTEMPT

I make myself larger by making others smaller.

AVOIDANCE

I need to escape to feel safe.

RIVALRY

I need to outperform others to matter.

What promises protection ultimately produces separation.

FROM GOD

We lose intimacy with the Triune God.

FROM SELF

We lose awareness, integrity, and peace.

FROM OTHERS

We lose trust, closeness, and community.

Deficient love diminishes communion.

UNION WITH CHRIST

Security

Secure in Christ's love and acceptance.

HOLY INDIFFERENCE

Freedom

Free from controlling outcomes.

DIFFERENTIATION

Maturity

Remaining emotionally present without losing yourself.

THE GOAL: COMMUNION THROUGH SPIRIT-FORMED LOVE