

Finding Secure Attachment in God: Healing Childhood Attachment Wounds

Description:

In this episode, we dive into the deep ways childhood experiences shape how we connect, trust, and relate to others—and how those wounds can follow us into adulthood. If you've ever felt the sting of emotional neglect, the confusion of inconsistent love, or the fear of vulnerability, this episode is for you. Together, we explore what attachment wounds are, how they show up in relationships and faith, and, most importantly, how God can be the ultimate secure attachment figure. I'll guide you through practical steps to experience God's unwavering love, let Him repent the parts of you that were hurt, and start building healthier, more secure connections with others. By the end, you'll have reflection tools, prayer practices, and a fresh perspective on trust, healing, and belonging in Christ.

Breakdown of Episode

1:17 Intro to Topic

7:39 What Are Attachment Wounds?

17:40 God As the Ultimate Secure Attachment Figure

22:53 How to Develop a Secure Attachment With God

35:40 Healing Attachment Wounds in Human Relationships

41:44 Practical Exercises to Build a Secure Connection With God

Sources

Bowlby, J. (1988). *A secure base: Parent-child attachment and healthy human development*. New York, NY: Basic Books.

Mikulincer, M., & Shaver, P. R. (2016). *Attachment in adulthood: Structure, dynamics, and change* (2nd ed.). New York, NY: Guilford Press.

Simpson, J. A., & Belsky, J. (2016). Attachment theory within a modern evolutionary framework. In J. Cassidy & P. R. Shaver (Eds.), *Handbook of attachment: Theory, research, and clinical applications* (3rd ed., pp. xxx–xxx). New York, NY: Guilford Press.

Christian Emotional Recovery. (Year, Month Day). *Attachment styles explained* [Video]. YouTube. <https://www.youtube.com/watch?v=tvGt2seMalQ>