

# Attaching to God

Under each category, begin jotting down how God has functioned as an attachment figure in your own life.

<b>Proximity Seeking</b> – Do you seek him? If so, when or when do you not seek him?	<b>Safe Haven</b> – Do you feel safe with God? When are you most likely to feel safe with him?	<b>Secure Base</b> – Do you feel secure in your relationship with God? Do you really believe that he has your best interests in mind?	<b>Grief Over Loss, or Perceived Abandonment:</b> Do you get sad or afraid when you feel like God is distant? Reflect on how you may or may not have felt abandoned by Him in your life.