

Detachment With Love

Lesson 4

“Now I know how to end an argument by simply refusing to participate, to turn to my Higher Power for help with whatever I’m powerless to change, to say, ‘No,’ when I mean no, and to step back from insanity rather than diving into it. Detachment is a loving gift I continue to give to myself and to others.” – *Courage to Change*, p 12

“Detachment. At first it may sound cold and rejecting, not loving at all. But I have come to believe that detachment is actually a wonderful gift: I am allowing my loved ones the privilege and opportunity of being themselves.” – *Courage to Change*, p 124

Galatians 6:1-5 – Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ. If anyone thinks he is something when he is nothing, he deceives himself. Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, for each one should carry his own load.

Things that keep us “attached” to someone else’s insanity:

- Lust for control – “I need to fix this guy”
- Jealousy – “If I can’t drink, he shouldn’t be able to drink, either”
- Judgmental attitude – “I’m morally superior to this guy”
- Self-pity and “martyrdom” – “Look at what I have to put up with!”
- An excuse for relapse – “How am I supposed to stay sober with all this crap going on?”
- What else?

God does “detachment with love” on us!

- Evicted us from Eden
- Gives us freedom to make our own choices, including the bad ones
- Offers us his love and invites us to receive it, but doesn’t force it on us
- Doesn’t obsess with our faults, but accepts us as we are
- What else?

What happens with we “detach with love” from someone else’s insanity?

- We’re not caught up in the insanity
- We can accept and love them for who they are, instead of judging them for their behavior
- They can make their own mistakes and learn from those mistakes
- God’s peace and serenity can replace our resentments and anxieties
- What else?