
SESSION 8

MAKING A HEALTHY BREAK WITH MOM

I. Review

A. "Legs" of Manhood

B. Definition of the Overly-Bonded-with-Mother Wound

C. Two Major Consequences of this Wound

1. Sons can become overly _____ in regard to women.

- _____
- _____
- _____

2. Sons can become overly _____ in regard to women.

- _____ (in extreme cases, _____, etc.)
- _____ (fear of being _____)
- _____

THE QUEST FOR AUTHENTIC MANHOOD

D. The Difficulty of This Wound

II. Jesus and His Mom

A. Relational Clarity—Luke 2:43-50

B. Social Clarity—John 2:1-4

C. Spiritual Clarity—Matthew 12:46-50

D. A Healthy Ending—John 19:25-27

III. Seven Suggestions for Healing This Wound

A. Always start with the understanding that breaking Mom's overinvolvement is good for you

_____. Authentic manhood _____ without it.

B. Recognize that your ultimate goal is to become a man whose vision is fixed on what

_____, not what _____.

C. Stop complaining or struggling with Mom. If you have this wound, get the _____,

encouragement, and help you need from _____ and develop _____ for healthy

independence from Mom. Invite their feedback to avoid serious _____ making a healthy break.

1. This plan should address _____ that are troublesome with _____.

2. This plan should establish time-tested _____ for how you and Mom will interact in the future.

3. This plan should include clear _____ attached to boundary violations.

- D. Communicate your _____ in one of the following ways to your mom and stand your ground regardless of how she responds.
1. Through a new way of _____.
 2. Through a _____ (if necessary).
- E. Use the _____ to "report back to" for clarity, encouragement, and accountability.
- F. If you are married, tell your wife you recognize the problem with an interfering mom and that _____ will take responsibility to correct it. Ask for her support and prayer, but ask her _____ to get involved. It's your problem, not hers.
- G. In some cases your efforts to establish a healthy relationship with Mom will result in a time of _____ or even your Mom's _____. Do not be derailed by this! In time, _____ adjust.

IV. The Critical Need Today Is for Fathers _____ Teenage Sons

_____ **from Dependency on Mom to Manhood**

- A. This call away needs to be _____.
- B. This call away needs to be _____ by the son, the dad, and the mom to be effective.
- C. This call away needs to employ _____.

V. Conclusion

A. The “_____” of masculinity (weak or strong) on which a man stands are established at home.

B. Start work on your Manhood Plan _____ (p. 92)!

1. How will you handle the Absent-Father Wound?

2. How will you address the Overly-Bonded-with-Mother Wound?

QUESTIONS FOR YOUR SMALL GROUP

1. How has this session helped you? What new insights did you gain from this session? Explain.

2. Do you struggle with the Mother Wound? What steps in this session would you employ to begin to address this wound?

3. How could other men be of help to you?

4. How could you help your son (teenage or older) begin to make a healthy break with Mom?