



EncourageMen 2021

The Quest for

Authentic

Manhood



Please share our call-in
number to those who are
unable to attend

717-859-0027

The call-in number to access
EncourageMen's Archives

717-807-7513



Overly Bonded with Mother Wound

I. The Mom Factor



II. Two Significant Breaks with Mom

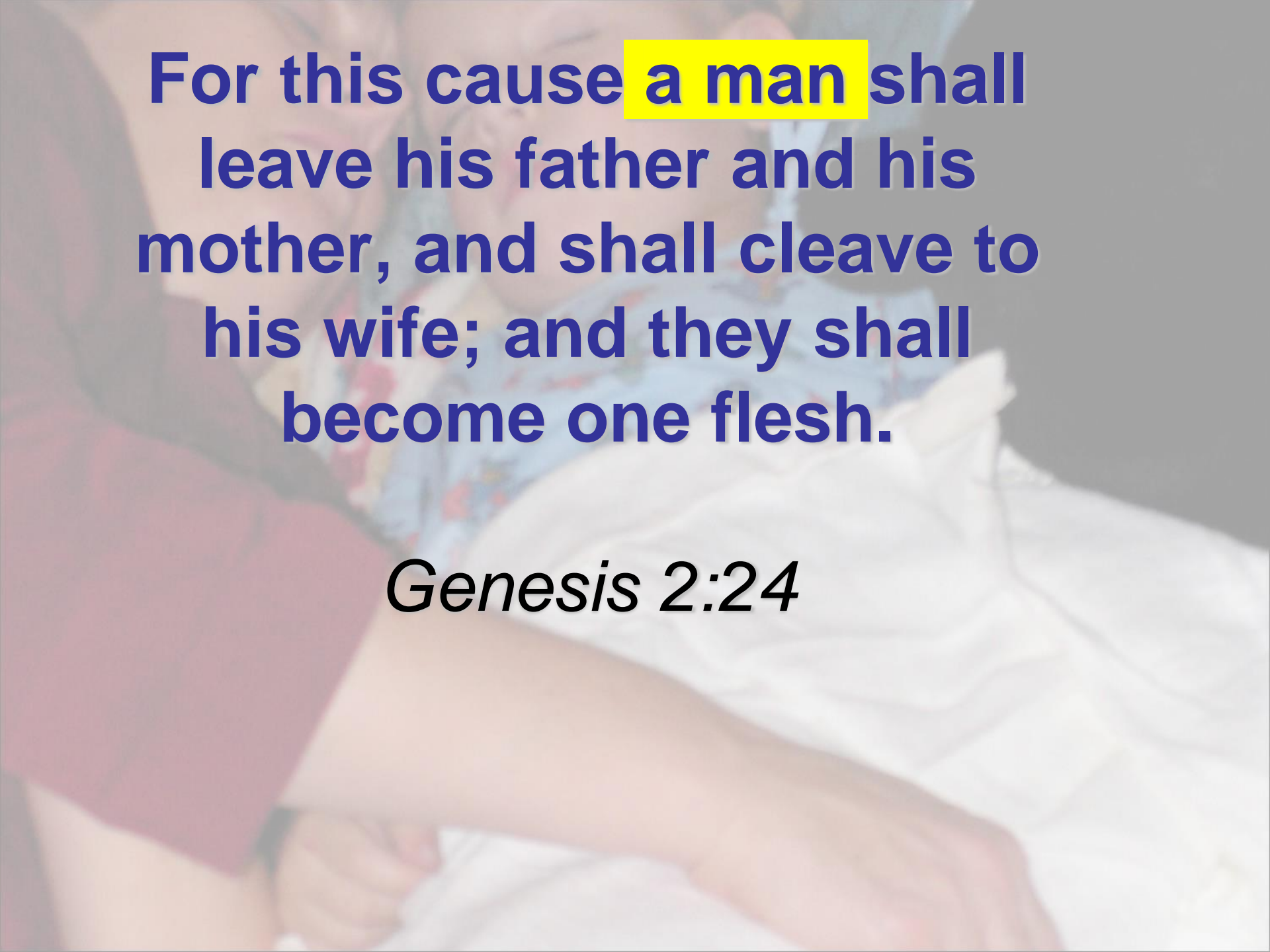
A. From physical bondedness

B. From emotional bondedness

C. Real health for a man with Mom moves him

FROM → TO → TO → TO

<u>Oneness</u> with <u>Mom</u>	A healthy <u>physical</u>	A healthy <u>emotional</u>	<u>Oneness</u> with a <u>woman</u>
Literally	Separation	Separation	Relationally

A photograph of a couple holding hands over a baby in a hospital bed. The text is overlaid on the image. The words "a man" are highlighted in a yellow box.

**For this cause a man shall
leave his father and his
mother, and shall cleave to
his wife; and they shall
become one flesh.**

Genesis 2:24

III. Exploring the Mother Wound

A. A Definition ...

An unhealthy emotional relationship with Mother that causes a son to either be threatened by the influence of women later on in life or to over-identify and become submissive to that influence.

B. IMPORTANT CHARACTERISTICS

1. This wound is not blatant, but subtle.
2. This wound is not one of abuse, neglect, or absenteeism, but a wound disguised as love and care.
3. This is not a wound of inattention but over-attention.
4. This wound looks like love but feels like control.
5. This wound is so powerful, it can wrongly shape or warp the masculine psyche.



"Next session, Mrs. Bentlow, I'd like your son to solo."

IV. HOW THIS WOUND OCCURS

A. It often begins with an absent or distant father.

“THE FEMINIZED MAN”

- Work-away dads (who don't engage when home)
- Female School Teachers

IV. HOW THIS WOUND OCCURS

B. It can also be inflicted by one of four types of Moms.

1. Well intentioned Moms
2. Needy, Hurting Moms
3. Unwilling to Release Moms
4. Fill in the Gaps Moms

**V. How this wound manifests itself in adulthood:
TWO RESPONSES**

- A. Men become dominant and controlling toward women.
- B. Men become passive and **submissive** toward women.
 - a. Produces hidden anger which can explode

Encourage

MEN

**Making a
Healthy
Break
with MOM**

Making a Healthy Break with MOM

C. Two Major Consequences

1. Sons can be overly passive in regard to women

* Soft Male (fantasy/pornography)

* Feminized Man

* Passive Husband

Making a Healthy Break with MOM

C. Two Major Consequences

2. Sons can be overly dominant in regard to women,

* Maleness that Conquers

(in extreme cases,

P 27

Violence, abuse, affairs, rape, etc.)

Making a Healthy Break with MOM

C. Two Major Consequences

* Fierce Independence

(fear of being Vulnerable)

* A Demanding Husband

Jesus and His MOM

A. Relational Clarity

And as they were returning, after spending the full number of days, the boy Jesus stayed behind in Jerusalem. But his parents were unaware of it, but supposed Him to be in the company, and went a day's journey; and they began looking for Him among their relatives and acquaintances.

Jesus and His MOM

A. Relational Clarity

continued

When they did not find Him, they returned to Jerusalem looking for Him. Then, after three days they found Him in the temple, sitting in the midst of the teachers, both listening to them and asking them questions. And all who heard Him were amazed at His answers. When they saw Him,

Jesus and His MOM

A. Relational Clarity

continued 2

**they were astonished; and His mother said to Him,
"Son, why have You treated us this way? Behold,
Your father and I have been anxiously looking for You."**

**And He said to them,
"Why is it that you were looking for Me?"**

Jesus and His MOM

A. Relational Clarity

continued 3

**Did you not know
that I had to be about my Father's business?"
But they did not understand the statement
which He had made to them.**

~Luke 2:43-50~

Jesus and His MOM

B. Social Clarity

On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there; and both Jesus and His disciples were invited to the wedding. When the wine ran out, the mother of Jesus said to Him, "They have no wine."

Jesus and His MOM

B. Social Clarity

continued

**And Jesus said to her,
"Woman, what do I have to do with you?
My hour has not yet come."**

~John 2:1-4~

Jesus and His MOM

C. Spiritual Clarity

While He was still speaking to the crowds, behold, His mother and brothers were standing outside, seeking to speak with Him. Someone said to Him, "Behold, Your mother and brothers are standing outside seeking to speak with You."

Jesus and His MOM

C. Spiritual Clarity

continued

But Jesus answered the one who was telling Him and said, "Who is My mother and who are My brothers?" And stretching out His hand toward His disciples, He said, "Behold My mother and My brothers!"

Jesus and His MOM

C. Spiritual Clarity

continued 2

**For whoever does the will of My father
who is in heaven, he is My brother
and sister and mother."**

~Matthew 12:46-50~

Jesus and His MOM

D. A Healthy Ending

Standing near the cross were Jesus' mother, and His mother's sister, Mary (the wife of Cleopas), and Mary Magdalene.

When Jesus therefore saw His mother, and the disciple whom He loved standing nearby, He said to His mother,

Jesus and His MOM

D. A Healthy Ending continued

**"Woman, behold, your son!"
Then He said to the disciple,
"Behold, your mother!"**

**And from that hour the disciple took
her into his own household.**

~John 19:25-27~

Making a Healthy Break with MOM

III. Suggestions For Healing this Wound

A. Always start with understanding that breaking Mom's over-involvement is good for you and her

**Authentic manhood
Is Impossible without it !**

Making a Healthy Break with MOM

III. Suggestions For Healing this Wound

B. Recognize that your ultimate goal is to become a man whose vision is fixed on what God thinks, not what Mom thinks.

Making a Healthy Break with MOM

III. Suggestions For Healing this Wound

**"He who loves father and mother more than Me
is not worthy of Me..."**

~Matthew 10:37~

Making a Healthy Break with MOM

III. Suggestions For Healing this Wound

C. Stop complaining or struggling with Mom.
If you have this wound, get the Support
encouragement, and help you need from
other men (or a counselor)
and develop a plan for healthy
independence from Mom.

Making a Healthy Break with MOM

III. Suggestions For Healing this Wound

Invite their feedback to avoid serious errors in making a healthy break.

Making a Healthy Break with MOM

III. Suggestions For Healing this Wound

1. This plan should address specific issues that are troublesome with specific applications.

Making a Healthy Break with MOM

III. Suggestions For Healing this Wound

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

Making a Healthy Break with MOM

III. Suggestions For Healing this Wound

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

Making a Healthy Break with MOM

III. Suggestions For Healing this Wound

D. Communicate your plan in one of the following ways to your Mom and stand your ground regardless of how she responds.

Making a Healthy Break with MOM

III. Suggestions For Healing this Wound

1. Through a new way of relating.
2. Through a face-to-face meeting
(if necessary).

Making a Healthy Break with MOM

III. Suggestions For Healing this Wound

E. Use the men in your life to "report back to" for clarity, encouragement, and accountability.

Making a Healthy Break with MOM

III. Suggestions For Healing this Wound

F. If you are married, tell your wife you recognize the problem with an interfering Mom
And that YOU will take responsibility to correct it.

Making a Healthy Break with MOM

III. Suggestions For Healing this Wound

Ask for her support and prayers,
but ask her not to get involved.
It's your problem... not hers.

Making a Healthy Break with MOM

III. Suggestions For Healing this Wound

G. In some cases, your efforts to establish a healthy relationship with Mom will result in a time of emotional punishment or even your Mom's angry withdrawal.

Making a Healthy Break with MOM

III. Suggestions For Healing this Wound

Do not be derailed by this!

**In time,
she will adjust.**

Making a Healthy Break with MOM

IV. The Critical Need

**The critical need today is
for fathers to call
teenage sons away from
dependency on Mom to
Manhood!**

Making a Healthy Break with MOM

A. This Call Away...

A. Needs to be clear and direct.

B. Needs to be embraced by
the son, the dad, **and the Mom**
to be effective

C. Needs to employ ceremony.

Making a Healthy Break with MOM

V. Conclusion

A. The "legs" of masculinity
(weak or strong)
on which a man stands are
established at home.

Making a Healthy Break with MOM

**START WORKING
ON YOUR
MANHOOD PLAN
NOW !!**