

# PURSUING THE ADVENTURE OF AUTHENTIC MANHOOD

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## SESSION 8

### MAKING A HEALTHY BREAK WITH MOM

#### I. A Brief 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 passive in regard to women.
  - soft male
  - feminized man
  - passive husband
2. Sons can become overly dominant in regard to women.
  - conquering masculinity  
(in extreme cases, violence, abuse, rape)
  - fierce independence  
(fear of being vulnerable)
  - demanding husband

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

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#### III. Seven suggestions for healing this wound:

- A. Always start with the understanding that breaking Mom's over-involvement is good for you and her. Authentic manhood is impossible without it.
- B. Recognize that your ultimate goal is to become a man whose vision is fixed on what God thinks not what mom thinks.
- 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. Invite their feedback to avoid serious errors making a healthy break.
1. This plan should address specific issues that are troublesome with specific applications.
  2. This plan should establish time-tested boundaries for how you and Mom will interact in the future.
  3. This plan should include clear consequences attached to boundary violations.
- D. Communicate your plan in one of the following ways to your Mom and stand your ground regardless of how she responds.
1. Through a new way of relating.
  2. Through a face-to-face meeting (if necessary).
- E. Use the men in your life 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 you will take responsibility to correct it. Ask her for support and prayer, but ask her not 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 emotional punishment or even your Mom's angry withdrawal. Do not be derailed by this! In time, she will adjust.

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IV. The critical need today is for fathers **to call** \_\_\_\_\_ teenage sons **away** \_\_\_\_\_ from dependency on mom to manhood.

- A. This call away needs to be **clear and direct** \_\_\_\_\_.
- B. This call away needs to be **embraced** \_\_\_\_\_ by the son, the Dad, and the Mom to be effective.
- C. This call away needs to employ **ceremony** \_\_\_\_\_.

#### V. Conclusion

- A. The “**legs** \_\_\_\_\_” of masculinity (weak or strong) on which a man stands are established at home.
- B. Start work on your Manhood Plan **NOW** \_\_\_\_\_!
  - 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 from Mom?

