

EXCERPT



Sacred Attachment *Escaping Spiritual Exhaustion and Trusting in Divine Love*

January 7, 2025 | \$25, 192 pages, hardcover | 978-1-5140-0831-7

Michael John Cusick voices the questions and contradictions that are inherently part of living an authentic spiritual faith. With raw honesty and vulnerability, he shares his own zigzagging path to God and reveals how brokenness and pain can become the gateway to experiencing joyful divine attachment.

From the Author of *Surfing for God*

"Although the process is mysterious, I've concluded that, yes, we can be transformed. It's like knowing how a sailboat moves forward when wind fills the sails without knowing much about the wind. Or said another way, this transformation synchronizes with a rhythm deep within us, a rhythm I like to call God's own heartbeat."

-chapter one, "Spinning"

"The trick in life we're all trying to learn is how to live in the space between what is and what may be, what we hoped and longed for and what we've gotten, what we're meant to be and what keeps us from being all that, what we believe and what we experience. This is the gap—the delta variable."

-chapter two, "Delta"

"Please listen carefully. The way we relate to our environment, events, and other people often results more from our past conditioning than our present choosing. Our early development and family of origin profoundly affected our nervous system, which determined whether or not we would have a secure attachment. And that wiring is the basis for trust, including trusting in divine love. "

-chapter three, "Attachment"

"Simply put, our vulnerabilities, hurts, and wickedness can propel us toward God or away from him toward the allure of evil. And evil is alluring. The enemy of our souls knows what appeals to us and why those places within us are tender and vulnerable. The evil one knows we long to be known and loved and accepted, to belong and feel at home, to have a purpose that matters more than our own comfort and convenience."

-chapter four, "Evil"

"Faith, thank God, is so much more than anything stored within any one part of us, including our brains. Integrated embodiment engages both our left and right hemispheres, our intellects, logic, and rational functioning as well as our imaginations, dreams, and creative impulses. Embodiment also requires embracing our bodies and all the trauma stored within us—from both past experiences and present dissonance between our beliefs and reality. The human soul includes the body. Only as we learn to integrate our bodies within our spirituality can we become whole. "

-chapter five, "Embodied"

"To understand how and why we mishandle our brokenness, I find it helpful to think in five categories of our human condition, what I like to call the Five Ws—wretchedness, weakness, woundedness, warfare, and wiring."

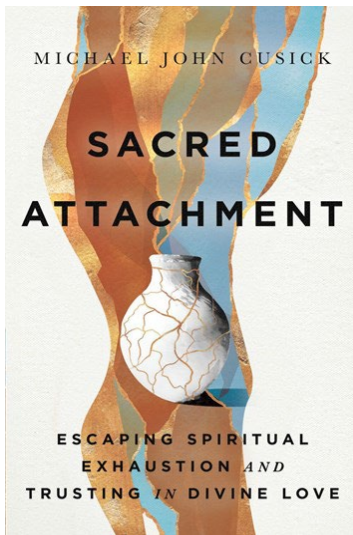
-chapter six, "Turning"



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“So rather than suppressing, hiding, condemning, shaming, and numbing the parts of our stories we don’t like or want to include, we discover how they become raw material for a new creation. This is the Jesus way.”

-chapter seven, “Wholly”

“Your hide-and-seek style of being known may come out at the office. You work harder than anyone on your team but dodge taking the credit because someday you might have to take the blame. Or it could be as simple as working hard to create an image of success to compensate for the crippling insecurity lurking beneath your luxury-brand clothing and designer sunglasses. We all want to be known and valued, but if we can minimize the risk of rejection or come up with a way to explain away others’ indifference, then we hedge our bets.

“Because when we reveal ourselves and are not seen, valued, and known, the wound to our soul gushes with shame.”

-chapter eight, “Known”

“We wonder why it seems so challenging and often frustrating to experience God the way we long to know him. We wonder if he intentionally wants to remain hidden from us and if so, for what reasons. Does he want to draw us closer by remaining somewhat elusive? What’s his motive for all the holy hide-and-seek?”

-chapter nine, “Mysticism”

“Dismissing the imagination’s vital role in cultivating personal faith, however, results in a faith that’s lacking and limited. Consider the result if fire had been banished or electricity unplugged because of the potential damage they might unleash. As you begin to live in the fullness of love and experience God in deeper, more vivid, and relevant ways, you cannot ignore the imagination.”

-chapter ten, “Imagination”

“Which brings us back to the other distinct aspect of spiritual practices: they’re not about doing anything but about being present. There’s a way of being spiritually present to all the things we experience during our day, which is the essence of practice, not just the ritualistic or religious habits and routines. Even doing nothing can be a practice, ironically enough, which reflects the biblical notion of Shabbat, ceasing action and resting in God’s presence.

“Practice is about showing up.”

-chapter eleven, “Practice”



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BIO



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"Michael Cusick's stories, from both his life and his walking alongside others, powerfully display the surprising and even scandalous grace of our God."

—**Alan Fadling**, co-founder of Unhurried Living, Inc. and author of *A Non-Anxious Life*

Wounded Healer, Psychotherapist, Spiritual Director

"As a personal witness and beneficiary of Michael Cusick's trauma-informed spiritual care, I can attest to the sacred wisdom offered in these pages. Among the treasures you'll find herein, you'll find the truth of how it is that the divine life can be known and experienced directly through our wounds and in our shadows. This revelation is perhaps the primary medicine and mercy that God dispenses through Michael to those in need of healing, whether in his clinic and intensive retreats or through his books. I'm forever grateful."

—Bradley Jersak, principal at St. Stephen's University and author of *A More Christlike God*

My life story is proof that truth is stranger than fiction. At age five I began attending Alcoholics Anonymous. At age ten I was participating in family drug rehab and living in a trailer park. If reality TV existed when I was a kid, I'd probably have my own show. Instead, I became a psychotherapist. Go figure.

Despite being exposed to a life of recovery at such an early age my brokenness went unchecked for almost three decades. I became a master in the art of living a double life. I was the nicest Christian guy by day and a sex addicted binge drinker by night. It wasn't until the summer of 1994 when it all blew up. I thank God every day it did.

In addition to being a wounded healer, I am also a licensed professional counselor, spiritual director, speaker, and author of two books, including *Surfing for God: Discovering the Divine Desire Beneath Sexual Struggle* and *Somebody's Daughter: An Experiential Guide*. Having experienced the restoring touch of God's grace in my life and marriage, I currently serve as CEO and Founder of **Restoring the Soul**, a ministry offering intensive counseling and soul care to Christian leaders worldwide.

Having served as assistant professor of counseling at Colorado Christian University, I have taught more recently as an adjunct professor at Denver Seminary, including graduate level courses on addiction, human sexuality, and spiritual formation. I hold dual masters degrees—one in biblical counseling from Colorado Christian University where I studied and interned under Dr. Larry Crabb and Dr. Dan Allender—and another masters in counseling psychology from the University of Denver.

Along with countless radio and podcast appearances, I've appeared twice on CBN's *The 700 Club*, CNN's *Dr. Drew Show*, PBS (*Rocky Mountain Network*), *Day of Discovery*, *The Hope Network*, and numerous video productions and documentaries including *Somebody's Daughter: A Journey To Freedom From Pornography*. My articles have been published in *The Huffington Post*, *Relevant*, *Prism*, *Red Letter Christians*, and numerous other books, periodicals, and blogs. I regularly speak at seminaries, colleges, and churches.

Learn more at michaeljohncusick.com.



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