

✓ OWF.4. The Nature and Impact of The Heart Wound

Sunday, 27 April 2025 8:47 AM

The Father Wound

I. The Nature and Makeup of Heart Wounds

1. The Experience Itself

- Our heart is made by God to love and also to be loved
 - To receive love we must open our heart to others
 - Being open to others requires letting down our defences and becoming vulnerable
 - Those closest to us are the ones most able to also cause serious pain
- Painful personal experiences that are not resolved accumulate and become deep Heart Wounds
- The deeper the pain the greater the impact
- [Psa 147:3](#) *He heals the brokenhearted And binds up their wounds.*

2. The Impact and Pain Caused

- When we are hurt by others we experience deep negative emotions
 - Children particularly are very vulnerable.
 - Children feel and express painful emotions deeply
- **If the event is serious, or repeated, or traumatic the pain is deep and so is the impact**
 - The heart becomes damaged or “broken by these experiences
 - A traumatic memory imprinted upon our heart about the event
 - Painful negative emotions are attached to the memories when our heart was broken
- **Triggers:**
 - New events, or events that remind us of previous wounding “trigger” the old buried pain
 - Usually this results in reactions out of proportion to what is the triggering event we are experiencing
- [Isa 53:4](#) *Surely He has borne our griefs And carried our sorrows;*

3. Demonic Defilement

- [Jhn 10:10](#) *The thief does not come except to steal, and to kill, and to destroy.*
- Satan deploys invisible evil spirit beings to exploit painful situations and defile people
 - Defiling spirits may exploit the painful situation to gain entry to a person
 - Defiling spirits fill the minds of people in pain with lies and distortions
 - Defiling spirits may torment the persons mind with stir up painful memories
 - They sow in Identity Lies and bitterness into the child’s mind and heart
- **If the situation is one of abuse or trauma, defiling spirits may enter immediately**
 - The child also forms Trauma Bonds or Soul ties to the trauma and the abuser
 - Demons use these spirit bonds to access and torment

3. The Personal Responses(Reactions)

- People respond in different ways to the painful experiences they have been through
 - An event which traumatised one person may not have had the same effect upon another
 - We are not responsible for the pain that others cause us
 - We are responsible for our reactions and for our own healing journey
- **Common Reactions:**
- There are several of the ways that people react to close their heart and protect themselves from further pain:
 1. **Identity Lies (False beliefs)**
 - These are lies we believe about ourselves, about who we are.
 - Eg. “I am not wanted”
 - These lies destroy our foundational identity as a loved child of God
 2. **Bitter Root Judgments**
 - These are lies that we believe about others after they have wounded us
 - These lies are formed out of anger, resentment and bitterness towards our offender
 - Eg. “Men will exploit and take advantage of you”

- Bitter judgments or lies we believe about others set in motion the laws of sowing and reaping. As we have judged we reap the same
- 3. Inner Vows**
- An inner Vow is a promise we make to ourselves to wall our heart against further hurt
 - Inner vows are a form of Oath, or declaration we make spoken aloud or spoken within
 - *Eg. I will never be like my Father*
 - The presence of an inner vow reveals that a bitter root judgment is present
- 4. Unforgiveness**
- Unforgiveness is a deep root that grows within the heart of a child that has been wounded
 - Unforgiveness is like a demand that a debt that is considered to be owing be repaid
 - Unforgiveness chains our heart and life in bitterness towards the offender
 - Unforgiveness causes people remain chained to the offender and their offence, and angry and tormented
- 5. Coping Mechanisms (Bitter Fruit)**
- A Coping mechanism is a strategy a person chooses to seek to control or manage stress and painful emotions
 - Unhealthy or destructive coping mechanisms could include the following
 - **Avoidance or Denial**....pretending the problem doesn't exist
 - **Performance Orientation**....over working to avoid pain or obtain approval or feel valuable
 - **Parental Inversion**....taking up responsibilities that belong to a parent, over responsible in relationships
 - **Substance abuse**....drinking alcohol or taking drugs to numb feelings
 - **Comfort eating or under eating**.....to distract from emotional pain, and gain some form of control
 - **Fantasy Escape**.....avoiding reality and responsibility by escaping into media, gaming, pornography, etc

III. Activations:

1. What impacted you the most in this message?
2. Ask Holy Spirit to reveal to you any hidden Father Wounds
 - Was it caused by something he did?
 - Was it the result of something he withheld from you?
3. What area about Heart Wounds impacted you the most?

