

# ✓ Healing the Father Wound

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## Healing the Father Wound

### I. Introduction

#### 1. Personal Experience

- Story; Singapore spirit of infirmity
- Story; NZ Spirit of rejection...cycles of authority issues

#### 2. My experience with counseling:

- The majority of people whom I see have issues whose **roots** trace back to unresolved heart wounds with a Father or Mother or both.
- They are unable to make the connection that the current issues they are struggling with are connected closely to their family of origin
- They continue to dishonour their source or origin and face cycles of distress and failure

#### 3. Old Testament

- [Deu 5:16](#) 'Honor your father and your mother, as the LORD your God has commanded you, that your days may be long, and **that it may be well with you in the land which the LORD your God is giving you.**

#### 4. New Testament

- [Eph 6:2](#) "HONOR YOUR FATHER AND MOTHER," which is the first commandment with promise:  
[Eph 6:3](#) "**THAT IT MAY BE WELL WITH YOU AND YOU MAY LIVE LONG ON THE EARTH.**"

#### 5. Jesus

- [Jhn 14:18](#) I will not leave you orphans; I will come to you.
- Jesus came to reveal Father God...to make Him visible, tangible and known
  - Jesus Fathered His disciples for three and half years
  - Leaving them would orphan them
- Orphan:
  - A fatherless child....loss of identity, protection and provision
  - Hebrew Root: Yatom
    - Hand, Cross, Hook, Water
    - The hand has lost covenant connection and now faces hidden chaos
  - The orphan is disconnected from covenant covering and is exposed to uncertainty and instability in life.
    - The missing Father leaves a deep wound in identity, provision and security
    - Heart reactions that dishonour result in cycles of oppression

### II. The Importance of a Father

#### Affect of Fatherlessness in USA

##### 1. In 2022

- 74 million children 17 years and younger in US
- About one third do not live with their biological Father
- Millions live in Blended families, struggling to adapt to differing rules in each household
- About 18.4 million or 25% have no father figure at all

##### 2. Consequences

###### (National Centre for Fathering)

- Fatherless Children are:
  - 2 times more likely to commit suicide
  - 4 times more likely to be raised in poverty
  - 7 times more likely to become pregnant as a teen 9 times more likely to drop out of school
  - 10 times more likely to do substance abuse
  - 11 times more likely to have violent behaviour
  - 20 times more likely to end up in prison
  - ("Fatherless Epidemic," National Center for Fathering, accessed March 3, 2023, <https://fathers.com/wp39/wp-content/uploads/2015/07/fatherlessInfographic.pdf>.)

### 3. National Fatherhood Initiative

- 92% of parents in prison are Fathers
- 100% of male shooters were male on anti depressants

## III. What is a Father?

### 1. Hebrew Word is "Ab" or "Av"

- A=Aleph= Ox Head ...strength, leadership, authority, source
- B=Bet. = a house or a tent, a family or household
- **Father is the strength and source of the House**
  - Father is the source of strength, leadership,
  - Father bears the responsibility for building the house
  - Father is responsible for protecting, providing for and guiding the household
- **A Father's role is to act as the representative of Father God:**
  - Reflect the heart of Father God, tender and compassionate
  - Establish the spiritual foundation of the Household

### 2. Greek Words for Father

- **Pater:**
  - Authority, provision and headship deserving our honour and respect
- **Abba:**
  - Intimacy, affection, and tenderness, deserving our trust and love

## IV. What is the Father Wound?

### 1. What is the Father Wound?

- **Definition**
- A Father wound is the **long term emotional pain** that a person suffered which is caused by **abuse** or **abandonment** of a Father's Love
  - Physical wounds are visible, and their pain and effects are clearly recognisable
  - Heart Wounds are not visible, and their pain and effect is often unrecognised

### 2. Heart Wounds are LongTerm:

- The pain is long term because to wounds take place in childhood, but its effects are often not apparent until many years later.
- They show up in relationships, life patterns and especially in relationships with those in authority

### 3. Heart Wounds are Emotional:

- Pro 15:13 *A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.*
  - The pain is deeply emotional because it affects the heart, not the physical heart but the spiritual heart
  - When the heart is damaged by sorrow the spirit is affected

### 4. Heart Wounds are Spiritual

- Mat 18:34 *And his master was angry, and delivered him to the torturers until he should pay all that was due to him.*
- Mat 18:35 *"So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses."*
  - Demonic spirits exploit the heart wounds and enter to defile and empower cycles of failure
  - Demonic spirits empower cycles of problems and failure in life and relationships
  - Demonic spirits enter people to steal kill and destroy

### 5. The Importance of Your Heart

- Pro 4:23 *Watch over your heart with all diligence, For from it flow the springs of life.*  
AMP
- **The Heart is the core of our identity, the seat of our emotions, desires and belief system**
  - Whatever affects our heart affects the course of our life and relationships
  - A Father is designed and called by God to love his child as the representative of Father God
- **There is a strong desire and longing in the heart of every child to be loved by his Father**
  - When a Father fails to love his child, he has abandoned one of his most important assignments.
- **When a Father damages the heart of their child the impact shapes their identity, life and relationships**

## V. Many men returned from WW2 with what was called "Shell Shock" (PTSD).

- Very little understanding of PTSD and no mental and emotional support
- War Trauma , breakdowns and terror leave a chemical marker of the DNA that affects the next generation

### 1. Personal Impact on Fathers:

- i. Emotional Distance and disconnection
- ii. Chronic Stress and hyper vigilance
- iii. Irritability and Anger
- iv. Silence and suppression of feelings
- v. Difficulty with Intimacy and with Parenting
  - Authoritarian...Do what I tell you
  - Don't question or answer back
  - Avoidance....We don't talk about issues
- vi. Substance Abuse
- vii. Divorce and Marriage breakdown
- viii. High Value on discipline and hard Work and loyalty

### 2. Impact Upon Their Children

- What Sons and Daughters Need from Their Father
- They need you to:
  - Initiate Connection
  - Just Be there and be present
  - Pray and Model what Faith and manhood look like
  - Express love and affection and validate them
  - Protect them
  - Demonstrate love and affection and honour for your wife
  - Say you are Sorry when you fail

### 3. Trauma Impact Upon the Children

- Lack of Attachment to Father
  - Emotional and spiritual orphan
  - Struggles to form emotional attachments
  - Difficulty trusting people and communicating
- Rejection
  - A deep sense of being abandoned, alone and having no worth
- Emotional Insecurity and Isolation
  - Children sense something is wrong and blame themselves
  - Loneliness....feeling invisible or unworthy of connection
- Emotional Suppression and Shame
  - Copy the behaviour of suppressing or concealing emotions
  - *"Expressing emotions is unsafe or weak"*
  - Stay silent...seen and not heard
  - Never express his feelings or needs
- Distorted Views of what it is to be a Man
  - Sons believe men shouldn't be vulnerable, struggle with intimacy
  - Daughters struggle to know what to expect from men in a relationship
- Performance orientation
  - Feeling the need to earn love or acceptance
  - Over responsible especially for keeping others Ok
  - People pleasing ....seeking validation
  - Strong sense of duty.....*"Do your duty"*
  - Perfectionism .....*"Never good enough"*
  - *"If I just work hard enough I will be seen and valued"*
  - Unable to relax and enjoy family
- The family maintains a culture of silence about emotional and relational issue

## VI. How Fathers Wound their Children

### 1. Two Ways a Father Wound Takes Place

- i. Abuse: Things a Father Does
  - The Father Wound can occur because of Abuse
  - Abuse means to treat in a harmful or offensive way that causes injury or damage
  - Physical
    - The abuse can be physical
    - Slapping, punching, shaking, pushing, kicking, choking, pinching, hair pulling
  - Emotional and Verbal
    - The abuse can be emotional

- Name calling, yelling, anger and rage, threats, criticism, ridiculing, scaring, ignoring, humiliating in front of others, belittling, excessive teasing, abuse of mother in front of child, damaging furniture and walls
  - Statements like: *What's wrong with you? Can't you do anything right?*, *"Why were you born? You're nothing but trouble"*
  - **Sexual**
    - The abuse can be sexual
    - Inappropriate touch, indecent exposure, exposure to pornography, sexual conversations, molesting.
- ii. **Neglect: Things a Father Withholds**
- **The Father Wound can occur because the Father neglects or withholds what the child needs.**
  - **This enormous impact of this is not obvious initially, as a child will usually try to reason or explain it all away**
  - **Examples:**
    - Too busy, unavailable, and unaware
    - Over engaged in his Work or in Ministry (Church)
    - Withholding leadership
    - Ignoring the child
    - Favouring another child
    - Silence and Isolation
    - Passivity in the marriage and home
    - Neglecting basic physical needs
    - Withholding approval and affirmation
    - Withholding affection
    - Not affirming emotions
    - Not comforting in time of distress, or fear
    - Not protecting and standing up for him
    - Not exercising reasonable discipline and boundary setting
    - Not spending time together and sharing experiences
    - Not sharing and engaging with their child
    - Failing to pray and lead spiritually

## 2. **Shame**

- Usually the Father abuses or he withholds because he himself has suffered lack, been wounded, or he has no good models of Fatherhood
  - However, a child does not see or understand this.
  - The child questions, comes to wrong conclusions.... *Why? What's wrong with me?*
  - The child experiences feelings of abandonment and with it a deep shame
- **Shame:**
- **The tormenting message of Shame.... *"Something must be wrong with me"***
  - Because the child can't hide physically, they begin to hide emotionally by closing off their heart to further pain and hurt
  - Toxic shame eventually clothes the child like a garment
  - The child begins to conceal and hide their true self, their identity
  - When a child suppresses their emotions they turn to false comforts and other ways of avoiding meaningful relationships
  - When they grow up the child brings this brokenness into their adult relationships

## VII. **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
- 4. 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:
      - i. **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
      - ii. **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
      - iii. **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
      - iv. **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
      - v. **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

## VIII. Healing The Father Wound

### Key Steps in Resolving a Father Wound

1. Acknowledge the wound and need for Healing
  - Humble yourself
  - Personal honesty
2. Identify and Grieve the injustice and loss you suffered
  - What happened
  - How did this affect you?
3. Identify the ways that you reacted to control the pain
  - Bitterness
  - Bitter Judgments
  - Inner Vows
  - False Comforts
  - Identity Lies
4. Repent and Renounce these issues
  - Confess them to Jesus
  - Ask for Forgiveness
  - Break your agreement with them
5. Release Forgiveness from the Heart
  - Speak it aloud
  - Release all debts
  - Release all grief and disappointment
6. Rebuild the Areas of Damage
  - Honour: Chose to Honour and Bless
  - Meditate in Word of God new truths regarding identity, acceptance
  - Speak the Word of God over your life
  - Put right relationships where your reactions or neglect has caused hurt
  - Identify what areas of relationship you need to build
  - Seek and Find models for the rebuilding
  - Cultivate being a Son to your Father in Heaven
    - Building relationship
    - Serving

### Vi. Personal Testimony.