

## ✓ OWF.3. The Father Wound

Sunday, 27 April 2025 8:44 AM

### The Father Wound and its Generational Impact

#### I. 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
- **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
- **Heart Wounds Emotional:**
  - The pain is deeply emotional because it affects the heart, not the physical heart but the spiritual heart

##### 2. 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 can be life shaping

##### 3. 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? Cant 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

#### 4. **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

## II. **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

#### ○ **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>.)
- **National Fatherhood Initiative**
  - 92% of parents in prison are Fathers
  - 100% of male shooters were male on anti depressants

### 2. **Father Wounds of Troubled People**

- **Adolph Hitler's** father.....was violent, regularly beat him, and died when Adolph was 14
- **Joseph Stalin's** father.....was an alcoholic who beat him
- **Mao Zedong's** father.....was verbally and physically abusive calling him lazy and useless
- **Saddam Hussein's** father.....died early and his stepfather beat him so badly he ran away, killed over 250,000 people, known as the Butcher of Baghdad
- **Idi Amin's** father.....abandoned him as a small child suffered manic depression, killed over 100,000 and became known as The Butcher of Uganda
- **Robert Mugabe's** Father..... abandoned him as a child, he became angry, violent, strongly reacting to any form of rejection
- **King Tshaka (Zulu)** father.....humiliated and cruelly treated him, killed over 2million people

- **John Wayne Gacy**(killed 33).....was an alcoholic, beat him with a belt, verbally abused him
  - **Ted Bundy** (serial killer 30x).....abandoned by his father before he was born
  - **Mass shooters**.....47/56 had parents divorced never married , father abused physically or sexually, the father was an alcoholic or drug addict or imprisoned
- The vast majority experienced early childhood trauma and exposure to violence at young age

### 3. Affects of Divorce & Abandonment by Fathers

- In 2021 (USA)
  - The divorce rate was about 42% (690,000)
  - Divorces have a devastating impact upon children depending on the age they were
- Consequences
  - Loss of time with their father
  - More likely to experience financial hardship and poverty
  - Increase in anxiety and depression
  - Increase in premarital sex and living together
  - Girls more likely to have teen pregnancy
  - More likely to contract sexual diseases
  - Less likely to view marriage as a life commitment
  - More likely to have learning difficulties, ADHD
  - Twice as likely to attempt or commit suicide
  - Twice as likely to develop an addiction
  - Lower school achievement
- Other Consequences
  - **Divided loyalties**
    - Torn between loyalty to one parent or the other
    - Deep grief and anger buried
  - **Over Responsible**
    - Taking on the role of the absent parent and losing own identity
  - **Need to Control**
    - Fearful, anxious and living in a heightened state of alarm and sensitivity
    - Needing to control everything to feel safe
  - **Fear of Conflict**
    - Memories of marriage conflict are very present and painful
    - Children can become traumatised by the parental conflict prior to divorce
    - People pleasing and avoidance of all relational conflict
  - **Feelings of Abandonment**
    - In divorce adult needs take priority over a child's needs
    - Deep grief over feeling abandoned by one parent persist
    - Fear of being abandoned in relationships
    - Questions: *Where is my Father? Why did he leave us? What's wrong with me?*
  - **Feeling Powerless or Helpless**
    - There was nothing the child could do to prevent the divorce
    - Deep fears develop that can paralyse relationships and decision making

### III. The Culture Shift in New Zealand

#### 1. The Impact of World War 2

- Soldiers returning from War were often highly traumatised by their wartime experiences
  - They returned home still traumatised by war
  - There was no help available to assist them address war trauma and reconnect
  - After living for years through intense violence, death and fear normal life was strange
- This showed up how Fathers related to their Families
  - Emotional Distance and Disconnection.....*Closed off, Like a stranger*
  - Anger and Irritability..... Reacting to small frustrations
  - Silence and suppression.....Stoic, not talking about experiences or feelings
  - Difficulty with Intimacy and Parenting.....Emotional numbness, authoritarian, duty oriented
  - Substance Abuse.....Alcohol to numb the intruding memories
- Children of WW2 veterans often showed:
  - Affected genetically by the impact of father's War Trauma
  - Higher rates of anxiety and depression

- Difficulties trusting others
  - Emotionally disconnected and distant,
  - Perfectionism and terror of conflict
  - A strong sense of duty or emotional self-suppression
  - Feeling “responsible for keeping everyone happy”
- **Third Generation, the Grandchildren also feel the impact**
- They begin to question:
    - *Why are we like this?*
    - *Why do I feel so much fear/anxiety?*
    - *Why don't we talk more?*
- **Children of Holocaust survivors have been studied extensively and show:**
- Altered cortisol (stress hormone) levels
  - Higher vulnerability to PTSD from their own later-life traumas
  - An inherited deep fear of loss and sudden catastrophe
3. **The Impact of the Sexual Revolution, Feminism, TransGender Movement**
- Each of these Movements has contributed to undermining the value of Biblical Fatherhood
- The spirit behind them rejects the image and order of God for fatherhood
  - This has had serious social and relational consequences
1. **The Value of Fatherhood has been undermined and diminished**
- Fatherhood has been devalued, ridiculed and and sometimes rejected
  - Traditional roles of Father as primary provider, protector and authority figure have been undermined and challenged
  - Women have left the home for the workplace
  - Young children have been exposed to extensive time with caregivers rather than with their parents
2. **Fatherlessness has dramatically increased**
- Single Parent households have become normal.
  - Fathers have become less involved in the lives of children born outside marriage
  - Dramatic increase in children growing up without a father figure
  - Lack of Emotional and Financial support of a Father
  - Erosion of Marriage and Family Stability
3. **Gender and Identity Confusion**
- Questioning of traditional and Biblical gender roles has been increase
  - People began to view fatherhood as a social construct and despise it
  - Media have extensively ridiculed and belittled Fatherhood and Distorted God's design for Marriage
3. **Local Church has also been Deeply Impacted by Fatherlessness**
- [1Co 4:15](#) *For though you might have ten thousand instructors in Christ, yet you do not have many fathers; for in Christ Jesus I have begotten you through the gospel.*
- [1Co 4:16](#) *Therefore I urge you, imitate me.*
- There has always been a major need for Apostolic Fathers in the Church
- **Ways that Fatherlessness has impacted Churches**
1. **Pastoral Focus instead of Apostolic Focus**
- Churches are led by mostly by Pastors rather than Apostles
  - The focus of pastors tends to be more gathering up and nurturing people
  - Apostles are pioneers who call people to mature and participate in mission
  - Apostles confront spiritual powers and build strong spiritual atmospheres
2. **Feminization of the Church**
- There is a focus on experiences and feelings rather than discipleship
  - Many church activities women relate to more easily than men
  - Imbalance in the ratio of women to men
  - Lack of ministries that focus on building men
  - Frequent presence of Controlling Powers (Jezebel)
3. **Corporatization of the Church**
- Many church pastors have not experienced good fathering themselves
  - Many have unresolved father and childhood trauma issues
  - Deliverance and healing ministries are given no place.
  - Orphans and Orphan Leaders abound, all climbing a corporate ladder
  - The church becomes very performance oriented and Fatherless
  - The church becomes a Corporation with a CEO and not a family with Fathers

**IV. Activations**

1. **A you think about this message what impacted you the most?**
  - **Why did this impact you?**
2. **Can you Identify ways that your Father may have wounded you?**
  - What happened?**
  - How did it affect you at that time?**
3. **As you reflect upon your father, in what ways was he absent from your life?**
  - **If your father left physically, what was the reason for his leaving?**
  - **How old were you when this happened?**
  - **In what ways did this affect you?**
4. **Think about your family experiences growing up**
  - **Can you think of things that were withheld from you that caused pain you remember**
  - **What happened?**
  - **How did this affect you?**

**References**

- <http://www.forourchildren.org.nz/Resources/Research++Policy/Research+and+Reports/Takeaway+Statistics.html>
- [https://www.google.com/search?client=safari&sca\\_esv=29e62d3773da02a2&hl=en-nz&q=Fatherlessness+in+nz+statistics&sa=X&ved=2ahUKewix-drU8umMAxVIsFYBHWJaO5sQ1QJ6BAgzEAE&biw=1366&bih=944&dpr=2](https://www.google.com/search?client=safari&sca_esv=29e62d3773da02a2&hl=en-nz&q=Fatherlessness+in+nz+statistics&sa=X&ved=2ahUKewix-drU8umMAxVIsFYBHWJaO5sQ1QJ6BAgzEAE&biw=1366&bih=944&dpr=2)

**Impact of Father Wound**

- Story Narcissist mother
- Spiritual
- Emotional
- Relational

