

✓ OFW.8. Practical Steps to Process and Heal Heart Wounds

Sunday, 27 April 2025 8:48 AM

How to Process and Heal Father Wounds

I. Healing is a Process

1. The Healing Journey

- **Holy Spirit is responsible for your Journey**
 - Holy Spirit will uncover hidden roots and bondages
 - You are responsible to seek His help and do your part
 - Holy Spirit will empower you to overcome and change
- **The Healing and Change is a Life Journey**
 - Holy Spirit is conforming you to become Christlike in character
 - This is a lifetime journey of intimacy and transformation
 - Whenever we stop changing and growing we stagnate spiritually

2. The Power of Journaling

- **Journaling is a great tool to assist you in your Healing Journey**
 - Journaling is writing spontaneous thoughts and impressions about your experiences
 - Journaling assists you to connect with your heart and the unspoken thoughts and feelings within you
 - Journaling is a tool to process painful experience and heart wounds
 - Journaling is also a helpful tool to assist you hearing God speak to you

3. The Struggle to engage the Parent Heart Wound

- **When people try to process a parental wound they frequently experience conflicts**
 - **Control:**
 - If issues have been kept under control for years there can be inner resistance to engaging what may have been strongly suppressed for yours
 - **Loyalty:**
 - When processing pain with a parent, there are both positive and negative experiences with them
 - Loyalty can cause a person to keep minimising pain and focussing upon only the good experiences
 - In addition some families have strong controlling demands or even threats of secrecy in relation to the family issues

II. The Gratitude Page

1. How to Begin

- **Privacy**
 - Ensure that you have privacy and uninterrupted time alone
- **Tissues**
 - It may well be very emotional
 - Have some tissues or a towel
- **Worship**
 - Put on some worship music
 - Spend some time in worship and thanksgiving
- **Surrender**
 - Intentionally surrender control and all resistance to change and invite Holy Spirit to bring to the light all that He wants you to address

2. What to Write

- **A Personal Letter to your Father**
 - Write as if you are writing directly to your Father
 - You will never send this letter. It is a help to process
 - Think of him as you write. Remember all the good experiences
- **List everything you are Grateful for**
 - Experiences together
 - Things he did for you and your family
 - Positive character traits you admire

- **Express Gratitude to God and your Father**

- Speak out
- Thank Father God for this legacy
- Thank your Father for this legacy

III. The Grief Page

NB. Now you have come to the painful and difficult part: The Grief Page

- Your Father had some good and maybe even great qualities
- Your Father also had his own wounds and struggles
- This is the most likely source of your painful experiences

1. The Debt:

- This what you believe he owes you, where you have been wounded and offended
- Write out exactly what happened
 - What he did that hurt you
 - What he withheld that you needed
- Write until there is no more to write
 - Name what was painful growing up
 - Name your loss..I needed your love, your presence, your words

2. The Grief and Pain: Name your Loss

- This is where you express the way his actions have hurt and damaged you
- Write in detail how his actions or failures have hurt you
 - Speak honestly and truthfully
 - Allow your emotions and feelings to flow freely
 - You may find the grief is very deep
- Allow yourself to feel sadness, anger, and longing without rushing past them.
 - Grieving honours the reality of your story.
- Bring this pain and injustice to the Cross
 - Imagine exchanging your pain and injustice for Jesus healing
 - Speak it out and release all of it to Him
- **Release Forgiveness to your Father**
 - Verbalise this
 - Be specific and speak full release to him

3. Your Reactions to being Hurt

- Ask Holy Spirit to uncover and reveal these
- What has he shown you? How did you try to take control?
 - Identity Lies.....Confess them aloud and Renounce them
 - Bitter Judgments.....Confess these aloud and Renounce them
 - Inner Vows.....Confess these aloud and Renounce them
 - False Comforts.....Confess these aloud and break your agreement with them

4. Bless Your Father

- *1Jn 3:14 We know that we have passed from death to life, because we love the brethren. He who does not love his brother abides in death.*
 - Over the space of a week or so pray daily for your Father
 - Think of him and thank God for him
 - If your heart still holds offence there will be no flow. It will feel unnatural
 - Continue until you feel a flow of love from your heart towards your father

IV. Is Reconciliation Needed?

1. What is meant by Reconciliation?

- Reconciliation means removing the enmity between two people
 - Reconciliation may not be possible if your father is dead or is abusive and likely to hurt you again
 - There may however, be things Holy Spirit wants you to put right with your Father
 - These may be ways in which you have rebelled, dishonoured or disappointed him

2. Is It Needed?

- Only if the Holy Spirit convicts you of the need to do this

3. How to Set up the Meeting

- Let him know you would like a few minutes to speak privately with him
- Ask him when and where this would be convenient for him
- Work in with what suits him

4. What Not to Do

- Don't bring up his faults and mistakes and blame him
- Don't expect him to acknowledge failure or to apologise to you
- Don't react if he doesn't appear to express interest or any response

5. What to Do

- Acknowledge that Jesus has been telling you of your need to put some things right
- Express sorrow for specific things that you said or did that were dishonouring or disappointing to him
- Ask His Forgiveness
- Tell him that you love him and appreciate what he has done for you

1. Receiving God's Fathering

"You, God, are the perfect Father my soul needs."

- Actively open your heart to God's love, nurture, and healing.
- Let Him speak over you what your earthly father couldn't.

2. Rebuilding Identity

"I am loved, worthy, and seen — not because of what I do, but because of who I am."

- Anchor your identity in God's truth, not in old wounds or performance.

3. Living Forward

"The past shaped me, but it does not define me."

- Build healthier relationships.
- Practice emotional openness.
- Create a new legacy for your future family or community.

Quick Summary Visual

Awareness → Naming → Grieving → Forgiveness → Receiving → Rebuilding → Living Forward

Each step is part of a spiral, not a straight line — you might circle back at times, but each loop moves you deeper into wholeness.

Healing Journey Path

1 Awareness

"Something in me still aches."

Recognize patterns of pain, emotional struggles or emptiness, acknowledge that it

2 Naming the Loss

"I needed love, presence, words... and I missed them."

Specifically name what was missing or hurtful.

3 Grieving

"It's okay to mourn what I lost."

Allow yourself to feel sadness, anger, and longing without rushing past these emotions.

4 Forgiveness (Not Excusing)

"I release my father to God."

Forgiveness doesn't erase pain — it releases my heart from being chained to bitterness.

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7 Living Forward

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Daily Healing Reflection

1. Center Yourself

- Find a quiet moment.
- Take a few deep breaths.
- Imagine sitting safely in God's presence — no judgment, only love.

2. Reflect with Gentle Honesty

Ask yourself:

- "How is my heart today?"
- "Where do I feel tightness, sadness, or hope?"
- "Is there a younger part of me that needs compassion today?"

No need to force answers — just listen to your heart without pressure.

3. Speak Truth Over Yourself

Say (out loud if you can):

"I am God's beloved child. I am seen, known, and deeply loved. I am allowed to feel, to heal, and to hope."

4. Short Healing Prayer

"Father God,
Thank You for walking this journey with me.
Heal the places in me still hurting.
Fill the empty spaces with Your perfect love.
Teach me how to live in freedom, not fear.
Remind me that I am never alone —
You are always fathering my heart with tenderness and strength.
I receive Your healing today.
In Jesus' name, Amen."

5. Closing Word to Carry Through the Day

Choose one word to carry in your heart today:

Loved. Healed. Safe. Seen. New. Free. Brave. Beloved.

Simple Visual Layout:

Breathe → Reflect → Speak Truth → Pray → Carry One Word

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