

✓ OFW.5. Ungodly Reactions to Father Wounds

Tuesday, 29 April 2025 5:18 PM

Ungodly Reactions to Father Wounds

I. Personal Responses

- **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

II. 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
- We will develop this more in the next session

III. Bitter Root Judgments

1. What is a Bitter Root Judgment?

- **Bitter Judgments 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
- Hence the name: Bitter Root Judgments

2. Bitter Judgments often arise as a child because of abuse or neglect in the home environment

- The process of judging often takes place without the child realising it has taken place
- After people judge someone out of anger and resentment they believe they have the right to "condemn and "pass sentence" upon them.
- The hurt may be caused by one person but judgment is passed upon all others like that

3. Judgments can be made about groups of people:

- Genders...Men or Women
- Certain races
- Political parties
- Authority figures
- Religious groups

4. Example of a Bitter Root Judgment

- Example:
 - *Men will exploit and take advantage of you*
- More Examples
 -is too emotional
 -is manipulative
 -is harsh
 -is dumb
 -will never be there for me
 -will never love me
 -will always try and control
 -are all lazy
 -are all cheats
 -will always control me

5. Sowing and Reaping

- 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
- [Mat 7:1](#) *"Judge not, that you be not judged.*
- [Mat 7:2](#) *For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you.*
- [Jas 2:13](#) *For judgment is without mercy to the one who has shown no mercy. Mercy triumphs over judgment.*

6. Steps To Freedom

- **Repent and Break all Bitter Judgments**

- Ask Holy Spirit to make you aware of any judgments that you have made
- Repent and confess this judgments
- Verbally break and cancel all such judgments

IV. Inner Vows

1. What is an Inner Vow?

- **An Inner Vow is a promise we make to ourselves to wall our heart against further hurt and pain**

2. Inner vows are a form of Oath, or Declaration we make spoken aloud or spoken within our heart

- They are called "Inner" because we speak them into our heart
- They are called "Vows" because they are a solemn binding promise we make
- Our heart can make many of these inner vows at a very young age when we are very vulnerable
- In times of pain it seems right to vow to protect ourselves

3. Inner Vows are a binding agreement with demonic powers

- Instead of turning to God as our Father to protect us we seek to save ourselves
- We turn from trusting the Spirit of God our Father to save us
- We become self reliant and independent of God
- We unwittingly come into agreement with demonic spirits of Fear and Control

4. Inner Vows are Easy to Recognise;

They usually begin with statements like:

- *I will never.....*
 - *I will always.....*
 - *I will make sure...*
- o Our words become binding upon us as we make a law that restricts our freedom
- Even if we did not know what we were doing the vow still becomes binding upon us

5. Examples of Inner Vows

- *I will never be like my Father/Mother*
- *I will never marry anyone like my Father/Mother*
- *I will never be angry like my Dad*
- *I will never trust any man*
- *I will never trust any woman*
- *I will never let any woman control me*
- *I will never trust any.....race*
- *I will never let anyone tell me what to do*
- *I will never show emotions*
- *I will never cry*
- *I will never show weakness*
- *I will never trust anyone*
- *I will never be poor like..*
- *I will never be vulnerable again*
- *I will never speak or sing in public*
- *I will never have a boy/girl*
- *I will never be violent*
- *I will always be in control*
- *I will always work hard*
- *I will prove I am better than them*

6. The presence of an inner vow reveals that a bitter root judgment is previously present

- The judgment was made during a moment of anger and resentment
- The inner vows we make are based upon the judgments we have already made against others
- [Mat 7:1](#) *"Do not judge others, and you will not be judged.*
- [Mat 7:2](#) *For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged. NLT*

7. Steps to Freedom

o Repent and Break All Inner Vows

- Ask Holy Spirit to make you aware of any Inner Vows that you have made
- Repent and confess this Inner Vows
- Verbally break and cancel all such Vows

V. Unforgiveness

1. What is Unforgiveness?

- **Unforgiveness is a debt we believe we are owed by someone who has hurt or offended us**
2. **When people believe they have been treated unfairly they become offended**
 - When people are offended they become angry
 - If we allow the offence to remain unresolved and the anger to simmer we develop unforgiveness
 - Unforgiveness is a deep root that grows within the heart of a child that has been wounded
 - The most common issues of unforgiveness are directed towards parents, a Father or Mother
 3. **Unforgiveness is a choice, a demand that a debt that we believe is owing be repaid**
 - We believe we are owed an apology, and some kind of restitution
 - What underlies unforgiveness is a desire for revenge, to punish the offender
 - We may not be able to punish the offender but we desire it in our heart
 4. **Unforgiveness chains our heart and life in bitterness towards the offender**
 - We believe in our heart:
 - "You hurt me, and since I cannot get revenge I am going to punish you"
 - "I will hold onto this unforgiveness and anger and I feel I have power over you"
 - Unforgiveness is based upon anger, resentment and the desire for revenge
 5. **Signs of Unforgiveness**
 - When you see the person you feel an invisible wall in your heart
 - You keep replaying the scenes of what happened over and over
 - You keep a mental list of all the offenders sins against you
 - You seek out others who carry offences and seek vindication
 - You speak badly to others about the person who hurt you
 - You erupt in anger easily in some situations
 - You get triggered by what people say or do that reminds you of the offender and their actions
 - You have anger towards all authority figures
 - You hate certain types or groups of people (Men, women, teachers, authority figures)
 - You react angrily to any form of correction or slightly negative feedback
 - Chronic anxiety and difficulty sleeping
 - Unexpected sicknesses due to increased Adrenaline and Cortisol
 6. **Jesus Taught us Heart Forgiveness**
 - **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.**"*
 - Unforgiveness opens the door of our life to torment by demonic spirits
 - Jesus taught us to **forgive from our heart**
 - **Forgiveness does Not mean**
 - I excuse the offense
 - I forget what happened
 - I must reconcile with the person who hurt me
 - I must now trust the offender
 - I have to do right now...it cannot be forced
 - **What is Heart Forgiveness?**
 - To Forgive is a choice to release the debt we believe is owing
 - To Forgive from the heart means to fully let go the underlying heart issues;
 - Grief, Injustice, Anger, Resentment, Hatred and the Desire for Revenge
 - It is a Choice to not be bound to the actions of another person and give them power and control over my life, but to gain power back in my life
 - There is a personal cost to unforgiveness in overcoming the deep feelings of injustice and anger
 7. **Steps to Freedom**
 - **Repent and Release Forgiveness**
 - Ask Holy Spirit to make you aware of any people you are holding offenses against
 - Ask Holy Spirit to uncover any hidden offense and anger against your father
 - Process forgiving from the heart, using journaling
 - Pray daily for a season and bless them

VI. **Activations**

1. **What impacted you the most in this message?**
2. **Pray and Invite Holy Spirit to uncover issues you have hidden**

- 3. Are you holding any Bitter Judgments?**
 - Against who are these judgments made?

- 4. Have you made any Inner Vows?**
 - What vows did you make?
 - What were the circumstances that led you to do this?

- 5. Are you Holding any Unforgiveness in your Heart?**
 - Who is this against?