SESSION 4

HEALING MOTHER & FATHER WOUNDS

**PSALM 27:9-10 (THE MESSAGE)**

**You’ve always been right there for me; don’t turn your back on me now. Don’t throw me out, don’t abandon me; you’ve always kept the door open. My father and mother walked out and left me, but God took me in.**

“Our adversary, the devil, seeks to destroy the role, presence, and function of earthly fathers and mothers in order to destroy the major ways we learn.”

Tom Lane, *“The Influence of a Father”*

Fathers Role:

* Lead
* Protect
* Provide
* Identity

Mothers Role:

* Love
* Nurture
* Care

**Mother/Father Wounds**

* Emotional wounds in the soul caused by the physical or emotional absence of the father or mother during the formative, developmental period of one’s life.
* Emotional wounds caused by parents whose methods of parenting were either inadequate or overbearing.
* Most wounds are unintentional.

**Influential Relationships**

* Our childhood and adolescent relationships are among the most influential.
* We all tend to project the character traits of those authority figures, especially parents, onto the Heavenly Father.
* God’s true character can become distorted in your mind when you experience unhealthy relationships.

**Results of Mother/Father Wounds**

* Resentment
* Bitterness
* Low self-image
* Unhealthy relationships
* Fear of Rejection
* Sexual brokenness/confusion
* Performance mentality
* Repeating painful patterns/behaviors

**2 Corinthians 6:18**

**“I will be a Father to you, and you shall be My sons and daughters” says the Lord Almighty.**

**The Family System**

* We learn how to interact in relationships and how to manage life by growing up in a family system.
* As you grow up in systems that are, to varying degrees, hostile and/or dysfunctional, your soul gets wounded and you develop self-protective coping strategies for your relationships with others.
* Your definition of self is formed by parents, friends, and others who tell you who you are. These definitions tend to shape your sense of self.

**Who Am I?**

* **Little Miss Perfect**: overachiever, do everything right; seeks approval and attention.
* **The Hero**: here I come to save the day, you can count on me; seeks acceptance.
* **The Invisible One**: out of sight, stay in the room, lost child, tend to self-harm; seeks attention by acting out, don’t know how to verbalize they need attention.
* **The Scapegoat/Problem Child**: blamed for everything, takes responsibility for things they didn’t do, creates disturbance; seeks a lot of attention any way possible.
* **The Joker/Mascot**: always making light of the situation, makes people laugh, always express happiness; seeks comfort, balance.
* **The Rescuer**: find a person in need and come to their aid; seeks value to feel better about themselves.

Our natural tendency is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

But, we can’t be free from anything we won’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Blame and Control:**

* Blame: “I’m not okay, and it’s your fault.”
* Control: “For me to be okay, you have to change.”

Nobody gets to tell me who I am without my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Prayer:

Thank you, Father, that your perfect Son, Jesus, became a curse for me so that I can walk in the blessing you originally intended for the family. Lord, I choose to repent for giving place to the enemy. I ask your forgiveness. With the authority of Jesus Christ, I renounce any and all hidden works of darkness associated with our family curse, and I break the power of the enemy that has kept me bound. I choose to close the door on the enemy’s influence in our family. In Jesus name, Amen!