

Healing a Man's Father Wound

“No mother or any other woman can ever make a boy or a man love himself as a man. An attractive woman might make him feel terrific for a time but she still can't make him feel loved or that he is a man no matter how attractive she might be.....When his passion subsides he'll be faced with the pain and reality of his own loneliness and emptiness. Ask a hundred men how many felt close to and affirmed by their father and you will see about three or four hands raised....The father wound that injured our masculine soul is because we never felt loved by our fathers. And that wound desperately needs to be healed.” – (<http://www.actsweb.org/articles/printer.php?i=76&d=1&c=3&p=1>)

WHAT IS THE FATHER WOUND? (www.agapehealing.org/pdfs/The-Father-Wound.pdf)

The father wound is the absence of this love from your birth father....The effect of a father wound is low self-esteem, a deep emotional pain inside and a performance orientation that makes us “doers” rather than “beings”.

The wound can be caused by:

- neglect** – I am unimportant;
- absence** – divorce, separation, death;
- abuse** – mental, physical, sexual, spiritual;
- control** – domineering;
- lack of blessings** – at various stages of life; and
- lack of affirmation** – that leads to a lack of self-acceptance.

When we hold a conception of our birth father as angry, violent, uncaring, indifferent, distant/withdrawn, absent/abandoning, alcoholic, condemning and/or critical, we tend to believe the following words about ourselves:

- I am unworthy
- I am stupid
- I am incompetent
- I am unloved or unlovable

Often a person's image of God the Father is contaminated by the personal experience he or she has with the birth father.

WHAT IS THE HEALING PROCESS?

1. “I need to **acknowledge the fact** that I had or have a father wound and need healing.” (<http://www.actsweb.org/articles/printer.php?i=76&d=1&c=3&p=1>)
2. “I need to **get in touch with my pain**, express my deep anger and sob out my well of buried grief over the loss of the father's love I never had.” (<http://www.actsweb.org/articles/printer.php?i=76&d=1&c=3&p=1>)

GRIEVING THAT LOSS: The Kübler-Ross model 5 Stages of the Grieving:

- (1) Denial/Shock
- (2) Anger
- (3) Bargaining/Reversal
- (4) Depression/Sadness
- (5) Acceptance

3. **Begin that Healing Process:**

Agape Healing International states that there are **THREE STEPS** to addressing the Father Wound: (www.agapehealing.org/pdfs/The-Father-Wound.pdf)

- (1) Understand the heart of God
- (2) Inviting Jesus into the wounds created by the birth father
- (3) Accepting the truth about one's self as a child of God

UNDERSTAND THE HEART OF GOD:

Get to know Him in a real – personal – and intimate way. Come to understand His true nature and character. Keep this relationship real, authentic and personal

INVITE JESUS INTO THE HEALING PROCESS:

(1) Forgiving your biological father or anyone associated with this Father Wound:

A correct understanding Forgiveness (From the book: "Not Just Friends" By Dr. Shirley P. Glass)

Forgiveness IS NOT:

- *Forgive is **not** forgetting or pretending it didn't happen*
- *Forgiveness is **not** excusing or condoning the behavior.*
- *Forgiveness is **not** reconciliation.*
- *Forgiveness is **not** giving permission to continue the behavior.*

Forgiveness IS:

- *Forgiveness is a gift to yourself*
- *Forgiveness is a choice.*
- *Forgiveness is a process.*
- *Forgiveness is "LETTING GO" of obsessiveness, bitterness, resentment, pain, revenge and the need to punish.*

(2) Understanding & Grace:

In his book "Finding our Fathers" Dr. Samuel Osherson says: "One way of healing the wounded father is to plunge into your father's history. A man needs to find ways of empathizing with his father's pain". He furthermore states, "In learning about their fathers, sons can come to see them as separate people, different from them. That can help the separation-individuation process, as the son realize that he is responsible for his own identity as a man, that he is not chained to his father's attitudes and values"

(3) Confession of Sin:

It is important for a man to take responsibility of his own choices in perpetrating this "Generational Curse" (Exodus 20:4-6/Psalm 78:1-7). Confess those sins – receive forgiveness – establish steps in the "Truth" which will "set you free"

(4) Tear down strongholds and repent of vows made: (II Corinthians 10: 3-5)

STRONGHOLDS – "A stronghold is deception that's taken hold in a person's mind. It's an incorrect thinking pattern based on a believed lie ... Since strongholds are built upon lies that we have been fed, the way we tear down strongholds is by feeding on the truth (in God's Word)"
(http://www.greatbiblestudy.com/spiritual_warfare.php)

VOWS & PROMISES – Irrational Vows & Promises I made in my past I need to recognize rebuke and repent of. If I don't than those vows and promises will be a stronghold which will keep me in bondage and hinder my healing.

ACCEPTING THE TRUTH OF WHO I AM:

"When we possess a sense of identity we possess a clear sense of who and what we are which is separate from others; we are emotionally and intellectually independent; we are emancipated from dependency on the outside world for a sense of self and we possess realistic understanding of our intrapersonal strengths and weaknesses. A sense of identity means that we have developed a clear, loving, accepting, and intimate relationship with ourselves." - Robert Subby

(1) **KNOW WHO YOU ARE:** Knowing "Who I am" can only be realized as I ask my Creator to reveal to me my true worth & identity. Ultimately that **MUST** come from Him.

(2) **WALK IN THAT TRUTH:** "You will know the truth and that truth will set you free" (John 8:32). **FREEDOM** from mask wearing and approval seeking! – **BUT** you must **WALK** in that truth for it to become a reality.

4. Keep Moving Forward – It's a life-long journey:

- (1) Walking daily with God the Father in true intimacy
- (2) Continuing walking with authenticity and the in truth you own identity
- (3) Develop and maintain healthy & intimate relationships with healthy men