

OUR FATHER NEED & OUR FATHER WOUND

The deepest relationship in the universe is a father and son. We are made to live together in unity. The father is meant to answer the question for his son: "Do I have what it takes?"

However, there are many boys trapped inside men's bodies - suppressing their true self because they were never told by their father that they have "what it takes." Our mother is a symbol of mercy but every boy has a core need for a father.

The father gives validation. Masculinity is passed on by the masculine spirit – this is just how it works; we can't escape it.

Jesus is the second Adam. Jesus is masculinity in action.

He is baptised in the river and the Father can't help but declare over him: "This is my beloved Son - You have what it takes. I couldn't be prouder of you!"

If Jesus needed to hear these words, how much more do we?

We all have a wounded heart - through our mothers and fathers - through people of influence. Through betrayal, abuse and trauma. The idea of a wounded heart is so clearly seen in the Scriptures.

Psalm 109:22 I am poor and needy, and my heart is wounded within me.

Men are desperately seeking an escape, something to dull the pain.

For example, pornography isn't about sex - it is about men trying to find validation or escape pain.

It lets a man feel like a real man for just a moment. But it is only a superficial medication or "fix".

For many men sports or fighting is a way of trying to find validation. Others feel that have to find value through their work, money, possessions - looking good in front of people.

But through these things we are only trying to avoid pain - like taking a pain-killer for a broken bone, we're simply just medicating the wound not actually healing it.

Whatever the wound is, only God can heal it.

What have you done with the wounds of your heart?

A wound that is not addressed by us, is a wound that remains unhealed.

Some men will embrace their wound and say that it is just who they are - it becomes a part of their identity; anger, trauma and brokenness.

But it will sneak up on them.

God will let the poser, the fake be revealed - he will let it all come down because He wants to get to your heart.

Sometimes watching a movie, hearing a song or visiting a certain place or memory brings it all back.

You find yourself crying.

The devil will keep you trapped in the place of your deepest wound – anything to get you to stay stuck there.

How can you truly enjoy the depth of your masculine soul?

It is truly rare for men to openly want freedom from this.

There is a huge price to pay in humility and being vulnerable - in being real.

For many, it feels like jumping off a cliff into an unknown chasm!

But the rewards of a healed, whole, integrated and alive soul are so worth it!

The sense of well-being, of knowing your spirit within you is free to be expressed through your life - this is what you're made for!

Here's the invitation, and the challenge:

Start the journey, embrace the process, stay focussed, and don't give up.

THE PROCESS OF HEALING

We're going to look at core issues that prevent you from being the man you're supposed to be. For many men the father-wound is the deepest and biggest hinderance in their heart. As uncomfortable as it may sound, let's put aside hesitation and explore our hearts with the Holy Spirit.

PREPARATION:

Alone or with a brother?

Much of what follows can be firstly prayed about and pondered alone; however, we strongly recommend that at the end you come together with a brother to share your findings and pray over things.

For those who find this particularly emotional or painful, you could do it together with a brother. The deeper the wounding, the more necessary it may be to walk through this slowly with someone who is understanding. Being able to confess and say things out-loud is powerful.

Either way, coming together with someone at the end of the process to give a different perspective and seal or complete it is powerful.

ENVIRONMENT:

- Get to a quiet place, with no distractions
- Plan a good amount of time
- Invite the Holy Spirit to lead your spirit
- Take a Bible and a notebook
- Make these prayers your own - write them out in your own words.
- Be brutally honest

If nothing sparks first time around - don't give up!

As long as you feel something under the surface - God is committed to addressing it.

It's life-long. The process never stops. But you can come a long way in a short time if you are willing.

Keep desiring growth and change, and do whatever it takes to stay on that journey.

Let's start!

PRAYER OF SURRENDER

Absolute surrender to the Lordship of Jesus and guidance of the Holy Spirit is essential. Going to some painful memories without Him beside you is pointless; but when He is with you - those memories and experiences can be transformed in His presence.

So, we don't avoid those places; we go there ***knowing that He is with us!***

Let's come and surrender our hearts, minds, spirits and bodies to God. Pray this prayer out loud with me:

Father,

I come before you.

I surrender unconditionally to you.

You are my Father, my Master and my Friend.

I am your son, your servant and your friend.

I come open hearted, and open handed - and give this time to you.

Not my will, but your's be done!

Jesus,

It says that you stand at the door and knock. And that if anyone hears your voice and opens the door - you will come in and eat with them. (Rev 3:20)

Well, I respond. I invite you in. I ask you to come and dwell with me.

Spirit,

Lead this time.

You are my comforter, my guide, and you lead me into all Truth.

May you clearly guide me in this process, from beginning to end. May what is not of you - fall away.

I welcome you in. Please lead me on.

Enemy, I resist you in the name of Jesus. You will be silent and have no part of this time.

In Jesus Name, Amen

FATHER WOUND

Many of our fathers did the best they knew how. Others did not.

Addressing these issues below is not condemning them or disrespectful - rather it is bringing things of our own hearts into the light so we can be healed, judge rightly and release forgiveness.

PART 1: Find the LIES, NEGATIVE MESSAGES and FEELINGS

Take 5 to 15 minutes to write down the LIES, NEGATIVE MESSAGES that you were taught, either directly or indirectly, through your father. Even if your father didn't exist, there were unspoken lies or messages that you received. Ask yourself:

"What were the messages he gave me?"

"What lies did I believe about myself and manhood that I learned through my father?"

Examples:

"I'm OK if... (fill in the blank.) ... I'm a good boy ... I do the right thing ... I get good grades. etc.

"I don't have what it takes.", "I'll never make it.", "I don't matter.", "I don't exist."

"I was a mistake.", "I'm a hinderance or a problem."

Name it! Write it down. What are the LIES and NEGATIVE MESSAGES?

How did you feel about your father? (Scary, close, distant, etc.?)

PART 2: Find the TRUTH and POSITIVE MESSAGES

Take another 5 to 15 minutes to write down the TRUTH that Father God is speaking over you and POSITIVE MESSAGES. (Use scripture if you like.)

Ask Father God: "What do you think?" and "What TRUTH do you want me to know?"

Write down any POSITIVE MESSAGES that you received from your father.

"Father, what do you think? What is the TRUTH? What are the POSITIVE MESSAGES:

What positive FEELINGS do you have about your father? What about FATHER GOD?

PART 3: The Great Exchange!

Let's pray over these words you've written.
He will come and heal you.

Pray:

*God, you have access to my life. I need you to come with me.
I can't do this from a distance. Let's do it together.
Jesus, show me where you want to go.*

*Jesus , I surrender and renounce these LIES to you —————
These were the MESSAGES that I was taught —————
And these were the NEGATIVE FEELINGS —————
(repeat the things that you wrote in part 1.)*

*And in place of these things - I declare:
I believe the TRUTH you speak over me —————
These are the MESSAGES that you speak to my spirit —————
And these are the good FEELINGS that I have —————
(repeat the things that you wrote in part 2.)*

*I break the power of the LIES, NEGATIVE MESSAGES and FEELINGS - and I surrender to the
freeing power of Jesus - the truth Himself.*

PART 4: Resting in Truth

Relax - breathe deeply - letting go of all the lies, and breathe in the truth that He is showing you.
Thank Him for his love, mercy and truth.
As you speak the TRUTH over yourself, also speak these promises from scripture.
Make them your own.

*Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through
me. John 14:6
He who the Son sets free is free indeed. John 8:36
You shall know the truth, and the truth will set you free. John 8:32
Where the Spirit of the Lord is there is freedom. 2 Cor 3:17
And a voice from heaven said, "This is My beloved Son, in whom I am well pleased!" Matt 3:17*

Pray something like this:

*I come to you, Father, through Jesus - the Way, the Truth and the Life.
Jesus - who took all my pain, and sin, and eradicated it when He died on the cross.
And who was raised again on the third-day into new life - freedom, fullness.*

*Thank-you Father, the Son has set me free!
I now know the Truth, Jesus himself - and I am free!
Your Spirit of Truth lives within my spirit - and I am free!
And in Christ - I am your beloved son - you say over me: "This is My beloved Son, in whom I am well
pleased!"
I choose to remain in this truth.
Help me transform my mind and thoughts - as I soak in this truth.*

Write down your own version of this prayer - and refer to it often. (Use a separate sheet if necessary.)

Let these words become something that you just say automatically without thinking - first thing in the day
when you wake up, and the last thing in the day before you sleep.

PART 5: Craft a Prayer about my father

No matter what the nature of your relationship with your father is or was, you can create a prayer to express thanks, forgiveness, honour and blessing towards him.

Even if he has already passed away. Or perhaps you never even knew him.

The key is to hear from the Holy Spirit;

Ask for scriptures, thoughts.

Look over the notes above and take phrases from what God has been showing you.

Ask Father God: "Father, how do you see my father?"

And in this process - make statements to choose to forgive him, and bless him!

Once you have crafted a prayer, share it with a brother and get some feedback.

Edit and change it if necessary.

And then keep it close. Write it in your journal or in a note on your smartphone.

Pray it out regularly, until it becomes part of your thought life.

FINAL THOUGHTS

For those who did not have fathers, or had disengaged, distant or abusive fathers; you may be tempted to compare to those who had good fathers, and feel that you lack.

You could let this thought plague you for your whole life.

You could be tempted to believe that you will always be incomplete.

But the truth is, God's grace is more than enough!

You lack nothing.

And you can be complete in your father/son relationship.

Why?

Because EVERYONE needs to be fathered by Father God!

Everyone! From those who had wonderful fathers, right through to those who didn't have a father; we must meet, encounter and be fathered by God the Father.

Keep seeking Him. Keep growing. Keep going from strength to strength.

The prayer process above is by Marty Woods and Jef Linscott and has been compiled from teaching of John Eldredge (Wild At Heart) and SOZO deliverance models.

We recommend these books to help you along on your masculine journey:

Wild at Heart and **Fathered By God** - by John Eldredge

Find free teaching and resources when you search for "John Eldredge."