

Healing the Wound of Fatherlessness

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Session 4: The Nature and Impact of the Heart Wound

I. The Nature and Makeup of Heart Wounds

1. The Experience Itself

- Our heart is made by God to love and also to be loved
 - To receive love, we must open our heart to others
 - Being open to others requires letting down our defenses and becoming vulnerable
 - Those closest to us are the ones most able to also cause serious pain
- Painful personal experiences that are not resolved accumulate and become deep heart wounds
- The deeper the pain the greater the impact
- *Ps 147:3 He heals the brokenhearted and binds up their wounds*

2. The Impact and Pain Caused

- When we are hurt by others, we experience deep negative emotions
 - Children are particularly vulnerable
 - Children feel and express painful emotions deeply
- **If the event is serious or repeated, or traumatic the pain is deep and so is the impact**
 - The heart becomes damaged or “broken” by these experiences
 - A traumatic memory imprinted upon our heart about the event
 - Painful negative emotions are attached to the memories when our heart was broken
- **Triggers:**
 - New events. Or events that remind us of previous wounding “trigger” the old, buried pain
 - Usually this results in reactions out of proportion to what is the triggering event was we are experiencing
- *Is 53:4 Surely, He has borne our griefs and carried our sorrows*

3. Demonic Defilement

- *John 10:10 The thief does not come except to steal, kill and to destroy*
- Satan deploys invisible evil spirit beings to exploit painful situations and defile people
 - Defiling spirits may exploit the painful situation to gain entry to a person
 - Defiling spirits fill the minds of people in pain with lies and distortions

- Defiling spirits may torment the persons mind and stir up painful memories
- They sow identity lies and bitterness into the child's mind and heart
- **It the situation is one of abuse or trauma, defiling spirits may enter immediately**
 - The child also forms trauma Bonds of Soul ties to the trauma and the abuser
 - Demons use these spirit bonds to access and torment

4. The Personal Responses (Reactions)

- People respond in different ways to the painful experiences they have been through
 - An event which traumatized 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
- **Common Reactions:**
- There are several ways that people react to close their heart and protect themselves from further pain
 - 1. 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
 - 2. Bitter Root Judgements**
 - These are the lies we believe about others after they have wounded us
 - These are lies formed out of anger, resentment and bitterness towards our offender
 - *Eg "Men will exploit and take advantage of you"*
 - Bitter judgements or lies we believe about others set in motion the laws of sowing and reaping. As we have judged we reap the same
 - 3. Inner Vows**
 - An inner vow is a promise we make to ourselves to wall our heart against further hurt
 - Inner Vows are a form of oath, or declaration we make spoken aloud or spoken within
 - *Eg "I will never be like my father"*
 - The presence of an inner vow reveals that bitter root judgement is present

4. Coping Mechanisms (Bitter Fruit)

- A coping mechanism is a strategy a person chooses to seek to control or manage stress and painful emotions
- Unhealthy or destructive coping mechanisms could include the following
 - **Avoidance or Denial**.....Pretending the problem doesn't exist
 - **Performance Orientation**.....Over working to avoid pain or obtain approval or feel valuable
 - **Parental Inversion**.....Taking up responsibilities that belong to a parent, over responsible in relationships
 - **Substance Abuse**.....Drinking alcohol or taking drugs to numb feelings
 - **Comfort Eating or Under eating**....to distract from emotional pain, and gain some form of control
 - **Fantasy Escape**.....avoiding reality and responsibility by escaping into media, gaming, pornography etc

III. Activations

1. What Impacted you the most in this message?
2. Ask Holy Spirit to reveal to you any hidden father wounds
 - Was it caused by something he did?
 - Was it the result of something he withheld from you?
3. What area about Heart Wounds impacted you the most?