

# **Healing the Wound of Fatherlessness**

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## **Session 5: Ungodly Reactions to Father Wounds**

### **I. Personal Responses**

- **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

### **II. Identity Lies (False Beliefs)**

- These are the lies we believe about ourselves, about who we are.
- *E.g. 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 Judgements**

#### **1. What is a Bitter Root Judgement?**

- **Bitter judgements 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 Judgements

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

- The process of judging often takes place without the child realizing 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 judgement is passed upon all others like that

#### **3. Judgements 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 Judgement

- **Example:**
  - ***Men** will exploit and take advantage of you*
- **More Examples**
  - .....is too emotional
  - .....is too manipulative
  - .....is too harsh
  - .....is too 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 & Reaping

- 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
- Mat 7:1 *"Judge not, that you be not judged"*
- Mat 7:2 *For with what judgement you judge, you will be judged and with the measure you use, it will be measured back to you*
- Jas 2:17 *For judgement is without mercy to the one who has shown no mercy. Mercy triumphs over judgment*

#### 6. Steps to Freedom

- **Repent and Break all Bitter Judgements**
  - Ask the Holy Spirit to make you aware of any judgements that you have made
  - Repent and confess this judgement
  - Verbally break and cancel all such judgements

### 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 "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.....*
- Our words become binding upon us as we make a law that restrict our freedom
  - Even if we do 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 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 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 always prove I am better than them*

### **6. The Presence of an Inner Vow reveals that a Bitter Root Judgement is previously present**

- The judgement was made during a moment of anger and resentment
- The inner vows we make are based upon the judgements 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**

- **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 Vow
  - 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 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 offender's sins against you
- You seek out others who carry offences and seek validation
- 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)

- Chronic anxiety and difficulty sleeping
- Unexpected sicknesses due to increased Adrenaline and Cortisol

## 7. Jesus Taught us Heart Forgiveness

- Mat 7:34 *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 offender
  - I forget what happened
  - I must reconcile with the person who hurt me
  - I must now trust the offender
  - I have to do it 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 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 in my life
  - There is a personal cost to unforgiveness in overcoming the deep feelings of injustice and anger

## 8. Steps to Freedom

- **Repent and Release Forgiveness**
  - Ask Holy Spirit to make you aware of any people you are holding offences 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 Root Judgements?**
  - Against who are these judgements 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?**