

# **Healing the Wounds of Fatherlessness**

Apostle Mike Connell

## **Session 7: How to Move from Bitterness to Honour**

- *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.”
  - Refusing to forgive exposes us to demonic torment
- God has promised to send the spirit of Elijah to turn hearts....to bring deep repentance and change
- God invites us to come and be healed and changed

## **Practical Steps of Action**

### **1. Recognise:**

- **If the fruit of dishonour is present, we know there is a root in the heart**
  - Acknowledge the presence of offense, bitterness and dishonour
  - Because there is a delay between sowing and reaping, people do not easily connect the current problems that they are experiencing to violations of Kingdom Laws

### **2. Responsibility**

- **Blaming Others blinds us to the reality and consequences of our own choices and reactions**
  - Blaming others is the pattern of a Victim Mindset
  - Blaming others for your pain causes powerlessness and bitterness
  - We are called to bear the image of God. He is not a victim. This is not who we are in Christ
- We need to identify and acknowledge damage and pain and anger in our heart and take responsibility for its presence and its removal
  - An anger letter can help with the process
  - Journal what has happened..., the pain and impact....the response to control pain

### **3. Grieve Your Loss**

- **Acknowledge and release the grief and pain to the Lord and bring it to the cross to receive comfort and healing**
  - Grieving brings buried pain to the surface
  - Choosing to release it to the Lord and seek His comfort is an act of faith
  - In order to move forward to forgiving from the heart, we acknowledge injustice and heart pain
  - Ask Holy Spirit to remove the pain

#### **4. Release Forgiveness**

- Release forgiveness from the heart to the offender....speak forth release
- **Forgiveness does not mean:**
  - It didn't matter
  - The relationship is now reconciled
  - Can now trust the person
- **Forgiveness does mean:**
  - Releasing the debt totally
  - Closing the right to demons to torment
  - Break free of the person and their destructive actions

#### **5. Repent and Renounce and Cancel all Judgements made in heart against parents**

- Our own reactions are our own choices, and we are responsible for them
- What is held in your heart that needs to be confessed and repented of?
- Any judgements made about people must be cancelled and withdrawn
- Often people do not realize they have made judgements

#### **6. Confess and Renounce Generational Curses**

- Sometimes the brokenness and sin in the family is generational
- You maybe wrestling a destructive spiritual force in the family that no one has overcome
- You may be the one God has chosen to bring this destruction to an end
- Declare it and bring it to the cross and cancel its power

#### **7. Resist and Remove Spirits**

- Speak to all oppressive spirits and command them to leave
- What have you agreed with and tolerated in your heart?

#### **8. Bless the Parent in Prayer**

- Speak words of gratitude and blessing as an act of faith and obedience
- Do this intentionally and if necessary, ask the Father to help you see them as He does

#### **9. Practice Honour in Practical Ways**

- Inclusion and Gratitude and listening are key ways of expressing honour
- Honour releases what people have been gifted to give us
  - Apology?
  - Gratitude
  - Kindness
  - Asking them to share life experiences and lessons
- **Note:**
  - In cases of an abusive relationship boundaries need to be set and maintained
  - In case of a dead parent, honour can still be given by honouring and appreciating their good