

A minimalist line drawing of two hands reaching towards each other, one from the top left and one from the bottom right, set against a light blue background.

HEALING

FATHER WOUNDS

SOUL SHEPHERDING WEBINAR WITH JOE JOHNSON

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Introduction

The personal and physical love of a father is something that we all need. It's how God made us. We all have a deep longing for a father's love.

It's very damaging for a child who grows up without a positive, warm, and encouraging bond with their father.

How were you cared for as a child? How well were your needs met? What were your early experiences in your relationship with your father? And how has this affected your personality, identity, and life going forward?

What your relationship with your father was like when you were younger and how you've dealt with that has a lot to do with who you are today and how you see and relate to God as your heavenly Father.

Father wounds hinder us from knowing a father's love, receiving love from God as a loving Father and living from the heart Jesus gave us. These wounds diminish our joy, confidence, and ability to love others well.

Jesus wants so much more for you! His great desire and prayer is for you to enjoy his Abba's love with him (John 17:25-26, Luke 10:22).

In this webinar, we'll look at some steps to identify father wounds and receive healing from experiencing our Heavenly Father's love.

How to Experience Healing for Father Wounds

1. Experience the Father's Love that Jesus Received

- Jesus expresses a longing for us to experience the same love He received from His Father (John 17:25-26, Luke 10:22).
- Jesus relationship with God as loving Father is a revelation of God's love for us. We are learning how to receive love like Jesus received love from the Father.
- Jesus delighted in talking about His Father's love. "As the Father has loved me, so have I loved you. Now remain (be attached) to my love. I have told you this so that my joy may be in you and that your joy may be complete" (John 15:9-11).
- The Greek word for love, "agape", which Paul describes in 1 Corinthians 13 is the same meaning as the Hebrew word, "hesed" which is attachment sticky love. We are born looking for attachment love, someone who is glad to be with us.
- Jesus receives Father's love when he was baptized, "This is my son whom I love" (Matthew 3:17).
- Jesus taught the disciples how to pray beginning with "Abba."
- "Henri Nouwen writes, "The word Abba expresses trust, safety, confidence, belonging, and most of all, intimacy."
- "Our dear Father, always near" is Dallas Willard's paraphrase of the Lord's Prayer.

2. Identify Father Wounds

There are two kinds of father wounds:

1. Wounds of absence of good experiences – neglect, omission, ignorance
2. Wounds of bad experiences – verbal, physical, emotional and spiritual abuse.
It is difficult to recognize wounds of absence because we don't know what is missing.

Father Wound Inventory		
	Wound	Blessing
1	Absent, divorce, death	Faithful, kept his promises
2	Didn't play with me	Enjoyed playing with me, glad to be with me
3	Abandoned, rejected, shamed	Faithful, kept promises
4	Addicted	Recovery/12 Steps
5	Narcissistic	Owned responsibility for actions
6	Critical/demanding	Accepting/affirming, not afraid of dad
7	Perfectionist	Sharing weaknesses, forgiving
8	Missing relational skills	Practiced relational skills to imitate
9	Abusive/harsh with me	Kind, lovingkindness, "hesed" love
10	Little affection (hugging, holding)	Abundance of loving affection
11	Not receiving a father's blessing	"I am proud of you." / "I love you."
12	Never asked for forgiveness	Apologized, asked for forgiveness, forgave
13	Did not see me, know my heart	Helps me live from the heart Jesus gave me
14	Did not pray out-loud in his own words	Prayed for healing
15	Carrying his father's shame	You have what it takes to be a man/woman

Bill and Kristi's book, *Healing Prayer*, includes a "Child Wounds Survey" which identifies 37 different kinds of wounds of absence and abuse or harmful hurts (pp. 144-147).

3. Receive Inner Healing Prayer

See Soul Shepherding's webinar recording "[Healing Wounds of the Heart](#)" (Hosted by Joe Johnson, August 2020).

- **We map our lives through memories with pictures.**

"An implicit memory is an experience that is unconscious and in your body. Without realizing it, we may act out implicit memories from childhood. Through counseling, self-reflection, or healing prayer we can recall implicit memories." (Healing Prayer, endnote 62, p. 183).

- **Painful childhood memories may be triggered as adults. We experience strong emotions which are bigger than what is happening in real time. We may have unprocessed or unhealed memories.**

- **We hear Immanuel speaking to us in loving and painful memories.**

"When God communicates to us, he simply gives us a thought, impression, or mental picture. Maybe it's an insight we need, a feeling of his presence, a Scripture that encourages or guides us, a fruitful question to explore, or a picture of Jesus 'showing up' in the scene of a memory to heal a hurt" (*Healing Prayer*, p. 128).

- **Interactive gratitude:**

"Dear God, I am grateful for..."

Listen for God's response to your gratitude, "Dear child..."

- **Healing for a father wound may include forgiving our father.**

We may need to ask forgiveness for judging our father and renounce a vow, "I will never be like you." In any way we have made this vow with condemnation or unforgiveness we will be like our father.

Jesus teaches in the Sermon on the Mount, "Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you" (Matthew 7:1-2).

- **Forgiveness is giving up the job of being the judge.**

"Forgiveness is entrusting justice to God. We probably don't realize it, but if we persist in a state of unforgiveness, we are playing God. Ultimately, forgiveness means releasing to God your feeling that you have the 'right' to get justice now

and instead let the Lord God be the judge of the person who harmed you" (*Healing Prayer*, p. 124).

- What forgiveness is not: saying it is okay, forgetting, reconciling, stop hurting. It is easier to forgive when someone asks for forgiveness or apologizes.
- We may need forgiveness for closing our hearts to our fathers.
- Trust is earned. Forgiveness is an underserved gift.

4. Receive Father's Love From Second Chance Fathers

- Grandpas, mentors, teachers, coaches, "faces of grace"; upstream and downstream people and colleagues to minister hesed love with one another.
- Upstream – learn missing relational skills
- Downstream – person to share relational skills, small groups where we share weaknesses, and "home runs."
- The weak and the strong need each other to grow in hesed love. The weak help the strong to move out of their comfort zone and grow by taking on challenges to care for the weak.
- Without the weak we may not learn how to respond tenderly toward our own weakness.

5. Receive and Give Hugs and Loving Affection

- At the Last Supper, John, the beloved disciple, was "lying on the bosom of Jesus' breast" (John 13:25 KJV).
- The father of the prodigal son sees his son returning home. He is filled with compassion and runs to his son, hugs him and kisses him" (Luke 15:19).
- Hugs 101 – different kinds of hugs: buddy, high five, fist bump, burp, back rub, one arm, bear hug.
- Hugs release oxytocin (bonding to love hormone), serotonin (calming neurotransmitter)

- Basic trust is the capacity to keep our hearts open to receive love. We learn basic trust through loving touch – affection, being held (Erik Erikson, “The Life Cycle Completed”).

6. Pray to our Dear Father Who is Always Near

Holy Spirit enables us to cry loudly, “Abba, dear Father” Romans 8:15

7. Healing Prayer Exercise

Step 1:

What are 3 things you learned; blessings or gifts you received, from your father. (Or other options: grandfather, second chance fathers, faces of grace, upstream people, mentors.)

1.

2.

3.

Step 2:

Write prayers of gratitude to Father for each one describing why you are grateful.

1.

2.

3.

Step 3:

Choose one of the gratefuls that has a positive memory you could step into when you experienced this gift or blessing.

Step 4:

Go over the memory and re-live it. Remember your feelings. What do you see? Look around and notice the details of what is happening. What do you hear? What are you feeling? Who is with you? Where are they in the memory? What are you appreciating? What is happening in your body? Recall any sensations or impressions and write them below.

Step 5:

Ask Jesus to help you perceive His presence in this memory. What does he want you to know, tell you or give to you?

Resources

Healing Prayer for Emotional and Physical Wholeness by Bill and Kristi Gaultiere



Nobody wants to be stuck with a bad diagnosis or emotional problem and not know how to access God's wholeness of life. You can be ready with the faith and resources to receive Jesus' healing touch wherever and whenever it's needed for you or those you care for. This book is a practical guide to healing prayer as it's taught in the Bible and modeled by Jesus and his disciples. It's great for personal devotions, small groups, or training prayer ministers.

Special Features:

- How to build your faith through prayer experiments
- 5 steps to receive or minister Christ's healing touch
- 9 emotional healing prayer starters
- 200+ bible verses for personal wholeness

About Dr. Joe Johnson



"Papa Joe" is dearly loved by everyone who has met him! He's been a pastor in the Lutheran Church Renewal movement for many years. He's also the Founder and Director of Heart of the Father Ministries (657 Avenida Sevilla C, Laguna Woods, CA 92637) and a Sr. Spiritual Director for Soul Shepherding.

He has a Doctor of Ministry from Fuller Seminary and teaches "Pastoral Care and Counseling" and "Inner Healing" at The Master's Institute Seminary.

Ways to Connect with Joe:

You'll enjoy Papa Joe's very popular [Facebook page](#) that he uses for ministry, fun, and inspiration. "Friend" him to flow with the Spirit of Jesus' "Joy Stream!"

He also offers Pastoral Counseling, Healing Prayer, and Joy Coaching to pastors and ministry leaders/caregivers. He's available for individual pastoral appointments in Orange County, CA and when he travels to churches to minister.

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