

## A FATHER'S BLESSING

From the moment of conception and throughout the formative years of childhood, the love and care of our mother and father play a critical role in our development. Unfortunately, in our fallen humanity, there are no perfect parents. Subsequently, many people carry wounds or voids they incurred early in life from one or both of their parents, such as unmet needs, absence, neglect, harsh words, or abusive behavior etc. Nevertheless, through the power of the Holy Spirit, the Lord can go back and fill in any of those wounds with His perfect love.

CHM recommends you find a trained prayer minister, pastor or priest to stand in the place of earthly parents to offer a loving hug and any words of affirmation the Lord would like to speak to this person. Below we have included a sample prayer that can be prayed over an individual or group in the context of a mother or father blessing. These prayers are intended to serve as an example and we always suggest that anyone leading these prayers be sensitive to the direction of the Holy Spirit.

A father's role is to protect, to provide, to bless, and to establish his children's identity. Maybe your father did that for you, maybe he didn't.

Perhaps he abandoned you or abused you: sexually, physically, verbally, or emotionally.

Maybe he died before you were ready, or left you for some other reason.

Maybe he made you his pet, delighting in you so much that you haven't been able to break away to be your own person.

Perhaps he was distant, removed and showed no interest in you, or he terrified you with his anger and rage.

Perhaps he made you the scapegoat for all his troubles, so that you suffered for things other people did to him.

Perhaps he blamed you for things that were not your fault at all.

Maybe he worked too much or played too hard and never spent time with you, missed your ball games, your dance recitals, and your spelling bees.

Maybe he spent too much time with you, forcing you to become the athlete or student or doctor or lawyer you never wanted to be.

Perhaps he left you in the care of hurtful, dangerous people. Maybe he didn't see or believe you when you went to him for help.

Perhaps he was just too preoccupied with himself to see anything you wanted or needed then. I really don't know.

If you are willing to hear the words of a broken father speaking to you, please close your eyes for a few minutes.

I realize I am not your father, but please allow me to stand in for him, and in the place of your father, who may or may not have said any of these things. Please allow yourself to hear these words:

I ask your Heavenly Father to richly bless you in all the places I failed to bless you.

I ask the Lord Jesus Christ by the power of His cross and blood to set you free now from any harsh or cruel words that I said... especially the ones you keep remembering over and over. I am so sorry.

I ask the Lord to set you free from heart injuries you sustained from me or from others in whose care I placed you. I ask the Holy Spirit to set you free from heartache, disappointments, dreads, grief, or rage you cannot resolve.

And I'm so sorry for any other struggles I may have caused you. May you be healed from being ignored by me, or

overindulged by me.

If I ever made you feel less than or not good enough am deeply sorry and ask you to please forgive me. May the Lord set you free from working so hard to please me when nothing ever would. May the Lord set you free from trying to get from me what I never had to give you. I am so sorry.

May the Lord set you free from blaming me for failing you, not because I need that, but so you can be free to grow, to receive, to achieve, and to be creative in ways you have not yet imagined. May the Lord give you all the things I was unable or unwilling to give you.

May the Lord guide you in ways I never could and grant you peace.

May the Lord free you from the effects of my addictions, my anxieties and my anger.

May the Lord free you from feeling that you have to always be perfect or that you have to be what I expected you to be.

I pray that God will help you to see that the hurt and pain I caused you came from my own childhood. It limited me, and I am so sorry if it has limited you.

I pray that God will remove from you any belief that you were not wanted or loved.

I pray that you have no doubt that you are the gender you are supposed to be.

I pray that the Lord will release you from any unhealthy bond that you may have with me. I want you to keep all of the good that came from me, and give the garbage to God.

My beloved son, my precious daughter—I love you.

I am so proud of you.

I am so glad you were born.

Take flight, my love—soar into the heights of God's destiny for you. Fly free and live!