

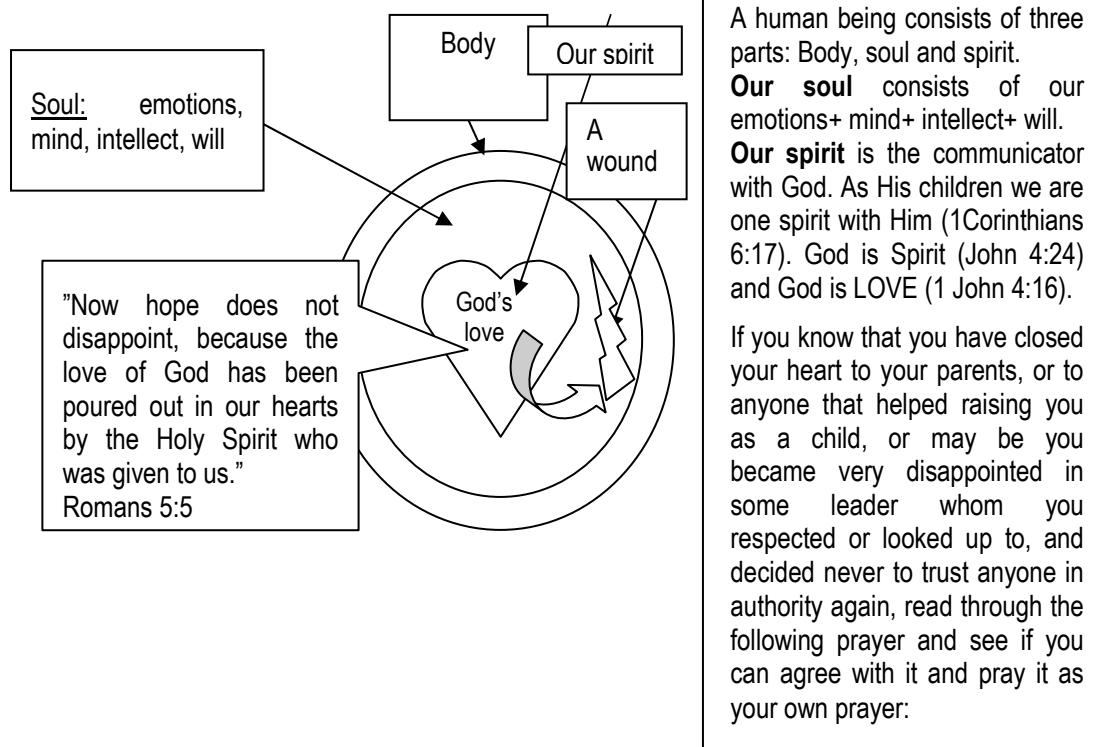
Experiencing the Father's Love

There is a vital connection between being able to experience God's Love in our lives and --- having forgiven our offenders, particularly if those who have hurt us happen to be our parents or other parental figures. At some point in our lives we may have lost basic trust in them. The symptom of basic trust is an open heart. It means, having an open heart to others, even if we believe that the other person's motive might not be pure. We take the risk of being vulnerable and even when it hurts, we do not close our hearts.

When we decide not to release our parents into our forgiveness, we are closing our heart or our spirit to them. As we do so we also stop the flow of God's love from flowing freely through our spirit out into our soul. Subsequently our ability to receive healing grace is being hindered. When we decided to close our hearts to our parents we also closed our heart from receiving their nurture and love. It is as if we have built a wall of unforgiveness between them and us. We live on one side of the wall, the offenders are on the other side. That wall will also keep God's healing grace and love from flowing from our spirit (which is the part of us that communicates with God) into our wounded souls.

The Lord says, "Keep your heart with all diligence for out of it flows the issues of life" (Proverbs 4:23). Spiritual life is flowing through our spirit like a fountain into our soul and body.

But the walls we have erected make the heart hardened and stop God's healing virtue moving into the areas that are hurting.



Prayer:

Heavenly Father, You have promised to always be with me and never to forsake me or leave me to feel like an orphan. But I confess that I have closed my heart to.....(name)..... and so I closed Your healing love out from my heart as well.

Heavenly Father by an act of my own will I now choose to forgive..... for the way he/she wounded me..... I now lay down my right to judge, and I do not hold this sin against her /him any more. Father, forgive me for holding onto this grudge making my heart hard towards him/her and towards You.

I believe that as I choose to forgive others You will also forgive me. I ask You now to wash me in the blood of Jesus.

Lord Jesus I take my hurts and press them into Your body on the cross. Thank You for suffering for me. Lord I now choose to unlock my heart and ask You to help me tear down the wall that kept Your healing love away.

Heavenly Father I ask that You release Your love into my heart and out into my whole being; touch my broken heart, my wounds and allow the areas that were wounded now to be areas in my soul, through which Your healing grace and mercy flows to other people. In Jesus' Name, Amen

Your Sponsor prays over You:

Heavenly Father I ask that You release again the Holy Spirit, the Fountain of Life to flow within.....(name).... . May He bring life and healing into her/his life and also touch the relationships that were broken through this wounding and loss of trust. Reveal the truth of Your Everlasting Father-love in her/his heart.

Renew her mind with the truth that

- she/he can call You Abba Father; and that
- she /he is a daughter/son in Your House;
- that You will never leave or forsake her/him;
- that her/his name is written on the palm of Your hand;
- that You hedge her/him around and keep Your protective hand upon her/him;
- that what ever happens Your love keeps pouring into her/his soul, because Your love is unconditional;
- that You quiet her/him with Your love and are rejoicing over her/him with singing.

I thank You Father for completing everything that concerns(name)..... In Jesus' Name. Amen

