

Father Wounds Group Questions

Chapter 1

1. Describe what your father was like growing up. Could you use the words absentee, abusive, angry, authoritarian, controlling, destructive, fatherless, passive, performance-driven, in-the-game?

How did this affect you and your relationship with your dad?

2. Describe what your mother was like growing up. Could you use the words absentee, abusive, angry, authoritarian, controlling, destructive, fatherless, passive, performance-driven, in-the-game?

How did this affect you and your relationship with your dad?"

3. As you reflect on your childhood, do you feel that you experienced significant wounding? If so, describe how it has affected your life.

4. As you've explored the wounds of your childhood, how has the Lord's healing of some of those wounded areas affected you?

5. As you've experienced the Lord's healing in certain areas of your childhood wounding, have you been willing to minister to others? If so, how has that affected your life and the people you've reached out to?

Chapter 2

1. Did you experience rejection or abandonment by one or both of your parents during childhood? If so, how have these experiences impacted your life?

2. Do you think these experiences affect the way you think and relate to your Heavenly Father? Describe ways this affects your relationship with Him.

3. Do you think your mother or father, or both, experienced abandonment or rejection during their life? If so, how do you think that affected their life and their parenting?

4. Forgiveness is critical to becoming whole because unforgiveness keeps you "stuck" in the pain of the past. Are you willing to begin to forgive your father/mother for childhood wounding? If so, how do you think this decision will affect your healing from abandonment and rejection?

5. Do you have a willingness to ask God for a breakthrough in your areas of rejection and abandonment and begin to better reflect the loving heart of your Heavenly Father to others? If you are willing, how do you think this decision will affect your life and the lives around you?

Chapter 3

1. Describe the ways you were nurtured (cared for) or neglected during childhood. In what ways have these experiences affected your life?
2. What are your typical responses to your father/mother wounds? In what ways have they affected you? Your relationships?
3. Describe a situation where one of your parents demonstrated unconditional love. How has that experience impacted your life?
4. In what areas of your life do you trust God will provide for you? In what areas do you struggle trusting God? How do you think this affects your life?
5. The author wrote, "If you can still feel the pain, then there is still time to be completely healed." Are you willing to place the most frozen parts of your heart next to the warmth of God's love? If so, what do you think that would look like in your life?

Chapter 4

1. What were your significant childhood fears? What do you think were the root causes? Describe how they have affected your life.
2. To what extent have you received God's healing from your childhood fears? How does this currently affect your life?
3. In what ways do you think you allow your fears to impact your destiny and the destinies of those around you?
4. Do you think you have a healthy fear (reverence) for God? In what areas of your life do you have complete faith that He is there for you? In what areas do you struggle trusting Him? How does that affect your life?
5. In what ways have you faced your fears? How did your trust in God, or lack of it, affect you as you faced your fears? Describe your experiences.

Chapter 5

1. Describe a life situation in which you felt you were treated unfairly and you responded with bitterness in your heart. How has this affected your life? Your relationships?
2. In what ways have you responded poorly to undeserved rejection? In what ways have you responded well? Describe the effects in your life.
3. In what ways have you chosen to barricade your heart with unforgiveness and bitterness? How has this affected you? Your relationships?

4. Have you been willing to ask God to heal your heart as you forgive those who have hurt you? If so, how has this impacted your ability to live an abundant life (John 10:10)?

5. As you've chosen to respond well to the hurts and pains in your life, describe how these choices have affected you. Your relationships?

Chapter 6

1. Describe ways you have been wounded and abused physically, sexually, and/or psychologically in your childhood. Describe how these abusive experiences have affected you.

2. In what areas of your life have you allowed God and safe people to help you move from victim to victor (hurting to healed)? In what ways has this impacted your life? Your relationships?

3. Have you chosen to forgive those who have abused you? What effects has this had in your life? If you are still choosing to not forgive, describe what you think is keeping you stuck in the pain of the abuse and unforgiveness. How is this decision affecting your life?

4. What area of pain have you chosen not to face? Why do you think you're choosing not to face it? What are the ramifications of this decision in your life?

5. Describe ways you've ministered to another person who was abused in childhood. How do you think this has impacted both your lives?

Chapter 7

1. Describe ways you were spoiled during childhood. How did you react to, "No"? In what ways has this impacted your adult life? Your relationships?

2. In what dimensions of the following areas do you still need more maturity? Anger, being unfriendly, being dissatisfied, choosing unhealthy relationships, being overly dependent, being manipulative. How do you think your life would change if you became more mature in one of these areas?

3. In what ways have you passed on the spoiled areas of your life? How has that affected others? Your relationships?

4. How do you typically respond to discipline? How does that impact your life? Your relationships?

5. Review the Spoiled Child Checklist on page 132. What did it reveal to you about yourself? What are you willing to choose to put under the Lordship of Jesus Christ? How do you think this will affect you? Your relationships?

Chapter 8

1. In what areas of your life have you felt disapproved of by one or both of your parents? Did your parent's perspective leave you feeling satisfied with who are or always discontent? How has this affected you?
2. As you reflect about your life, in what ways do you try to please people and gain approval by performing? In what ways does this affect you? Your relationships?
3. Have you ever felt like a failure, a loser, not good enough, and/or not smart enough? If so, please explain how this has affected you and your relationships.
4. Have you been able to see a generational pattern of disapproval that began with, or was prior to, your parents? If so, in what ways have you passed this pattern onto others? How has this impacted your life and relationships?
5. What scriptures give you encouragement about God's unfailing love and approval of you? In what ways do the truth of these scriptures combat the lie that you believe that you have to perform a certain way to receive God's love and approval? How do you think these truths will affect you?

Chapter 9

1. In what ways were you raised as an "adult child?" How did it affect your childhood?
2. How has growing up too quickly affected your adult life? Your relationships?
3. What safeguards have you put in place to protect the children in your life from growing up too quickly? How do you think this will affect their lives?
4. Are you willing to forgive those who stole a part of your childhood? In what ways would your life change if you chose to forgive?
5. Take time to prayerfully meditate on the scriptures on pages 177–178. What is the Holy Spirit showing you through the truth of His Word? How is that impacting you?

Chapter 10

1. What type of mother did you have: absentee (emotionally disconnected), abusive (or observed her being abused), neglectful, controlling, manipulative, healthy? How did your mother impact your childhood?
2. In what ways did you respond to your mother during your childhood? In what ways did that impact your childhood?
3. How have your mother's influence and your childhood responses affected you as an adult? Your relationships?

4. As you reflect on the twelve qualities that describe a godly, mature woman on page 187, what are the truths of these scriptures personally saying to you?

5. Have you chosen to forgive your mother and started praying for her? If so, how has that impacted your life? If not, what do you think is hindering you from choosing to forgive her? In what ways is that choice affecting your life? RECLAIMING YOUR CHILDHOOD | 221

Chapter 11

1. In what ways have you tried quick fixes to heal your pain? Anger, bitterness, selfishness, “finding” yourself, self-medication, abusing others, other? How have these choices affected you? Your relationships?

2. Describe the ways your painful and hurtful life experiences have shaped you?

3. The author wrote about three things that need to take place for your healing to be realized: 1) Don't let the evil done to you, define you, 2) Let God give you insight into others needs more than their offenses, and 3) You are called to rescue, not revenge. As you reflect upon these three things, how do you think your life would be impacted if you chose to do them?

4. God defined His love for you and His priceless and eternal value for you in 2 Corinthians 5:21, “For God took the sinless Christ and poured into him our sins. Then, in exchange, He poured God's goodness into us” (The Living Bible). And, the author writes on page 205, “His plan is redemption (to redeem us to our former value), His desire is reclamation (to reclaim all that we have lost, His heart for us is restoration (to restore our lives to fulfill His original intent). How does this verse of scripture and the author's thoughts apply to you?

5. The author encourages you on page to: “Let God's Word wash you, let the Holy Spirit heal you, receive God's forgiveness right now, forgive and release those who have hurt you, allow His healing grace to pour into every crack and crevice of your wounded heart.” Do you value your life enough to choose healing and health and to be touched by God's awesome love, so that you can be restored to His original intent? If so, what do you think your destiny looks like? If not, how would that affect you?

Chapter 12

The Search for Fathers Note: These questions and answers would be best processed within a relationship with a spiritual father, or a relationship with a spiritual mother and father over time, in which there would be a fully accepting, non-judgmental and emotionally “safe” environment for frank and open truth telling—don't rush this process.

1. How has the following affected your life: fatherlessness (abandonment; death), childhood without a biological father in your home, living in a one-parent family, living in a “blended” family, etc.”

2. In what ways have you tried to feel valued and approved of? How have these ways affected your life?

3. Describe five of your personal strengths? How does this show you the ways in which God created you to be? How do you think God might use your strengths to help others, currently and in the future?

4. Describe five of your personal weaknesses (temperament). What do you think needs to be refined, removed, or are potential liabilities needing further discipline, guidance, and consideration? How do you think these five weaknesses affect you? Others? How do they impact you helping others?

5. In what ways has this book impacted your life? Write out a prayer of thankfulness to your heavenly Father for what He has done in your life through this study.