

THE WOUND

What is it inside boys that want to prove to their dad, “Im enough.”

I’m strong enough. Please notice me, I’m becoming a man.

The root of our wound is this question:

Do you love me? Do I have what it takes to be a man?

Every man has a wound. Most of the time delivered by their father.

Its hard to heal what you don’t reveal.

TABLE QUESTIONS ROUND 1

Inside each of us is still a little boy.

The little boy is afraid of:

1. Fear that I will fail.
2. Fear that I will be found out.
3. Fear that I am on my own.

Two areas that help identify the roots of our wound:

1. Our anger
2. Our addictions

A PRAYER

“Jesus take me into my wound. I give you permission and access to my soul and my deepest hurts. Come, and bring me to my own brokenness. Come and shepherd the orphaned boy within me. Let me be fully present to my wounded heart. Uncover my wound and meet me there.”

TABLE QUESTIONS ROUND 2

STEP 1: SURRENDER Your Life to God.

CS Lewis: “Until you have given yourself to Him you will not have your real self.”

STEP 2: Renounce THE VOW.

STEP 3: INVITE Jesus into our wound.

Isaiah 61:1-3:

The Spirit of the Sovereign Lord is on me,
because the Lord has anointed me
to proclaim good news to the poor.
He has sent me to bind up the brokenhearted,
to proclaim freedom for the captives
and release from darkness for the prisoners,^[a]
² to proclaim the year of the Lord's favor
and the day of vengeance of our God,
to comfort all who mourn,
³ and provide for those who grieve in Zion—
to bestow on them a crown of beauty
instead of ashes,
the oil of joy
instead of mourning,
and a garment of praise
instead of a spirit of despair.

STEP 4: Allow yourself to GRIEVE.

St. Augustine, *The Confessions*. “The tears...streamed down, and I let them flow as freely as they would, making them a pillow for my heart. On them, it rested. Grief is a form of validation; it says the wound matters.”

STEP 5: _We let GOD love us.

Ephesians 3:16-19:

¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

STEP 6: _We FORGIVE our fathers.

STEP 7: _Ask God WHO YOU ARE as His son.

You are His TRUE SON. (1 John 3:1)

You are completely FORGIVEN and CLEANSED. (1 John 1:9)

Your sin nature has been REMOVED. (Romans 6:11; Colossians 2:11)

Christ is now your TRUE LIFE and NATURE. (Ephesians 2:4-6)

You have a new NAME. (Isaiah 62:2; Revelation 2:17)

TABLE QUESTIONS ROUND 3

Prayer