

## Lesson 1B – Hindrances to Walking in Your Truest Identity

Almost all of the hindrances to walking in our true identity are tied in some way to what happened, and sometimes what didn't happen, growing up.

- ❖ We all have five basic love needs:
  1. **Unconditional expressed love**
  2. **Feeling safe, secure, and trusted**
  3. **Feeling accepted, valued, and affirmed**
  4. **Having a purpose in life**
  5. **Being heard, understood, and someone to know our heart.**
- ❖ Every time one of those love needs didn't get met, pain went into our heart.
- ❖ The only way this pain can be removed is through comforting love. If someone was there to take you in their arms, hold you tight, assure you that everything was going to be all right, and make you feel loved, then the pain was removed and had no lasting effect on you.
- ❖ However, most of us did not have anyone to comfort us most of the time and the pain went into our hearts and may still be there today.
- ❖ Just because you have grown up and have become an adult, does not mean that you have gotten rid of all the pain you received growing up. That little boy or girl is still hurting inside of you and needs to be healed.

### *Three things in common with people who are carrying unhealed wounds in their heart*

- ❖ Hurting people hurt other people
- ❖ Hurting people are easily offended and hurt themselves
- ❖ Hurting people make bad choices

There are two ways that we can become wounded in our heart.

- ❖ **Type A wounds** come from the absence of good things happening in our lives. Those times when we needed demonstrated or expressed love, tender touches, loving eye contact, or a gentle voice and did not receive it, a wound was registered in our heart. It could be times when we did not get the encouragement, support, acceptance, or unconditional love that we needed from our parents, friends, or other loved ones.
- ❖ **Type B wounds** are the obvious outward things that happen to us that offend or hurt us spiritually, emotionally or physically, or leave a lasting painful memory in our heart. Some examples include: insults, outright or subtle rejection, demeaning or devaluing words, disappointments, or grief from abandonment or abuse.

Wounds occur any time that we do not have a sense of love and acceptance

### *All of our adult pain is tied to our childhood pain, and most of our childhood pain came from our parents or those who were in the role of parents to us.*

- ❖ We are not bashing parents; they did the best job that they could.
- ❖ However, if they were hurt growing up, then they probably did not feel comfortable with love, and hurting people hurt other people. Also, if they never received love themselves, they did not have any love to give away to you. They did not intend to hurt us, but they did.
- ❖ We can also be hurt by other people as we grow up. School situations, teachers, coaches, broken relationships, divorce, pastors, church members can all add to our pain tank if we don't forgive and receive the Father's comforting love.

### The wounding can lead to a cycle of pain or open us up to darkness and demonic oppression.

#### Wounds from Mothers and Fathers

The father is the most important person in a child's life and will strongly affect how they live their lives and how they relate to their Heavenly Father.

- ❖ A distorted image of our father will also hinder us from receiving love, security, acceptance, rest, comfort, provision, and healing from Father God.
- ❖ *Often the image and remembrances of our earthly father, or a father figure, are how we relate to our heavenly Father.* Unresolved conflicts, anger, wounds, or unconscious hidden core pain from insults, broken promises, rejection, demeaning looks, abuse, disappointments, grief, and abandonment (death, divorce, or leaving an unwed relationship) will hinder our ability to trust or become intimate with Father God.
- ❖ Each time our needs are not met or we feel our father's rejection, a wound goes into our heart and pain begins to build inside. The rejection can take many forms from words, "the look," anger (includes punishing in anger), slaps (especially the face), body language, facial expression, placing work or other things above us, too busy to spend time with us, no hugs or kisses, no interest in our needs or our lives, no communication with us, or ignoring us when they are around us.

We must realize that our fathers were once children themselves and probably were wounded by their own fathers (cycle of wounding Ex. 20:5, 34:7)

- ❖ Our father may have been so wounded that he was unable to give us the love that we needed. He did the best he could and what he thought was right at the time. (**Heb. 12:10**)
- ❖ Our earthly father wanted to love us and meet all of our needs, but was just not able to because of the pain and wounds in his own life.

## Father Issues

### The Good Father

- You may not believe that Father God will heal you, or provide rest, comfort, forgiveness, compassion, affection, etc. if your earthly father let you down in any of those areas.
- You may struggle with fears if your earthly father was unable to comfort you and provide a safe secure home situation.

### The Performance-Oriented Father

- The child may have an ungodly belief that "the only way I belong, am loved, and feel accepted is when I do things right or perfectly."
- You may become an aggressive striver trying to please God by praying enough, reading your Bible enough, or doing all the right religious things.
- Your relationship with God may be based on hyper-religious activities and spiritual ambitions, striving to become more spiritual or in the "select" group at church.
- You may battle fears of rejection or fear of what other people think. You cannot find peace and rest within His love.

### The Passive Father

- You know God loves you, but you have a difficult time believing that He will demonstrate His love to you.

## Hindrances to Walking In Your True Identity

- You may have a difficult time hearing that still small voice of the Holy Spirit or the conviction of sin
- Your relationship with God may be built on duty or power and not on His love. You may get discouraged trying to maintain the Christian walk.
- You find it difficult to move from your head to your heart.

### **The Absentee Father**

- There is an emptiness of feeling like a spiritual orphan
- Life may be very serious and intense
- You may fear drawing close to God thinking that He may abandon you too.
- You may feel neglected by God thinking that He spends more time with others than you
- It is difficult to sense the loving presence of God.
- You may find it hard to believe that God will provide for your needs

### **The Authoritarian Father**

- You are not allowed to develop your own individuality or think for yourself
- You may have a hard time believing that God is loving and forgiving and not harsh, judgmental, and impatient with you.
- Your fear of failure may lead to self-denial or self-deception.
- You may be a disciplined Christian, but lack intimacy and loving relationships
- Your witnessing or preaching may be based more upon judgment than on love, mercy, and grace

### **The Abusive Father**

- Having an abusive father makes it hard to get close to God for fear of being punished again.
- Even when you pray, read your Bible, and do the right things, you still feel guilty because He is not close like other people experience
- You may have a continual struggle with self-condemnation and sense of shame.
- You may feel too unclean for God to love you.
- You feel fatherless in the church and spiritual growth comes slowly.

## **Mother Issues**

Mothers are the primary caregivers for the first two years of a baby's life.

The relationship we had with our mother during those first two years is our first experience with love and helps form the way we feel about our self, the world, and God. (Ps. 22:9-10)

- ❖ Mother relationships are all about rest and comfort, receiving and giving, nurture and affection, trust and bonding, intimacy and communion.
- ❖ Our mother's love affects how we relate to God, others, and ourselves
- ❖ When we are held, cuddled, fed and nourished on our mother's breast, we learn how to trust life, relationships, and God.
- ❖ Storge love also gives us the ability to bond, and receive and give love away.

**Our mother's love calls our spirit and emotions to life.** Her love awakens our feelings of trust, acceptance, belonging, empathy, value, and self-esteem. It also leads to a healthy sexuality later in marriage.

- ❖ The wounds from our mother may not be so obvious or strong for most of us because of the nature of women to nurture and love.

## Hindrances to Walking In Your True Identity

### Wounds Before or Just After Birth (Ps. 22:9-10, Is. 49:15-16, Is. 66: 11-13)

- ❖ The rejection and wounding could have come even before birth if the mother did not want the pregnancy, the circumstances resulting in the pregnancy were not positive, there was turmoil in the mother's life during the pregnancy due to finances, work, relationship problems, family problems, sickness, death, or accidents.
- ❖ The mother may have been fearful of going through delivery or the delivery was very difficult.

### Wounded Mothers

- ❖ All of us are only able to give away what we have received. If our mother did not receive her love needs met as a child, she may be wounded and the pain and rejection in her heart may keep her from feeling comfortable with love herself.
- ❖ She may not have been able to give you the storge love that you needed.
- ❖ Some mothers try to live their lives through their children, pushing them into sports, music, or activities that they were not able to do when they were growing up.
- ❖ Your mother may have been wounded by a divorce or abusive relationship.
- ❖ She may have a negative attitude towards men and may emasculate her sons
- ❖ She may also bury her hurts in hyper-activity, joining groups or in her work that takes even more time away from you.

### IMPACTS FROM ADOPTION

- ❖ You may deal with shame or fear of anyone finding out about your past
- ❖ You may have a fear of bonding in other relationships or opening your heart up to love someone.
- ❖ You may have a fear of being rejected that keeps you from getting close or intimate with your family or others
- ❖ Even if you had positive foster or adopted parents, there is still a feeling of loss and rejection from your natural mother that leaves a wound in your heart.
- ❖ You may feel cheated out of having a mother who loved you from birth and nurtured you at her side and on her breast.

### Working Mothers

- ❖ They may not be there when you needed to be comforted, or they were too busy taking care of the house chores or fixing dinner to give you the love and attention that you needed.
- ❖ You may have had to come home to an empty house or been left alone for long periods of time while your mother was at work or doing errands.
- ❖ You may have been dropped off at day cares, nurseries, activities outside the home, or had a nanny or babysitters a lot of the time. This could have left you feeling like you were a burden or an inconvenience to your mother even though she tried to show you love.
- ❖ You may have been left in charge of younger siblings while your mother worked and you felt like you missed out on being a child

### Without a healthy bonding with our mothers, we may begin to shut down our hearts to receiving comfort and love.

- ❖ If we have shut ourselves off from receiving storge love from our mother, we begin to cut our heart off from love and hardness begins to set in.

## Hindrances to Walking In Your True Identity

- ❖ We feel uncomfortable sharing our real feelings or getting close to others.
- ❖ You learn that to receive her love you have to do things a certain way or perfectly.
- ❖ Men who have overly bonded with controlling mothers may have problems with proper sexual orientation, express effeminate behavior, be passive husbands, struggle with fantasy and pornography, or be overly dominant with women.

### **A person who never bonds with their mother may struggle with:**

- |                                 |                           |
|---------------------------------|---------------------------|
| - Addictions                    | - Compulsions             |
| - Feelings of separation        | - A lack of trust         |
| - Fear of bonding to others     | - Fear of abandonment     |
| - Feelings of emptiness         | - Fears and insecurities  |
| - Anxieties and anguish         | - No sense of comfort     |
| - Fear of living                | - Fear of the future      |
| - Open doors to sexual bondages | - Unhealthy sexual drives |

### **A third way we can hinder our true identity is to take on an Orphan Heart**

The hurts and wounds that we receive from our parents damage our relationships within the home, and we can withdraw and become orphans.

- ❖ We decide to withdraw from the relationship so that we will not be hurt any more.
- ❖ You may still live at home, but there is no fellowship, love, or meaningful communication any more.
- ❖ You may even grow to resent or hate your parents.

### **If we have withdrawn from our earthly father, we will not be able to experience an intimate relationship with our heavenly Father.**

- ❖ When we close our heart to our earthly father, we close our heart to having any father.
- ❖ The image of our heavenly Father will be tainted by the image we have of our earthly father

### **Wounding can affect our spiritual life**

- ❖ We can enter a state of spiritual “sleepiness” that hinders our awareness of the life of the Spirit (**Rev. 16:15 AMP, 1 Thes. 5:4-8**) – In this spiritual slumber, we find it difficult to experience intimacy with God
- ❖ The wounding prevents us from receiving spiritual understanding and fresh revelations from God. We are unable to hear or feel the heart of the Father.
- ❖ The Word we read and study has no life to it.
- ❖ The woundedness and pain destroy our ability to have faith and hope for the future to be any different.
- ❖ The wounds can hinder our ability to receive healing in our physical bodies. (**Prov. 17:22, Prov. 18:14**)
- ❖ Worship becomes mechanical with no sense of the Spirit.

**The Wounds Hinder Us From Communicating Spirit-to-Spirit.** We cannot move past the surface level relationships. We become news, weather, and sports persons afraid to enter into deeper conversations about feelings, emotions, or the Word

### Three Common Roles Orphans May Assume

- 1) The Victim
- 2) The Persecutor
- 3) The Rescuer

### Personality Types of the Orphan

- 1) The Showoff
- 2) The People Pleaser
- 3) The Timid
- 4) The Isolationist
- 5) The Fighter
- 6) The Moralist

### The Orphan's Attitudes Are Affected By the Wounding

#### 1) As a Child

- hidden resentment that becomes bitterness towards their parent that wound them.
- loses trust for the parent and no longer feels secure enough to share their real feelings of pain and rejection.
- close their spirit to the parent and cut off communication
- Not feeling valued or loved, they turn to disobedience
- This will often lead to rebellion. (Col. 3:21, Eph. 6:4)

#### 2) Towards a Spouse or Parent

- difficulty giving and receiving expressed love
- May spend little time with their family
- Their love may be very passive
- wrapped up in their own world
- May be dominating and intimidating
- May be physically abusive or open threats of violence to keep others under control and avoid dealing with the problems
- Discipline with anger

#### 3) Towards God

- Difficult to come into full submission to God
- Difficulty identifying with the Father
- Self-sufficient life with a lack of trust – lack of prayer and intimacy
- Views the Father as a tyrant that punishes them
- Becomes rebellious, independent, and not yielding to the conviction of sin

**Orphan hearts are easily hurt or offended, independent, and self-driven**

**Lesson 1 Questions**

1. Ask the Father to tell you how He sees you. Ask Him to recall who you really are – your true identity and write down what you hear Him say.

2. Begin practicing this week to be more aware of your spirit and being led by the Holy Spirit. Ask the Father to show you one area of your life where He desires you to fully lean on the Spirit. Write down what happens each day.

3. Make a list of things that a true son does and begin to walk in them this week!

4. Ask the Holy Spirit to show you other memories where your heart was hurt or wounded growing up and walk through the steps of forgiveness and taking them to the cross. (You may need someone to help you if the memories are very painful.) Then allow the Father to speak truth into your heart about that situation from His perspective. Write down what He says.

5. Ask the Father to speak to you and show you how you can begin to live in the Garden and enjoy a closer relationship with Him. Feel free to ask Him anything you would like to learn about the Garden too! Journal about what He says to you on the back of this page.