



## **Father's Blessing and Mother's Blessing Service**

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### **What is it?**

A time set aside to receive the benefit of a godly father's/mother's blessing, as the Lord intended us all to receive. As we reflect upon both the blessings and the failures of our parents, prayer ministers stand in the gap, both to seek forgiveness for the failures of our parents, and to bless us as children.

### **How does it work?**

The service usually starts with a quiet time of silent prayer, or perhaps worship music. After this time a representative 'father' and a representative 'mother' both give public/corporate blessings to the assembled group, followed by the offering of individual blessings by additional male and female prayer ministers. The 'parent' will offer words of affirmation and blessing. If appropriate, the parent or even the child might ask/offer forgiveness. Sometimes the Holy Spirit gives the 'parent' specific words that minister to the 'child.' These times are always life giving and call forth the God-given potential of the 'child.'

### **Who benefits from these blessings?**

Everyone. Those of us who had essentially healthy, loving parents; those of who had a parent who died early; those of us who had an absent parent; those who had openly abusive parents; those of us who had a mentally ill parent; those of us whose parents divorced; those of us who had an addicted parent; those of us who had a parent who didn't believe us when we told the truth; those of us who had a parent who played favorites among us children; those of us who had a parent who didn't believe in God; those of us with a well-intentioned parent who did us harm; those of us with an over protective parent. In short, all of us will benefit, but some of us have a greater need than others.

Each prayer minister giving a blessing is benefited too as the Lord frequently reminds us of something that needs His touch in our own lives or those of our children and there is deep satisfaction in being part of His redemptive work in the 'children' He brings.

### **How can I receive such a blessing?**

Many healing ministries offer this kind of blessing. Currently, The Falls Church Anglican offers these evenings four times a year, generally in January, April, June and October from 7.00-9.00 p.m. See [www.tfcanglican.org/prayer](http://www.tfcanglican.org/prayer) for updates on dates and locations.



## A Father's Blessing

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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. In an atmosphere of prayer, it is often quite powerful to have prayer ministers 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 and modify them in any way he would lead.

*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, your spelling bees.*



*Maybe he spent too much time with you, pressuring 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 what you wanted or needed. 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 to listen.*

*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 can not 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... I 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'm 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;... and to achieve;... 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 always have to 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 that it has limited you.*

*I pray that God will remove from you any belief that you are 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 rest 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!*



## A Mother's Blessing

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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. In an atmosphere of prayer, it is often quite powerful to have prayer ministers 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 and modify them in any way he would lead.

*A mother's assignment is to nurture, to love, to tend, to treasure, and to teach her children. Maybe your mother was wonderful; maybe she wasn't.*

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

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

*Maybe she made you her idol, delighting in you so much that you haven't been able to break away to be your own self.*

*Perhaps she made you the scapegoat for all her troubles, so that you suffered for things other people did to her which frightened, hurt, or angered her.*

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

*Maybe she came between you and your father; or continually forced you to choose sides. Maybe she placed you between herself and her husband; maybe she didn't protect you from him.*

*Maybe she insisted that you "mother" her instead of her "mothering" you. And maybe you felt important about that – and did not realize you were becoming trapped and overwhelmed... and since then you have been running on empty, not knowing what you need...or want.*



*Perhaps she left you in the care of hurtful, dangerous people... Maybe she didn't see or believe you when you went to her for help... Perhaps she was just too busy to see anything you wanted or needed then. I really don't know....*

*If you are willing to hear the words of a wounded mother speaking to you....please close your eyes for a few minutes to listen.*

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

*My dear child....I know that the Scriptures command you to honor me; and I want you to know that you will honor me best by becoming and being all the Lord intends you to be. I ask the Lord to richly 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.*

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

*If I ever made you feel less than, or not good enough...I 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'm 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;...and to achieve;... 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 any of my grief, fear, terror, anger, dread...and expectations you are still trying to live up to. May the Lord free you from feeling that you always have to be perfect.*



*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 it has limited you.*

*I pray that God will remove from you any belief that you are not wanted...or loved. I pray that you have no doubt that you are the gender you are supposed to be.*

*Please forgive me for not nurturing you. 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 rest to God.*

*My precious one...I love you.*

*I am so proud of you.*

*I am so glad you were born.*

*Be released now to be the person that God created you to be. Be free...my love...and live!*