

SEPTEMBER 19, 2017

Thank you for allowing me the long break. I went on vacation, I prepared for the series, I finished up a project. I appreciate so much your patience with me.

Today is the day we are going to begin our series “Healing the Father Wound.” I have to tell you, I have been in near-constant prayer for you and for me. I kept reminding you about the community Facebook page. If you have not hooked up to us there you can do that. It’s a bit more of a private discussion. I and a friend of mine who helps me a lot with the ministry here, Julie, we talked about it after someone suggested it. As soon as I heard the suggestion I thought, “Wow, that would be perfect” because I was feeling uncomfortable with some of the stuff that I anticipated sharing. If you have not found that yet it is called Healing the Father Wound Discussion Group. You can connect to us there. I have been warning you about pop quizzes and other things, and I have to tell you it took me completely by surprise when it snuck up on me. All this time I have been preparing and I had a situation brewing that ordinarily would have thrown me into a father wound mess but I bore up under it. I was not patting myself on the back or anything but I was glad that it wasn’t really bothering me. I was warning you and then lo and behold, Monday I started to have a meltdown. I didn’t recognize it right away. I was a little bit weepy, kind of irritable, just yuck. As I was preparing for this series I was reading some stuff and I realized “Oh, that’s what it is.” What has happened is there was a convergence. This situation that is a trigger has been a long-term trigger. It’s been like this for at least two months, and I’ve done really well. It hasn’t bothered me. But, this week because we’re bumping up against what I’ll call a deadline I just realized it’s now or never. It has to happen now and this situation is preventing it. It was sort of in the back of my mind. It wasn’t something that was overtly difficult. I just started noticing the agitation and irritation, the sensitivity where I felt like crying, but I never really stopped long enough because it wasn’t overwhelming or anything. I didn’t stop long enough to consider what was happening. As soon as I started to prepare a little more I realized that’s what it is.

Last night I just went ahead and went to the Lord with it. I said, “You know what? I can see what it is, but I have no idea how we can even be doing this again. Here I am. This is how I feel. This is my worry blah blah blah.” I had a good cry. What I know is that was for me and my situation but it was also for you, Dear One. You are here for the same reasons that I am here, especially after last night and all that deep, deep emotion. I’ll share more about it as we go. I know you have probably been experiencing this too so I’ll share a little more about what has happened and what is happening in the weeks to come. It just really drew me into the suffering that this wound causes. I spent a long time in tears just praying for you. I’m so proud of you for reaching out to this series. I have no many new signups. I want to welcome you new listeners. I want to thank my Friends of the Show, which I’ll get to later. Wow. There are a whole lot of us walking around. I call us the walking wounded. We’re in it together. That’s what the Facebook page is for.

Today we are going to talk about God as Father in an impersonal way. We are going to look at what the Bible says, to look at it in theological way, very impersonal; then, we are going to look at what Jesus says. We’re going to look at God as Father in a more personal way. Then, if we have time we are going to talk about how to get from the impersonal to the personal and the process that it takes to

091717\_ABBA FATHER

get there. Jesus is going to be our leader. He is going to show us through this entire series how to get into the bosom of the Father into a way that is comfortable. That's the plan for the show. I know some of you get distracted if you don't have a plan, so there's your plan: We are going to do first impersonal, then personal, then if we have time we are going to talk about that process.

Without further ado I want to go through a couple of instances in the Scriptures where the term Abba, Father is used. There are only 3 in the New Testament. The first one is Jesus himself, and he said, *"Abba, Father, all things are possible for you. Take away this cup from me. Nevertheless, not what I will but what You will."* That's in Mark 14:36. That is Jesus in the garden. If you watched the movie "The Passion" you know that was one of the very first words out of Jesus's mouth when He's in prayer in the garden. The movie opens in the dark where Jesus is on His face in the dirt and He is praying this prayer. "Dear Lord, please don't make me do this." We're going to look throughout the series at the Sorrowful Mysteries as a template for how Jesus leads us through the process of going from the impersonal Father to the personal Father. This is the very first prayer of the Sorrowful Mysteries. Then in the book of Romans, it says *"You have not received the spirit of slavery again to fear but you have received the spirit of adoption whereby we cry 'Abba, Father.'" That's Romans 8:15. That will be the hallmark or the main scripture verse for our entire series. "For you have not received the spirit of bondage or slavery again to fear." I grew up with that fear. I could not relate to God as my father because I was so afraid of my earthly father and my father wound. This whole "spirit of bondage again to fear" I get. That's the reason I wrote "Fearless." I get that whole bondage to fear but we have not received a spirit of bondage of fear. The spirit of fear in relation to God as Father is not from Him, Dear One. That's the point: The attack of the enemy on our personhood and our relationship to our Heavenly Father. He goes on to say, "But you have received the spirit of adoption whereby we cry 'Abba, Father.'" We don't receive the spirit of fear from God. We receive the spirit whereby we can call "Abba, Father." We are going to look at that phrase "Abba, Father" in a little bit. In Galatians 4 St Paul says again, *"Because you are sons (or daughters), God has sent forth the spirit of His son into your hearts crying "Abba, Father"*. Again we see the connection with these 2 terms, Abba and Father.*

We see that Jesus is the one who teaches us how to approach God as our Father. These are the only verses in the Scriptures that have those 2 words together: Abba, Father. In the Old Testament God was not understood at all to be Father, not in the sense that Jesus showed or revealed Him to be. We'll talk about that in a moment. The 2 words were commonly linked by the early Christians. They used that phrase a lot, "Abba, Father" because Jesus prayed that prayer in Gethsemane. *"Abba, Father, all things are possible to you. Take away this cup from me. Nevertheless, not what I will but what you will."* The early Christians actually used that. They capitalized the first letters. It's a formal address, we'll say. We can see that partly because of the capital letters. When we think of Father we're thinking of our parental figure, our male parent. But, in the Scriptures what it actually means is the one who originates something, the one who infuses others with that same spirit. Jesus said in John 8 that if we do murder in our hearts or we lie, or we are of the murderer or of the liar, then we belong to our father, the devil. That's because, then, the devil is communicating his spirit to us in that way. He's showing through that term father (lower case) that father as understood in the Scriptures is understood as the originator of something or someone. We also know, and this is cool, that when speaking with Hebrew priests, part of what they did was teach the Word of God to members of the Sanhedrin and the Levitical priesthood, they used the term father.

I want to spend moment to shout out my latest Friends of the Show. I'm going to just list you all for the last 3 weeks since I wasn't able to do a whole lot of recording. I think I probably did thank 3 of you to begin with but I'm going to shout you out again since I appreciate you so much: Teyana, Mary Jane,

091717\_ABBA FATHER

Sandy, Gloria, Mary Katherine, Mary, Laurie, Brigid, Carlene, Gina, Rowena, Tom, Gaylene, and Beyna. Thank you all for loving me and lifting me. You have no idea how much I appreciate you and depend on you. Thank you, thank you, thank you. Your bracelets are in the mail if you are a subscriber. Hopefully you're all added as Premium Content access.

We left off talking about that in the Scriptures the term Father meant to mean the one who originated something. Obviously our parent father was our physical originator. We came from him. But we also know that the Hebrew priests were called father. That's kind of where we get the term Father as well. When Jesus said "Don't call any man father" He wasn't meaning literally don't do that. What He is meaning is there is one Father, THE Father, the Heavenly Father, through whom all of these fathers originate. That's all He was doing. He was emphasizing, then, that the Heavenly Father takes priority over all the other fathers that we experience. That term father was used by the Jews when they were talking about their priests and the priesthood. God is Father, then, because everything originates from Him. He says "I am who am. I am." Everything that is comes from He who is. I am because He is. Everything that is, is because He is. I talk about that quite a bit in the book "Fearless." He is the originator of everybody, the whole universe, all of humanity and history and creation, seahorses, daisies, whatever. Christians, angels, and Jesus even as Son. He didn't create Jesus. Jesus is begotten, which is a whole different thing, but He is in the Son. As Father, then, God is acknowledged as the creator, the sustainer, and the protector. As Christians, we are accepted in Christ because Jesus is the Son, and the Son is beloved and He is sent by the Father. There are other terms or other meanings of the word father. It can be used as a Christian who has a very deep knowledge of theology or the faith. It can be used for our priests - we call our priests Father. It was also used by Paul. He talked about spiritual fatherhood and that he himself was a father to his spiritual children, those whom he was leading to salvation. By referring to himself as their spiritual father we can see 2 things: First of all, it's not bad to use the term father for our priests or those who are in a spiritual fatherhood over us. Paul did it himself and he encouraged the other Christians to do so as well. We can also see that it indicates St. Paul's priesthood. That's part of why he felt comfortable not only calling himself father but encouraging the Christians to call him a spiritual father as well. He engenders, or gives birth to, spiritual children in the fatherly sense.

Abba, we saw in those 3 scriptures, was combined with the word Father. "Abba, Father." It was originally used of God, obviously, when praying. It was sort of a formal term. Whenever we see it in the New Testament it's always attached to the Greek so you see them paired together. From the beginning, Hebrews used it as a sacred proper name. The Greek speakers who were the apostles and the New Testament Christians put it together with their own word Father. In English that's what it means: Father. Abba is the Aramaic equivalent of the Hebrew word Father. Jews and Christians use the 2 together because they were Greek-speaking Jews. The put the 2 words together to say both. They used, as I said, this title for revered teachers, those whom they revered, who taught them the Word and the faith. The priests and the rabbis, especially during the Babylonian period, were often referred to as Rabba or Ravva, and that was shortened. Abraham is called father. In modern days the word abbot comes from that word Abba.

What's the difference, then, between Abba and Father? Abba is more personal whereas Father references a function or a relationship. Remember that Father is the originator. It does imply a relationship. The word Abba, though, implies this total trust; whereas father speaks of a relationship. It's a familiar one but it's reserved for adults. Used together, then, Abba and Father denote trust and love and a personal relationship. You can see that in the 3 verses that we quoted and the way that Jesus used it. I'll elaborate on that in a moment. Abba, then, is not an actual translation; it's a

091717\_ABBA FATHER

transliteration. That means that you take the original language and the original letters and you just take it and put it in English. Abba is the actual Aramaic word whereas father would be a translation of the Hebrew word for father. To put the 2 together is really to use 2 different languages. There is no English word that can translate the word Abba. Father is how we translate it but the 2 put together in the Scriptures, which is why I am going into all of this, Abba refers to the spiritual relationship with God. Jesus, we know, spoke Aramaic with a Galilean dialect, and also some Greek and Hebrew. They read the Scriptures in Hebrew. They would have all been familiar with the uses of Abba and father. As I said, the early Christians used it to in the imitation of Christ.

A lot of people like to say that Abba, because it denotes a close relationship, is translated as Daddy. That's not Daddy in the way that a small boy might say "Daddy!" and run and jump in his daddy's arms, although there is a sense of an intimate relationship. I'm not sure we should use that term as it might be irreverent. I'm trying to give you a sense of the word. We know what daddy is supposed to mean. For Abba, if we are going to try to use the word daddy then we need to think of it as the comfort you get by knowing that somebody big and strong is in control. Abba, then, is sort of that comfort; not in familiarity. It's not a presumption even though, as I shared before, my aunt shared that when she prayed she felt like she crawled up in God's lap. I actually feel that way too now but still not as a daddy kind of thing. There is still some kind of very deep respect related to that. When I imagine myself doing that I imagine His comforting arms around me. There are times, actually, that I imagine myself jumping up and down in His lap and kissing his face all over because I love Him and all that. Maybe that's too familiar. I don't know. God leads us into whatever relationship He wants us to have with Him. I don't want to get too specific on what this should or shouldn't mean. It will mean probably something different to each of us. But it is intimate and we will leave it at that. Abba is a designation of intimacy and relationship. Did Jesus in the Garden of Gethsemane call God Daddy like a small boy? No, I don't think He did. It's probably better to say the word Sir. That comes closer. You can be on a close relationship, even an intimate relationship basis, with someone that you would call Sir. All of that wrapped into one is sort of how I think about Him.

The reason that we are talking about this is twofold: One, the instances in the Scriptures where we see this intimate term that Jesus uses for God the Father. But what is so cool about it is Jesus actually came to reveal to us that God is a father in this very intimate relationship sense. This was a whole new thing. In the Old Testament they saw God as almighty, they saw God as sovereign, they saw God as in control, but Father? I don't know. That was actually part of why the Jews were so upset at Jesus, because He sort of had this seemingly familiar relationship with almighty God and they found that very offensive. We'll talk about that some more. We're going to get into the more personal and intimate aspects of God.

It's very important that we get this fatherhood thing right with God. That's why we are doing this series. If you don't have a good handle on God as your Father in this intimate way, this Abba way, you don't know Him very well. That's the whole reason Jesus came, was to make that relationship an intimate one that would save us and redeem us. He came, in part, to save us into that relationship, into that awareness. What we're doing then throughout this series is we are trying to grow into the experience that Jesus had as God the Father as Abba. I want to just mention here the Gospel of John 1:17-18. *"For the law was given through Moses but grace and truth came through Jesus Christ. No one has seen God at any time but the only begotten Son who is in the bosom of the Father. He has declared (or explained or interpreted) Him."* What is so unique is that His relationship with God, His being present in God's bosom, that relationship, is the essence of what He came to do. Yes, He came to die and endure the passion but He did that because He wanted to draw us into this relationship that

091717\_ABBA FATHER

He experiences and that He knows and that He wants to make possible for us to have, but also to reveal to us how to have it. Jesus is going to lead us into a fuller awareness of God as Abba. He is closer to us than breathing, than thinking, than choosing, or even consciousness itself. I have come to a very deep awareness of knowledge of that in an experiential way. I believe that if you haven't yet, you will too if you continue this work, this healing, with Him that we are here to do. That's what we are doing, Dear One. I haven't gotten into some of the more spiritual parts. We'll do that but I wanted to start out impersonal so you wouldn't be scared to death like I'm going to throw you into God's lap. I remember how terrifying that was. It was just very odd to me to even think of Him in those terms.

When we have a very deep wound - whether we have a mother or a father wound, or maybe your wound is from someone else entirely, it doesn't matter - it affects our relationship with our Heavenly Father. I'm going to show you why that's true in a moment. I'm going to read you something from the Catechism and also something from the Scriptures. We know that the Bible actually presents God to us in both male and female ways. When we have divisions and hurts and wounds that come from those relationships with our mothers and fathers, our sense of God's love is messed up. It gets twisted up and we don't understand how to relate to Him properly. We don't understand Him. We don't understand how much He loves us because we haven't experienced it. There is something in us that knows it is wrong and that rebels against that wrongness. We know instinctively that we have been mistreated in a way that is unjust and somehow just flat out wrong, but we are not sure if we can trust God and what He says. Dear One, I am here to tell you that we can and we should. I love this verse from Numbers 23. I have said this to myself a lot as I have done this LOVE the Word™ practice and have gotten a sense of God's love for me, I got it from the Scriptures. He would apply Scriptures to me that would talk about how much He loved me, especially Song of Solomon. We may do that after this just to immerse you in His love. I remember some of that and I just thought "I'm just making this up. I don't think He's actually saying this to me at all" because it seemed very intimate and it seemed very different than anything I would have anticipated Him. He says in Numbers 23:19 *"God is not a man that He should lie, nor a son of man that He should repent. Has He said and will not do it or has He spoken and will He not make it good? Behold, I received a command to bless. He has blessed and I cannot reverse it."* I love that. God is not a man that He should lie. When you hear from God, and you will - if you practice LOVE the Word™ as the method of communing with Him and receiving that love and sitting down to practice that is your act of goodwill that opens the door to that meeting. Many of you have talked about what you are getting out of it and how much you appreciate that we did that and we looked at how to LOVE the Word™, how to do that daily Scripture time and get that healing relationship started. Some of you are having difficulty though. Some of it is just that you have to be disciplined for a while, but there are some of you, I believe - I would have to talk to you in more depth to know - but I suspect that some of you are having difficulty because you're at another stage of prayer. God is moving you into another stage and He is kicking out the sensory stuff and so it feels like nothing is happening. Listen to me, Dear One. DO NOT GIVE UP. The main thing I want you to get out of today's show is you will receive healing. God is not a liar. He cannot lie. It is against His nature to lie. God is not the father of lies. Jesus said Satan is the father of lies. God loves you and He has promised to heal you. You don't have to know how deep your wounds are. You don't have to know what they are. You don't have to remember them. You don't have to do any of that. All you have to do is show up every day at your LOVE the Word™ exercise and God will take it from there. I promise you.

I'm going give you what a friend of mine, Dr. Candice, who is a friend of mine who is a therapist who has helped me a lot to be able to explain the science of what I share with you. She is wonderful. Dr. 091717\_ABBA FATHER

Candice is in San Diego. If you are out in that area and you want help from someone who is specifically Catholic Christian - or just Christian, nowadays - she is wonderful. She is so, so wonderful. She has sort of helped me with getting the technical parts right so that I don't present you with something that isn't actually true. I heard her doing a webinar and one of the things she said was that she talking about how she presents to her patients a treatment plan. That struck me. I remember that one of the things that bothered me a lot about trying to follow God through this whole prayer thing and healing with John of the Cross was "Thank goodness I found John of the Cross because he gave me a treatment plan." I am one of those people who I don't want this to go on forever and ever. I want to know there is an end in sight. I want to know there is a light at the end of the tunnel. If I am going to go through all of this pain and I'm going to go through all of this memory stuff and I am going to go through all of this healing, then I want to know there is an end to it. I promise you there is, and we'll talk about what that is.

God gives us a treatment plan through the way contemplation works. That is why through LOVE the Word™ I talked about contemplation some so that you can get a roadmap of where God takes us when He does all this healing. Sometimes you may not even remember everything that has happened because they are buried so deep in your subconscious. Maybe you don't remember any of them. Maybe you remember some of them. Whatever they are, Dear One, I promise you that your hurts are never forgotten by your soul. Your soul is like a mold. I don't want to get too dramatic on this because some of you are probably thinking "Good grief. Do we have to talk about all this pain and go back to all of that?" Yes, we do and I am going to show you that Jesus shows us through the Sorrowful Mysteries. We do have to because they're buried in there. The soul never forgets our woundedness and it comes out in our behavior. Even if consciously we don't remember it the soul remembers. You have behaviors you can't explain. You have triggers that you can't identify, or maybe you do know what they are. If you've gone through "Unleashed" or "Fearless" or both, you probably have a good handle on what your predominant fault is. We'll talk about that throughout the series if you haven't. You probably know what your patterns are and maybe what your triggers are, and those are good things. But then what do we do? One of the things I don't want you to get hung up on is what you have to do at all. You don't have to do anything but show up on a daily basis and He will do the rest. That is how we approach him as Abba Father. When we talk about getting personal, we don't have to have this ooey-goey happy feeling about being with God. Especially to begin with that is probably very unrealistic. If you think you are supposed to have that then scratch that. It's not even realistic in some cases. We've been so deeply wounded there is no way to have happy thoughts about God as Father or Mary as Mother.

Jesus gives us the template for how to be healed from these wounds. The Catechism talks about how Christians are baptized in the name, the single name, of the Father and the Son and the Holy Spirit, not in their names plural. There is Almighty God the Father, his only Son, and the Holy Spirit. They together are the trinity. Jesus came to reveal to us that God is a trinity. This was a whole new concept. He as the son shows us that God is our Father, not just in this Almighty way, impersonal like "Hey, I created everything" and then just walked off and left it to its own devices, but in this very intimate and personal way in which God wants to get involved in our lives and help us heal.

This is how the mother wound figures in a preliminary way. This is from the Catechism ([CCC 239](#)): *"By calling God "Father", the language of faith indicates two main things: that God is the first origin of everything and transcendent authority; and that he is at the same time goodness and loving care for all his children. God's parental tenderness can also be expressed by the image of motherhood, which emphasizes God's immanence, the intimacy between Creator and creature. The language of faith thus*

091717\_ABBA FATHER

*draws on the human experience of parents, who are in a way the first representatives of God for man. But this experience also tells us that human parents are fallible and can disfigure the face of fatherhood and motherhood. We ought therefore to recall that God transcends the human distinction between the sexes. He is neither man nor woman: he is God. He also transcends human fatherhood and motherhood, although he is their origin and standard: no one is father as God is Father."*

The point of everything I have read thus far through the scripture and Catechism on fatherhood and motherhood is to indicate two things about Abba Father. Abba indicates the intimacy that God wants to have with His creation, with YOU. He wants to have that intimate relationship. He wants you to relate to Him that way, and He knows that our woundedness disfigures the way that we relate to Him. He sends us His son to reveal the way to open ourselves to Him just enough that He can get in and begin that healing. It begins with LOVE the Word™. I want you to practice it. I am going to give you an exercise specific to our show every single week, and I want you to practice it. It won't take but a few minutes. I know you probably have other disciplines and devotions that you do but I hope you'll look at it because it's going to help us go deeper in the scriptures and allow God to go deeper in us. I want you to hang in there and not give up. I want you promise me right now! I want you to say "I will not give up."

We're going to talk about some of the ways that the enemy will come against us to try to make us give up. Most of that will be through pop quizzes but you already know those are coming so don't be surprised. I want to say don't project, but you will project your feelings onto those other people, that's the point of them. Just realize that's what you are doing. Look beyond them to God the Abba Father working through that situation. I am going to share with you the overarching way that God has done that in my own life. We're going to look at Moses and Abraham. We're going to look at the way God forms and excavate those wounds. *"Before we make our own this first exclamation of the Lord's prayer, Our Father, we must cleanse our hearts of certain false images drawn from this world. Humility makes us recognize that "no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him" (CCC 2779)* That's why we're here. You're here out of humility, Dear One, because you recognize that you have a wound, you recognize that wound is disfiguring your relationship to God, and you're here to hear from God in His word how to get beyond it. That's humility. Just recognize the humility in the search. God is happy with that search. No matter how it feels or how your pop quizzes cause you to feel like you're being punished, you're not being punished. He is giving you chances to practice. He give us chance after chance after chance. He gives us lots and lots of practice opportunities. That's what life is for here, that process. GOD IS NOT MAD AT YOU. Do not listen to that lie. When you feel judgment or condemnation is prayer, that is NEVER God. That is always the enemy. God is not judging you or condemning you, ever. He understands we are children. Just like you try very hard to be a good parent to your children, God is the ultimate parent to us. First of all, acknowledge that it is humility and it is He Himself who has drawn you to this point in this study with me.

Jesus reveals, then, the Father to us. *"The purification of our hearts has to do with paternal or maternal images stemming from our personal and cultural history and influencing our relationship with God. God our Father transcends the categories on the created world. To impose our own ideas in this area on Him would be to fabricate idols to adore or pull down. To pray to the father is to enter into His mystery as He is and as the Son has revealed Him to us. The expression "God the Father" had never been revealed to anyone. When Moses himself asked God who He was, he heard another name. The Father's name has been revealed to us in the Son, for the name Son implies the new name Father."* That was from Tertullian and the Catechism. Jesus shows us the Father, Dear One.

091717\_ABBA FATHER

You can see, then, that mother wounds are an important part of our relationship with God. It's not just the father wound in the sense that we get the wounds from our father. They can come from our mother and often do, and sometimes they are worse because they are so unnatural. Give me an Amen, okay? Part of what Jesus does, then, as He is revealing God as Father through His relationship to Him as the Son, one of the things He told us in Luke 14:26 *"If anyone comes to me and does not hate his father and mother, wife and children, brothers and sister, and yes, his own life also, he cannot be my disciple. Whoever does not bear his cross and come after me cannot be my disciple."* He is not talking about literal hatred, although some of us may literally hate our mothers and fathers because of the things they have done to us. Let's not talk about whether or not should or must or will get to forgiveness. We'll do that later. He's not talking about an emotion here. He's talking about detachment. Our parents, the cultures that we grew up in as we just saw through the Catechism, the times that we are living in: All of these things contribute to a distorted view of God as Father. When Jesus is talking here He is talking about detaching from all of that. That is part of what God does with us in prayer through contemplation through LOVE the Word™. That's why we looked at that first, because that's the tool He uses. All the doctors of prayer talk about how God uses the Scriptures to facilitate that healing.

Jesus also says in Matthew 10:39 *"He who finds his life will lose it, and he who loses his life for my sake will find it."* What He is saying is throw yourself on His mercy. Acknowledge your weakness. I know that it's distasteful. I know that you're sick and tired of crying over it. I know you're sick and tired of being slayed by it. I know you're sick and tired of being depressed. I know you're sick and tired of being angry. I understand all of that emotion and I'm asking you today to lay it at His feet and beg Him for that healing. Commit, Dear One, to your LOVE the Word™ exercises on a daily basis. If you don't know how to do it, get the journal and use the instruction page there and muddle through it, or go through the tutorials on my website and learn how to do it. It's really very simple. If you just get the email and follow along through that LOVE the Word™ exercise every week, I'll lead you through the whole thing. Don't get bogged down with all the stuff you have to do. Just show up to the Gospel reading every day and do your show with me every week with your LOVE the Word™ exercise and let God move. What I want you to commit to is this: Do your LOVE the Word™ exercises and do whatever He tells you. That is what is so important. We have to be humble enough to obey what He says. If He tells us something too hard to do, just say "Lord, I can't do it yet but I will if you'll help me." That's what I'm asking for. This is what I want you to commit to throughout this series with me. We're gonna get healed, Dear One. We're gonna do it together. We are determined to allow God to excavate these wounds, as painful as they may be, because there is healing on the other side of it. I am living proof. I am telling you I have experienced it. I know it's true. The whole scriptures, the saints, all of those things testify to it and Jesus leads us through it.

Hang in there. Expect your pop quizzes. Stay in touch on the community Facebook page so that we can lift one another up in prayer. Pray for me as I pray for you. In the name of the Father and of the Son and of the Holy Spirit, Lord, I commit every soul and her or his journey in healing to you at this very moment. I pray, Blessed Mother, that you would bind Satan the enemy against each of us, that you would facilitate this healing in us, Lord. Holy Spirit, we ask you to come in. We commit to spending the time with you on a daily basis to open ourselves up to your Spirit. We pray that you give us the grace and the courage to say yes and to obey what you tell us to do. I pray that for each one of these that are within the sound of my voice, that you will protect them and build a hedge around them, their families, their marriages, their workplaces, their safety, their spirits, their souls. I commit them to you. You know how much I have prayed for them and how much I love them. I lift them up

091717\_ABBA FATHER

and I just ask, Holy Spirit, for an outpouring of your spirit on your people in this healing. We love you, Abba Father. In the name of the Father and of the Son and of the Holy Spirit. Amen.

