

This is a big chapter for me, one that I honestly hold close to my heart. As we know, and as God rightly emphasized for us through the family Jesus was born into, a family consists of a father, a mother and X number of children but the way circumstances would have it, this isn't always the case. Families crumble and separate, then we have divorce and so forth.



Consequently, the children are then exposed to this new void most are unsure how to fill. These single parent situations are known as 'lone parent families' which is when an individual, parents alone without the other parent's support and of course this can be due to various things i.e. the parents realise that they are incompatible, infidelity, lack of maturity, one-night-stands; the other party doesn't want to play an active role in the child's life, or in some cases, isn't even aware of the pregnancy and the woman makes the decision to raise her child single-handedly. In your opinion, who tends to pay more of the price? I believe, the children do.



Honestly, the family provides a strong and unshakeable foundation and is a child's principal support system. Most have no closure explaining why things turned out the way they did and as a result they begin to look for answers in different places seeking the closure that they may never find.

For this blog post, I wanted the focus to be on "Daddy" because the bible tells us that man is the "head" of the household, this does not mean that the presence or the absence of a mother is insignificant, but we will simply begin with man.

First, what is or is there any difference between being a Dad and being a Father? [Daniel Ruyter](#), a single parent, after being unable to find a concrete distinction between the two decided to make his own and here is what he says:

“Although both are technically the same, there are differences between the two which is emphasized in their roles of what being a father and being a dad means. Being a dad, for me, is being there for your children, actively participating in their lives. A dad is someone who helps his children grow. He raises them. He nurtures them. He attends dance recitals and baseball games. A dad is present”.



Father is more of a biological term, someone who thinks about caring for his family. He contributes to the physical creation of a child from whom sperm has been obtained to fertilize the mother's ovum. His key concern is that he pays the utility bills on time, readily supplies food or the necessities, as we know them, for his family. Some may agree that a father is the one who easily surrenders during times of crisis within the family, most especially that which involves his wife. He just supplies basic needs, food, shelter, clothes and so forth.

In contrast, a dad gives guidance to his children and family, on top of supplying basic life necessities. He is able to demonstrate more love to his wife and kids than a father can show.

Although most of this may be true, I believe that the distinction between the two depends on our individual perspectives, in other words, our personal experiences may mean our definitions vary; what a father might mean to me may be completely different to what a father means to you.

One of the hardest things can be having the physical presence of a father but being absent in all other departments. Allow me to explain, he may be there living under the same roof giving you money when you need or not but not being able to provide beyond the material aspects of things. He may be emotionally...absent. It hurts when he is there, but you have no viable connection. The absence of a father has countless costs one may be the profound feeling of rejection, abandonment, feeling unloved and sometimes the extent of feeling that they are the cause of this misfortune; self-hate.



PASSIVE FATHER

- ▶ Not at home when at home
 - ▶ Lack of physical affection
 - ▶ Lack of affirmation
 - ▶ Kids see God as distant, uncaring
 - ▶ Kids think coping is the best they can do. Less joy in life
 - ▶ Kids unable to give affection & attention to others
 - ▶ **God's love is just words**
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Remember what Christ did on the cross for you? Well, then and there the bible tells us that “by his stripes we are healed”. Family feuds often lead to hurtful and painful words being exchanged, violence may also invite itself. This creates and opens wounds that sometimes take long to heal and occasionally never do. We begin to blame that mother or father who hurt us. When we meditate on this scripture of healing it begins to grow within us, flourish and become a part of our being. Gradually, the healing process that was close to being impossible starts to manifest, a weight is lifted, and hearts are healed.



‘Father’s Day’, a day to show your appreciation and honour the man who played a significant role in your life. Many men and women, dread this day. For some it only brings back painful memories and the tears we refused to cry. The only image they have is a man who caused them so much hurt by either being absent or abusive. Whatever your wound, not matter how big or small, under no circumstances should be disregarded and ignored. A “daddy wound” is one that desperately requires deep healing. Without healing it has the capacity of eating away at our internal happiness, peace, joy, the quality of future relationships, your trust, your willingness to love and be vulnerable. Remaining broken and seeking healing in the wrong places only causes the wound(s) to deepen.

[Marian](#) Jordan Ellis offers us 4 practical steps to achieving our healing:

1) The initial step is to **Acknowledge Your Hurt**

We tend to remain in denial for long period, convincing ourselves that we have already forgiven our father because it seems like the best thing to do but then you realise that you feel a sense of bitterness, anger or even rage, especially at men or your father. At this very point the chances of you having a “daddy wound” are great. Ephesians 4:31 advises us to “get rid of all bitterness, rage and anger and slander along with every form of malice”.

2) Get ready to **Bring Your Wounded Heart to Jesus**

This particular step, may be a challenge because we’ve been so engrossed in our hurt that it progressively becomes hard to trust anyone with our heart once again. In order for our healing to be well on the way, we must bring forth our wounds and present them to Jesus. Accept and be ready to be vulnerable. No security is greater than the security Jesus offers. Pour everything before him and tell him of all those moments you were hurt, what exactly it is he may have done and why this hurt you the way it did. Share those memories you’ve kept inside.

To release, is to heal.

Jesus is the great physician (Mark 2:15-17). He is the only one who can touch our most hidden wounds. What I love most about God is that He isn’t forceful. He has the ultimate power to heal but in order for him to heal our hearts we need to willingly bring them to Him.

Psalm 147:3

He heals the broken-hearted and binds up their wounds

Are you ready to let go and let God?

3) Confess Unforgiveness

Harbouring unforgiveness is a silent killer. It does no harm to the person who hurts us, but we hurt ourselves. Forgiving is not to say what the other person did is okay or justify anything but accepting and choosing to release the person who hurt us. Life is just too short to be walking around with such a weight; you can be with someone today and find out that the person passed away the next day (God forbid). How would you feel if someone close to you was gone before you even had the time to be real with them and forgive them? Even if your father/mother has passed away it is not too late to forgive and let go. Let this new week bring you peace.

An example of a prayer you could say today could be:

“Father I confess that I have and still hold unforgiveness towards my dad. Please forgive me, help me to forgive him and love him the way you love us unconditionally. I cannot do it by my own strength, but I rely on you to make it possible. I choose to forgive my father for... (be specific). Help me to experience freedom from all this pain, anger and bitterness”.

4) Draw Near to Your Heavenly Father



This may be easier said than done because a distorted relationship with your earthly father

could have also made God a distant figure; another father who cannot be trusted. He is never too busy for you. He longs for you to experience His love and to know Him as the Father of all. Allow Him to fix the broken pieces.

Are you ready?