

A Father's Blessing

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 cannot 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 am 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, to achieve, and 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 have to always 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 if it has limited you.

I pray that God will remove from you any belief that you were 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 garbage 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!

FIELD GUIDE FOR THE HARVEST

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HEALING

Matthew 14:14

When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.

Since the early days of Jesus' ministry, healing was a consistent expression of His love for people and a holy, prophetic indicator that the Kingdom was at hand. When John the Baptist sent word to Jesus asking if He was the Messiah, Jesus replied, "the blind receive sight, the lame walk, the lepers are cleansed, and the deaf hear, the dead are raised up, the poor have the gospel preached to them" (Luke 7:22b). The restoration of the human person was part of Jesus' ministry on earth, the ministry of the apostles, and it should be active in every Spirit-empowered disciple of Jesus today. Healing comes in various forms, and the more we practice praying for healing, the more we will see the Lord bring wholeness and restoration to the people around us.

Key Scriptures

Matthew 10:8 "Heal the sick, raise the dead, cleanse the lepers, cast out demons; freely you received, freely give..."

Mark 8:23-25 ²³ And taking the blind man by the hand, He brought him out of the village; and after spitting on his eyes, and laying His hands upon him, He asked him, "Do you see anything?" ²⁴ And he looked up and said, "I see men, for I am seeing them like trees, walking about." ²⁵ Then again He laid His hands upon his eyes; and he looked intently and was restored, and began to see everything clearly.

Luke 5:13-14 ¹³ And He stretched out His hand, and touched him, saying, "I am willing; be cleansed." And immediately the leprosy left him. ¹⁴ And He ordered him to tell no one, "But go and show yourself to the priest, and make an offering for your cleansing, just as Moses commanded, for a testimony to them."

First Steps to Healing

- Forgive others and self
- Repent for sin
- Renounce ungodly agreement
- Address generational iniquity
- Break ungodly soul ties
- Renounce unhealthy inner vows
- Recognize any distorted image of God
- Repent for pride and submit to Jesus
- Bring secrets into the light

Praying for Physical Healing

- Ask the Lord to give you His heart for those receiving.
- Listen to the need, listen to the Lord
- Ask if you can pray, anoint. & lay hands
- Pray, be directed by the Lord.
- If there is some improvement, keep praying.

You might need inner healing if you...

- are quick to anger.
- avoid conflict.
- feel responsible for the well-being of others.
- feel the need to control others.
- lack the ability to feel or express emotions.
- have a poor self-image.
- feel abandoned, unseen, or ignored.
- have difficulty emotionally connecting with others.
- experience consistent fear or shame.
- have difficulty forgiving others or self.
- need to perform to feel approved of or accepted.
- struggle with addictions.

Praying for Inner Healing

- Don't rely on your opinions. Ask the Holy Spirit.
- Create capacity
- Give room for the person to tell their story.
- Confidentiality is key.
- Invite Jesus into all that is hurting
- Lead with love. Ministry is for them, not us.