

# SESSION FOUR

## Father Wound

\*\*Please watch the *Gladiator* movie clip before beginning the session.

The \_\_\_\_\_ of a father: To help make the \_\_\_\_\_.

SCRIPTURE	APPLICATION
Proverbs 17:6	
Ephesians 6:4	
Psalms 103:13	
Psalms 78:5-8	

A father is a messenger, a teacher, a trainer—a \_\_\_\_\_ for his children to feel the presence of God.

## SELF AWARE

PASSIVE	SELF-RELIANT
REPLICATE	REDEEMED MASCULINITY
	LIVE OPPOSITE

Our strategies for living are not \_\_\_\_\_.

The goal: that we would be \_\_\_\_\_ of how our wounds are impacting us, take them to \_\_\_\_\_, and let him \_\_\_\_\_ us.

FATHER WOUND CATEGORIES		
1. ABSENT DAD	2. NEGLECTING or DISENGAGED DAD	3. DOMINEERING DAD
4. PERFORMANCE DAD	5. ABUSIVE DAD	6. FRIEND DAD

### NEXT STEPS

1. Choose to \_\_\_\_\_.
2. Believe in the \_\_\_\_\_ of \_\_\_\_\_.
3. Seek \_\_\_\_\_.
4. Find \_\_\_\_\_.
5. Find the love of the \_\_\_\_\_.
6. Make generational \_\_\_\_\_.

**DISCUSSION QUESTIONS**

1. Why do you think the relationship between father and son is so significant?

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2. The goal of a father is that their godliness would push their sons towards God, rather than their brokenness pushing them away. How has your father impacted you in this area? Which direction did your father push you?

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3. Which of the categories of dads would you say your father fits into? Which one(s) do you tend toward if you are not careful?

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4. What insights did you get from working through any of the Action Steps last week?

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## Session Four Action Steps

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### MOVE IDEA: A 10 MINUTE ACTION STEP

Take time this week to memorize one of the following passages: Proverbs 17:6, Ephesians 6:4, Psalm 103:13, or Psalm 78:5-8. How does this help you as you think about your relationship with your father and/or with your children? Share your thoughts and the passage you memorized with your group the next time you meet.

### MOVE IDEA: A 20-30 MINUTE ACTION STEP

- **Take it towards your dad:** Write a letter to your dad expressing the things that you feel. If your dad is still alive, consider sending the letter, having a phone conversation, or going to dinner with your dad and expressing appreciation. Ask questions to get to know more of your dad's story.
- **Take it towards your kids:** Take time to connect with your kids. Let them get to know you and express that you appreciate being their father. Ask them questions to learn what they need from you and how you can be an even better father to them.

### MOVE IDEA: A 60 MINUTE ACTION STEP

Between now and the next session, invite one of the men in your group for coffee or lunch. Ask him what insights he's gleaned from working through the Father Wound material and/or use some of the questions below. Be sure to share your answers as well.

1. What was the most significant thing you learned from the Father Wound teaching?

2. How would you describe your current relationship with your father?

3. What insights have you learned about the relationship you have/had with your father?

4. Were you able to identify with any of the wounds discussed and how they affect you now?

5. If you could “bare your soul” to your dad right now, what would you say?

6. Are there things that you are doing now that might leave your children wounded later in life? What changes can you make?