
"May these pages remind you that you were never abandoned, never forgotten, and never without love."
BY MECHELLE RENEE
Overcome
DADDY ISSUES
Healing Rejection and Learning to Receive the Love You Deserve

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OVERCOME DADDY ISSUES

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All scripture references, unless otherwise noted, are from the New International Version (NIV) & English Standard Version (ESV) .

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Dedication

To the woman who has ever questioned her worth, felt unseen, or searched for love in places that could never hold it—this is for you.

May these pages remind you that you were never abandoned, never forgotten, and never without love. The Father you've been searching for has been pursuing you all along. You are worthy. You are chosen. You are deeply loved by God.

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- Introduction -

The Wound You Can't See

There's a pain that doesn't always announce itself with tears or sleepless nights. It doesn't leave physical scars, yet its imprint is undeniable. It's the wound of a missing father—the wound you can't see but that has shaped so much of who you are.

You've learned to function through it. You smile, you accomplish, you take care of everyone else. You've built a life that looks full on the outside, but in the quiet moments, when the world is still, you feel it.

A lingering emptiness. A void you can't seem to fill.

A question you don't want to ask but can't seem to escape:

"Why wasn't I enough for him to stay?"

Maybe your father left before you ever took your first breath. Maybe he was present in body but absent in every way that truly mattered. Maybe he tried, but his own wounds kept him from loving you the way you needed. Or perhaps he was loving and kind, but life took him too soon, leaving you searching for a covering that was no longer there.

Whatever your story is, the absence of a father leaves an imprint that time alone cannot erase. I know this because I lived it.

For years, I thought I had moved on. I convinced myself that success, relationships, and even my misplaced faith would fill the gaps. But no matter how much I achieved or how many people surrounded me, I still felt like a little girl trying to prove she was worthy of love.

Until one day, God interrupted my cycle of striving and whispered:

"You've been searching for love in places that were never meant to hold it. Come to Me."

And in that moment, everything changed.

Why This Book Is for You

This book is not about blaming or reliving the past. It's about finally confronting the wounds that have shaped you so you can break free from them.

It's about understanding that your worth was never tied to a man who couldn't love you properly. It's about discovering that the Father you needed has been there all along—calling you into healing, wholeness, and the life He designed for you.

If you've ever...

- ✓ Felt unworthy, unseen, or like you had to earn love
- ✓ Struggled with trusting people—including God
- ✓ Repeated cycles of emotionally unavailable or toxic relationships
- ✓ Battled perfectionism, overachievement, or people-pleasing
- ✓ Felt disconnected from God and questioned His love for you

Then, this book was written for you.

Because the truth is, God did not create you to live in the shadow of rejection, insecurity, or fear. You were never meant to spend your life chasing love that should have been freely given. You were created to be whole. You were created to be healed.

And sis, healing is possible.

A Prayer for My Sister

Father, I come before You today on behalf of my sister—the one holding this book, the one You led here, the one whose heart You see so intimately.

Lord, You know her story, her wounds, her silent battles. You know the questions she's never spoken out loud, the weight she's been carrying for years, and the places in her heart that still ache from what was missing.

But today, Lord, I thank You that she is standing at the edge of something new. She may not fully see it yet, but You do. You see the healed, whole, radiant woman she is becoming. You see her beyond her past, beyond her pain, beyond the false identities she's worn for too long.

God, I pray that as she walks through these pages, You will begin a work in her that cannot be undone. I pray that every lie she has believed about herself would break in Your presence. I pray that every chain that has kept her bound—every cycle, every fear, every subconscious agreement with rejection—would fall away in the light of Your truth.

Father, I ask that You restore her identity. Show her who she is in You. Remind her that she is not the abandoned girl, the unworthy daughter, the one who has to chase or prove her worth. She is Your daughter—chosen, seen, cherished beyond measure.

I pray that You would awaken something in her spirit. That this would not just be a book she reads, but a journey she walks out in faith. That with every page, she would feel Your nearness, Your presence, and Your love covering her like a blanket.

I declare that she will not stay in survival mode. She will not settle for brokenness disguised as normal. She will not continue to carry burdens that You have already called her to lay down.

Lord, I speak freedom over her life. Freedom from father wounds. Freedom from striving. Freedom from false beliefs. Freedom to love, to trust, to walk in confidence, to experience joy without fear of it being taken away.

And above all, Lord, I pray that she finds You.

Not just the idea of You. Not just the version of You she learned in religion. But the true and living God. The One who calls her by name. The One who never abandoned her. The One who has been waiting for this moment, for her to finally come home.

Father, she is ready. Let this be the beginning of something new. In Jesus' mighty name, Amen.

It's time to heal. It's time to break free. It's time to rewrite your story.

- Chapter 1 -

The Silent Ache – How Father Wounds Shape Us

There are wounds we can see—scrapes, scars, and bruises that tell a visible story of pain. Then there are wounds we can't see, the ones that shape us quietly, invisibly, and so deeply that we don't even realize they've been directing our lives.

A father wound is one of the deepest unseen wounds a person can carry. It doesn't just affect how we love—it affects how we see ourselves, how we trust others, and even how we relate to God.

For some, this wound was caused by a father who was never there, a man who left before you could even form a memory of him. For others, it was a father who was present in the body but emotionally distant, struggling with his own demons—whether it was mental illness, addiction, or simply an inability to love in a way that made you feel safe.

And then there are those like me—who had a loving father, but death took him too soon. Even though he didn't choose to leave, the absence

was just as loud. It left an ache, an emptiness that had me searching for something to fill the space where his presence used to be.

No matter what your story is, one thing is true: The loss of a father, in any form, leaves an imprint on a daughter's soul.

Three Faces of the Father Wound

The world often talks about "daddy issues" as if they're just a punchline, a stereotype. But if you've ever felt unworthy, struggled with trust, or found yourself in a cycle of unhealthy relationships, you know this isn't a joke—it's real.

Father wounds show up in different ways, but they all leave the same lingering question: "Was I not enough for him to stay, to love me properly, to fight for me?"

Father wound number one: The Absent Father

Whether he's physically gone, emotionally distant, or taken too soon, his absence leaves an undeniable imprint. You learned to be strong, independent, and self-sufficient, not because you wanted to, but because you had to. Yet, beneath that strength, there's a lingering fear that love is temporary, that those you let in will eventually leave. So, you keep your guard up, protecting yourself from the possibility of more loss, more disappointment. But living in defense mode is exhausting, and deep down, you long for the security of love that never fades.

I want to introduce you to a sister in the Bible named Dinah, who can relate.

Dinah was the only daughter of Jacob, born into a family dominated by men. Her father was a great patriarch, chosen by God to lead a

nation. But when it came to his role as a father, Dinah was left unprotected and unheard. Let's read her story found in Genesis 34:

34 One day Dinah, the daughter of Jacob and Leah, went to visit some of the young women who lived in the area. **2** But when the local prince, Shechem son of Hamor the Hivite, saw Dinah, he seized her and raped her. **3** But then he fell in love with her, and he tried to win her affection with tender words. **4** He said to his father, Hamor, "Get me this young girl. I want to marry her."

5 Soon Jacob heard that Shechem had defiled his daughter, Dinah. But since his sons were out in the fields herding his livestock, he said nothing until they returned. **6** Hamor, Shechem's father, came to discuss the matter with Jacob. **7** Meanwhile, Jacob's sons had come in from the field as soon as they heard what had happened. They were shocked and furious that their sister had been raped. Shechem had done a disgraceful thing against Jacob's family, something that should never be done.

8 Hamor tried to speak with Jacob and his sons. "My son Shechem is truly in love with your daughter," he said. "Please let him marry her. **9** In fact, let's arrange other marriages, too. You give us your daughters for our sons, and we will give you our daughters for your sons. **10** And you may live among us; the land is open to you! Settle here and trade with us. And feel free to buy property in the area."

11 Then Shechem himself spoke to Dinah's father and brothers. "Please be kind to me, and let me marry her," he begged. "I will give you whatever you ask. **12** No matter what dowry or gift you demand, I will gladly pay it—just give me the girl as my wife."

13 But since Shechem had defiled their sister, Dinah, Jacob's sons responded deceitfully to Shechem and his father, Hamor. **14** They said to them, "We couldn't possibly allow this, because you're not

circumcised. It would be a disgrace for our sister to marry a man like you! **15** But here is a solution. If every man among you will be circumcised like we are, **16** then we will give you our daughters, and we'll take your daughters for ourselves. We will live among you and become one people. **17** But if you don't agree to be circumcised, we will take her and be on our way."

18 Hamor and his son Shechem agreed to their proposal. **19** Shechem wasted no time in acting on this request, for he wanted Jacob's daughter desperately. Shechem was a highly respected member of his family, **20** and he went with his father, Hamor, to present this proposal to the leaders at the town gate.

21 "These men are our friends," they said. "Let's invite them to live here among us and trade freely. Look, the land is large enough to hold them. We can take their daughters as wives and let them marry ours. **22** But they will consider staying here and becoming one people with us only if all of our men are circumcised, just as they are. **23** But if we do this, all their livestock and possessions will eventually be ours. Come, let's agree to their terms and let them settle here among us."

24 So all the men in the town council agreed with Hamor and Shechem, and every male in the town was circumcised. **25** But three days later, when their wounds were still sore, two of Jacob's sons, Simeon and Levi, who were Dinah's full brothers, took their swords and entered the town without opposition. Then they slaughtered every male there, **26** including Hamor and his son Shechem. They killed them with their swords, then took Dinah from Shechem's house and returned to their camp.

What's most heartbreaking about Dinah's story is not just what happened to her—it's how her father responded.

When Jacob, her father, heard what had been done to her, the Bible says he remained silent. He did not seek justice. He did not protect her. He did not fight for her. Instead, he waited for his sons to return, and it was her brothers—not her father—who avenged her pain.

Jacob, the man chosen by God, failed to stand up for his daughter.

And how many women have lived through this same pain?

- How many have suffered injustice while the men who should have protected them remained silent?
- How many have longed for their father's defense, only to realize they were on their own?
- How many have looked for love and safety, only to find themselves in situations they never intended to be in?

Dinah's story is painful because it reflects the experiences of many women—women who have felt unseen, unheard, and unprotected by the very man who was supposed to be their first covering.

The Search for Validation in the Wrong Places

When a father is absent—physically or emotionally—it often leads a daughter to seek validation elsewhere.

Without a father's presence to affirm her worth, a girl may:

- Seek love from emotionally unavailable men—because attention, even if inconsistent, feels better than nothing.
- Lower her standards in relationships—because no one ever taught her that love should be safe, consistent, and protective.
- Remain silent about her pain—because she grew up believing her voice didn't matter.

Dinah's story is a warning, but it is also a mirror. Many women will see themselves in her—the girl who just wanted to belong, the daughter whose father failed to protect her, the woman who learned too late that not everyone who shows interest has good intentions.

But Dinah's story does not have to be your story.

God as the Father Who Sees and Protects

Even when earthly fathers fail—whether through absence, neglect, or silence—God steps in as the ultimate protector and Father.

- "The Lord is close to the brokenhearted and saves those who are crushed in spirit." (Psalm 34:18)
- "Though my father and mother forsake me, the Lord will receive me." (Psalm 27:10)

Dinah's story does not record her healing, but your story is still being written. You do not have to chase love. You do not have to remain silent about your pain. You do not have to live unprotected. You have a Heavenly Father who sees you, hears you, and will never abandon you.

Reflection Questions:

1. In what ways have I sought validation because of my father's absence?
2. Have I remained silent about wounds that need healing?
3. How can I begin to trust God as my ultimate protector?

Prayer for Healing from a Father's Absence:

"Father, I bring to You the wounds of my past. I have carried the pain of being unseen, unheard, and unprotected, but I choose today to let You step in as my true covering. Heal the places in me that have

searched for love in the wrong places. Restore my identity and teach me that I am fully seen and valued by You. In Jesus' name, Amen."

Father Wound Number Two: The Unavailable Father

A father is meant to be a source of emotional security, guidance, and love, but when he is unavailable—whether due to addiction, mental illness, personal struggles, or emotional distance—it can leave his daughter feeling unseen, unheard, and deeply alone.

This kind of wound is complex because the father is there physically but absent emotionally. He may provide financially, maintain a household, or fulfill his external responsibilities, but when it comes to nurturing, affirming, or protecting his daughter, he falls short.

- Some daughters grow up with a father battling addiction, constantly choosing substances over his family.
- Others have a father who struggles with mental illness, trapped in his own mind and unable to be emotionally present.
- Some have fathers who are stoic, detached, or emotionally cold, making love feel distant and conditional.

Whatever the reason, the result is the same—a daughter left longing for a love that never fully reaches her.

Michal's Story: The Wound of Unavailability

Michal, the daughter of King Saul, knew this wound well. She grew up in the palace, surrounded by wealth and power, yet she lacked something far more valuable—a father who could love her well.

Her father, King Saul, was a man tormented by insecurity, paranoia, and fear. His mind was consumed with jealousy, rage, and an obsession with power. Instead of offering stability, wisdom, and love, he created

an environment where his children—especially Michal—had to learn to survive his moods, rather than feel safe in his presence.

> "Now Saul's daughter Michal was in love with David, and when they told Saul about it, he was pleased. 'I will give her to him,' he thought, 'so that she may be a snare to him and so that the hand of the Philistines may be against him.' So Saul said to David, 'Now you have a second opportunity to become my son-in-law.'"
> (1 Samuel 18:20-21)

Saul saw Michal's love for David not as something to be cherished, but as something to be used. He gave her to David—not as a loving father blessing a marriage—but as a tactic to destroy his enemy. This is the wound of being used, rather than being loved.

Many Women Have Lived This Pain

Many women know this pain.

- They had fathers who saw them as a burden rather than a blessing.
- They felt like their value was tied to what they could offer, rather than who they were.
- They longed to be protected, but instead, they were used as pawns in someone else's battles.

Saul wasn't thinking about his daughter's heart—only his own agenda. Despite the way she was given to David, Michal loved him deeply. And when Saul tried to kill David, she risked everything to save him.

> "Saul sent men to David's house to watch it and to kill him in the morning. But Michal, David's wife, warned him, 'If you don't run for your life tonight, tomorrow you'll be killed.' So Michal let David

> down through a window, and he fled and escaped." (1 Samuel 19:11-12)

She chose David over her father—an act of courage and defiance in a home ruled by fear. But what happened next?

David fled, and Michal was left behind. Saul, instead of punishing her directly, did something even worse. He ripped her away from the husband she loved and gave her to another man—without her consent, without her voice, without concern for her heart.

The Unhealed Wound

Michal wasn't just abandoned by David—she was abandoned by her father first. Years later, when David became king, he demanded that Michal be taken from her second husband and returned to him. By this point, she had remarried and had a husband who actually loved her, but once again, she had no voice in the matter.

Michal was never given the chance to heal, to process, or to have a say in her own life. And the next time we see her in Scripture, she is watching David from a distance—bitter, hardened, and filled with resentment.

> "As the ark of the Lord was entering the City of David, Michal daughter of Saul watched from a window. And when she saw King David leaping and dancing before the Lord, she despised him in her heart." (2 Samuel 6:16)

This is what happens when wounds go unhealed.

- Instead of worshiping, she mocked.
- Instead of love, she carried resentment.
- Instead of joy, she was consumed by pain.

The final verse about Michal is devastating:

> "And Michal daughter of Saul had no children to the day of her death." (2 Samuel 6:23)

Her story ended in barrenness—physically and emotionally.

Michal's story is a warning. When we don't heal, our wounds can harden us. But your story does not have to end like hers, either.

Reflection Questions:

1. How has my father's emotional unavailability shaped my ability to receive love?
2. Have I built emotional walls to protect myself from being hurt again?
3. What steps can I take to invite God into the places where I feel unseen and unloved?

Prayer for Healing from an Unavailable Father:

"Lord, I bring my wounds before You. I have carried the pain of longing for a love that felt just out of reach. But today, I release that pain. I declare that I no longer have to chase, prove, or beg for love—I am already fully loved by You. Heal my heart, restore my trust, and teach me what true love looks like. In Jesus' name, Amen."

Father Wound Number Three: The Critical or Controlling Father

Some wounds don't come from a father's absence or emotional unavailability—but from his presence that comes with conditions.

A critical or controlling father may not abandon his daughter physically, but he withholds approval, affection, or affirmation unless she meets his expectations. Instead of love being freely given, it

becomes something she has to earn—through performance, obedience, or usefulness.

- Maybe your father only praised you when you achieved something great.
- Maybe he compared you to others, making you feel like you were never enough.
- Maybe he criticized more than he affirmed, leaving you constantly striving for his approval.

When a girl grows up with this kind of father, she often carries this same dynamic into her adult relationships—believing that love is something she must work for, rather than something freely given.

Leah, the daughter of Laban, knew this pain all too well.

Her father's favoritism, manipulation, and lack of affirmation led her to a lifetime of striving for love that was never fully returned.

Leah: The Daughter Who Was Never Chosen

Leah's story is one of the most heartbreaking yet relatable stories in the Bible. She was the eldest daughter of Laban, a man who saw her not as a beloved daughter, but as a problem to be solved.

From the very beginning, Leah lived in the shadow of her younger sister, Rachel. Rachel was described as beautiful and desirable, while Leah was labeled with "weak eyes" (Genesis 29:17). Though we don't know exactly what this meant, it was clearly a contrast to Rachel's beauty—implying that Leah was not seen as attractive.

Imagine growing up with a father who made it clear—you are not the favorite.

"Now Laban had two daughters; the name of the older was Leah, and the name of the younger was Rachel. Leah had weak eyes, but Rachel had a lovely figure and was beautiful." (Genesis 29:16-17)

Used, Not Chosen

Laban saw an opportunity to benefit himself. When Jacob, his nephew, fell in love with Rachel and agreed to work seven years to marry her, Laban devised a plan—he would secretly swap Leah for Rachel on the wedding night.

And just like that, Leah's life changed forever. She was given away under false pretenses and forced into a marriage with a man who never wanted her.

> "When morning came, there was Leah! So Jacob said to Laban, 'What is this you have done to me? I served you for Rachel, didn't I? Why have you deceived me?'" (Genesis 29:25)

Can you imagine what that moment must have been like for Leah?

She wakes up next to a man who looks at her with disappointment, frustration, and anger—not love. And instead of her father protecting her, affirming her, or ensuring her happiness, he coldly tells Jacob:

> "It is not our custom here to give the younger daughter in marriage before the older one." (Genesis 29:26)

Laban didn't care about Leah's heart. He didn't care about the pain of being unloved. He only cared about his own advantage.

Many women know this feeling—the pain of being treated like an obligation instead of a choice.

- The father who only showed approval when it benefited him.

- The father who made her feel like a burden rather than a blessing.
- The father whose love was cold, transactional, and full of conditions.

Leah was never chosen—not by her father, not by her husband. But what happens when a woman is raised believing she must strive for love? She spends her life trying to prove she is worthy of it.

Striving for Love That Never Comes

Leah spent years trying to earn Jacob's love. And in biblical times, a woman's worth was often measured by her ability to have children.

So Leah did everything in her power to prove her value—bearing Jacob son after son, hoping each time that this would be the moment he finally loved her.

> "Leah became pregnant and gave birth to a son. She named him Reuben, for she said, 'It is because the Lord has seen my misery. Surely my husband will love me now.'" (Genesis 29:32)

But Jacob's heart never changed. So she tried again.

> "She conceived again, and when she gave birth to a son she said, 'Because the Lord heard that I am not loved, He gave me this one too.' So she named him Simeon." (Genesis 29:33)

Still, nothing.

> "Again she conceived, and when she gave birth to a son she said, 'Now at last my husband will become attached to me, because I have borne him three sons.'" (Genesis 29:34)

Leah's entire life was defined by seeking validation from people who never saw her worth.

- First from her father, who used her for personal gain.
- Then from her husband, who never wanted her in the first place.
- Then through her children, hoping that maybe, if she did enough, she would finally feel loved.

The Moment Leah Found Freedom

Something in Leah eventually changed. She stopped striving. She stopped chasing. She stopped looking to a man to define her worth. The fourth time she conceived, she said something different:

> "She conceived again, and when she gave birth to a son she said, 'This time I will praise the Lord.' So she named him Judah." (Genesis 29:35)

Leah shifted her focus from man's approval to God's affirmation. She realized that she was already seen, already loved, already chosen—by God. And from her lineage came something incredible—Judah, the tribe from which Jesus Himself would be born. The woman who was never chosen by man was handpicked by God to carry the lineage of the Messiah.

Breaking Free from Performance-Based Love

If you have spent your life trying to earn love—striving for approval, bending over backward to be seen—Leah's story is for you.

1. **Recognize That You Are Already Enough**
    - Your worth is not based on what you do, what you accomplish, or who chooses you.
    - You do not have to prove, earn, or fight for love.
    - You are already fully and completely loved by God.

2. **Release the Need for External Validation**
    - You don't have to repeat the cycle of striving.
    - You don't have to stay in relationships that make you feel unseen.
    - You don't have to attach your worth to someone else's approval.
3. **Walk in Your Identity as God's Daughter**
    - Leah was never chosen by Jacob—but she was chosen by God to bring forth the lineage of Christ.
    - Your value is not determined by who rejects you—it is determined by who created you.

"See what great love the Father has lavished on us, that we should be called children of God!" (1 John 3:1)

Reflection Questions: The Critical or Controlling Father

1. How has growing up with a critical or controlling father shaped the way I view myself?
2. Do I struggle with perfectionism or feeling like I have to "earn" love and approval?
3. In what ways have I tied my worth to my accomplishments rather than my identity in Christ?
4. Do I feel anxious or unworthy when I'm not being productive or achieving something?
5. How has my earthly father's love (or lack of it) influenced how I see God's love for me?
6. What false beliefs have I internalized about love, success, or my value that I need to unlearn?
7. What does God's Word say about my worth, apart from my performance?

8. How can I begin shifting my mindset from "I have to prove myself" to "I am already loved"?

Prayer for Healing from Performance-Based Love

Father, I come before You today, bringing the weight of expectations, pressure, and perfectionism that I have carried for far too long. I have lived believing that love must be earned, that I have to strive to be worthy, that my value is tied to what I accomplish. But today, I lay that burden at Your feet.

Lord, remind me that Your love is not based on what I do—it is based on who You are. You are a good Father, and You love me simply because I am Yours. Teach me to rest in that truth. Help me to silence the voice of criticism and replace it with Your voice of grace.

I release the need to perform. I release the fear of failure. I release the pressure to be perfect. Instead, I embrace the truth that I am fully known, fully seen, and fully loved by You.

Heal the places in my heart that have been wounded by conditional love. Restore my identity as Your daughter. Teach me to walk in confidence, not because of my achievements, but because of who I am in You.

From this day forward, I choose to believe what You say about me. I choose to receive Your love freely. I choose to walk in the peace of knowing that I am enough—simply because I am Yours. In Jesus' name, Amen.

How Jesus Valued and Restored Women

Throughout history, women have been overlooked, mistreated, and dismissed by society. They have been judged, cast aside, and left to

suffer in silence. But when Jesus steps onto the scene, everything changes.

Unlike the religious leaders of His day, Jesus never ignored, used, or condemned women. He did not see them as property, distractions, or burdens. Instead, He saw them as daughters. He protected them, defended them, healed them, and restored them. Religion keeps women bound. Jesus sets them free.

The Pharisees, the religious leaders of the time, were supposed to represent God. They were the ones who taught the Scriptures, who upheld the law, who led the people in worship. But they cared more about rules than they did about people.

- They loved power, but they had no authority.
- They loved status, but they had no compassion.
- They loved being seen, but they failed to see those who were suffering right in front of them.

But Jesus? He was different. He didn't just see women—He sought them out. He went out of His way to heal, restore, and elevate them. Let's look at four powerful stories where Jesus encountered broken women, and in one moment, changed their lives forever.

The Woman Bound for 18 Years

"On a Sabbath Jesus was teaching in one of the synagogues, and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all.

When Jesus saw her, He called her forward and said to her, 'Woman, you are set free from your infirmity.' Then He put His hands on her, and immediately she straightened up and praised God.

Indignant because Jesus had healed on the Sabbath, the synagogue leader said to the people, 'There are six days for work. So come and be healed on those days, not on the Sabbath.'

> The Lord answered him, 'You hypocrites! Doesn't each of you on the Sabbath untie your ox or donkey from the stall and lead it out to give it water? Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day?'" (Luke 13:10-17 NIV)

For 18 years, this woman lived crippled by a spirit of infirmity. She came to the synagogue regularly—yet she was never healed, never seen, never helped. The religious leaders saw her every single Sabbath but never once used their authority to set her free. Why? Because they didn't care.

If they had truly walked with God, they would have discerned her suffering. They would have recognized the demonic attack on her life. They would have looked at her, moved by the Spirit of God, and commanded her to be loosed. But instead, they let her suffer.

Jesus, however, saw her. He called her forward, touched her, and instantly healed her. And instead of celebrating, the religious leaders got angry. Jesus didn't just heal her—He publicly rebuked the Pharisees for their hypocrisy. He exposed them for caring more about rules than about a daughter of Abraham being set free.

Sis, hear me—Jesus sees you. If you've been bound by something for years, if you've sat in churches and still felt unseen, unheard, unchanged—Jesus has not forgotten you. One encounter with Him will set you free.

The Woman Caught in Adultery

"At dawn He appeared again in the temple courts, where all the people gathered around Him, and He sat down to teach them. The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group and said to Jesus,

'Teacher, this woman was caught in the act of adultery. In the Law Moses commanded us to stone such women. Now what do You say?'

Jesus bent down and started to write on the ground with His finger.

When they kept on questioning Him, He straightened up and said to them, 'Let any one of you who is without sin be the first to throw a stone at her.'"

At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. Jesus straightened up and asked her, 'Woman, where are they? Has no one condemned you?'

'No one, sir,' she said.

> 'Then neither do I condemn you,' Jesus declared. 'Go now and leave your life of sin.'"
> (John 8:1-11 NIV)

The Pharisees dragged her into the temple, threw her in front of the crowd, and demanded that she be put to death. She was caught in the act of adultery. But where was the man?

According to the Law of Moses, both the man and the woman were supposed to be punished (Leviticus 20:10). But here, only the woman was put on trial.

Religion loves to condemn women. Religion loves to expose women. Religion loves to put women's sins on display while ignoring the sins of men. But Jesus? He didn't play their games.

Instead of answering them, He knelt down and started writing in the dirt.

> "Let him who is without sin cast the first stone." (John 8:7 NIV)

And one by one, they walked away. Jesus—the only One who had the right to condemn her—chose to cover her instead.

> "Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin." (John 8:11 NIV)

Sis, Jesus does not expose you to destroy you. He covers you to restore you.

The Woman at the Well

Now Jesus learned that the Pharisees had heard that He was gaining and baptizing more disciples than John—although in fact, it was not Jesus who baptized, but His disciples. So He left Judea and went back once more to Galilee.

Now He had to go through Samaria. So He came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired as He was from the journey, sat down by the well. It was about noon.

When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" (His disciples had gone into the town to buy food.)

The Samaritan woman said to Him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.)

Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked Him, and He would have given you living water."

"Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water? Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?"

Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

The woman said to Him, "Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water."

He told her, "Go, call your husband and come back."

"I have no husband," she replied.

Jesus said to her, "You are right when you say you have no husband. The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true."

"Sir," the woman said, "I can see that You are a prophet. Our ancestors worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem."

"Woman," Jesus replied, "believe Me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. You Samaritans worship what you do not know; we worship what we do

know, for salvation is from the Jews. Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and His worshipers must worship in the Spirit and in truth."

The woman said, "I know that Messiah (called Christ) is coming. When He comes, He will explain everything to us."

> Then Jesus declared, "I, the one speaking to you—I am He." (John 4:1-30 ESV)

In this pivotal moment, when Jesus declares, "I, the one speaking to you—I am He," the entire trajectory of this woman's life is shifted. Up until now, she had been living in the shadows of her past, searching for validation in relationships, enduring the pain of rejection, and carrying the weight of her own shame. But with those words, everything changed. She had encountered the very source of living water—Jesus Himself, the Messiah.

In an instant, the layers of her past—her brokenness, her failures, and her isolation—were met with divine understanding and grace. Jesus didn't condemn her; He saw her. He knew everything about her, and still, He offered her freedom. He met her in the place of her deepest thirst and offered something far beyond what she could have imagined: eternal satisfaction, healing, and an invitation into purpose. The moment Jesus revealed His true identity to her was not just an emotional turning point—it was a spiritual awakening. She no longer saw herself as defined by the relationships that had failed or the rejection she had endured. She was now defined by His love, and that love had the power to rewrite her story.

Jesus' words also marked a deeper calling for her—a divine purpose that awakened in her soul. She was no longer a woman hiding from society; she was a messenger of the Gospel, called to go back to her

town and share the truth she had just discovered. Her encounter with Jesus not only changed her but sparked a ripple effect. Her testimony of grace and transformation became the bridge for others to encounter the same love and redemption. The woman who had come to the well at noon, isolated and broken, left it as a bold witness of Christ, unashamed and full of purpose.

The Woman Who Anointed Jesus

One day, a Pharisee invited Jesus to dinner. Jesus accepted the invitation and reclined at the table. As He sat there, a woman from the town—known for living a sinful life—learned that Jesus was dining at the Pharisee's house. She came, carrying an alabaster jar of perfume, and stood behind Him, weeping at His feet. Her tears fell on His feet, and she wiped them with her hair, kissed His feet, and anointed them with the perfume.

When the Pharisee who had invited Jesus saw this, he muttered to himself, "If this man were a prophet, He would know who is touching Him and what kind of woman she is—that she is a sinner."

Jesus, knowing Simon's thoughts, turned to him and said, "Simon, I have something to tell you."

"Tell me, Teacher," Simon replied.

Jesus told him a parable: "Two people owed money to a moneylender. One owed five hundred denarii and the other fifty. Neither of them could repay him, so he forgave the debts of both. Now, which of them will love him more?"

Simon answered, "I suppose the one who had the bigger debt forgiven."

"You have judged correctly," Jesus said.

Then, turning toward the woman, He spoke to Simon, "Do you see this woman? I came into your house, and you did not give Me any water for My feet, but she wet My feet with her tears and wiped them with her hair. You did not give Me a kiss, but this woman, from the time I entered, has not stopped kissing My feet. You did not put oil on My head, but she has poured perfume on My feet. Therefore, I tell you, her many sins have been forgiven—as her great love has shown. But whoever has been forgiven little loves little."

Then Jesus turned to the woman and said, "Your sins are forgiven."

The other guests began to question among themselves, "Who is this who even forgives sins?"

> Jesus said to the woman, "Your faith has saved you; go in peace."
> —Luke 7:36-50

That one moment with Jesus changed everything for this woman. She had been labeled, judged, and cast aside by society, known only for her sins. But in the presence of Jesus, she was neither condemned nor shamed. Instead, she was seen, valued, and restored in a way that no one else could offer.

Her tears weren't just an expression of sorrow; they were a profound act of surrender. They were the release of a lifetime of pain, regret, and shame. And as she wiped His feet with her hair, she wasn't just cleaning His feet—she was offering her brokenness, laying it all before Him in humble worship. The perfume she poured out was far more than just costly; it was the very symbol of her past, her pain, and her very life being offered to Him. And in this sacred moment, Jesus did not reject her or see her act as waste. He received it as worship.

In that moment, everything shifted for her. No longer was she simply a woman defined by her past mistakes and sins. She was now a woman

declared forgiven, a daughter of the King. While the room whispered about her unworthiness, Jesus declared her free, and He called her beloved.

Her encounter with Jesus didn't just change her circumstances—it transformed her entire identity. The woman who had once been rejected, now stood redeemed. The same hands that had once been used for survival—out of desperation and sin—were now part of preparing Jesus for His burial. Her story was no longer one of shame; it was one of restoration and grace.

She no longer had to be defined by her mistakes, her label, or her past. In the presence of Jesus, she was seen for who she truly was: a daughter, worthy of love and forgiveness, not because of what she had done, but because of the One who saw her heart and loved her deeply.

This woman's encounter with Christ didn't just free her—it completely transformed her. She went from being an outcast to a woman who knew her worth in the eyes of the Savior. She was redeemed, restored, and forever changed by the One who saw her as worthy.

The Power of God's Love to Heal and Redeem

The stories of the women we've explored so far are powerful testimonies of God's love, grace, and redemptive power. But these women are not isolated cases—they are a reflection of the reality that God sees you. He sees the brokenness, the hurt, the pain of being overlooked or rejected, and He has a plan to restore you.

No matter what struggles or challenges you're facing right now, remember that God sees you. He sees your pain, your worth, and your incredible potential. It doesn't matter what society or culture may say about you, or how the absence or presence of a father may have shaped

the way you see yourself. What truly matters is that God has called you His daughter, and He has a plan to heal and restore you.

When you step into the love of God, when you embrace His grace and His healing, you begin to walk in a new identity. You step into a new purpose—one that is defined by His love for you, not by your past or your circumstances.

This is the love that transforms. This is the love that breaks the chains of rejection, abandonment, and inadequacy. This is the love that heals the deepest father wounds, restores your broken heart, and calls you to step into your rightful place as a daughter of the Most High King.

- Chapter 2 -

The Lies We Believe – Overcoming False Identity

From the moment rejection, abandonment, or the absence of affirmation enters our lives, a seed of false identity is planted. These seeds, though invisible at first, grow over time into deeply ingrained beliefs that shape the way we see ourselves, interact with others, and even how we relate to God.

What makes these lies so dangerous is that they don't always feel like lies. They feel like truth. They feel like evidence. If a father walks away, the mind whispers, *"It's because you weren't enough."* If a father withholds love, it reinforces, *"You are unlovable."* If love has conditions, it tells you, *"You have to earn your worth."*

But none of these things are true.

These beliefs are not reflections of reality; they are subconscious agreements we've made with pain. They are strongholds—mental barriers that keep us from experiencing the freedom, love, and identity that God intended for us. They keep us bound.

It's time to expose them and break free.

The Three Biggest Lies Women with Father Wounds Believe

Many of us have spent years living under the weight of false identity. We've allowed lies to dictate our worth, our relationships, and our decisions. The good news? What has been learned can be unlearned.

Here are three of the biggest lies that take root in the hearts of women with father wounds—and how we can replace them with truth:

Lie #1: "I Have to Earn Love."

This is one of the most common and destructive beliefs. When a father is absent, emotionally distant, or inconsistent in his love, many daughters grow up believing that love must be earned.

This belief often manifests as:

- **People-pleasing** – Saying yes when you want to say no, stretching yourself thin to feel needed.
- **Perfectionism** – Believing that if you do everything right, you won't be abandoned.
- **Seeking validation** – Trying to prove your worth in relationships, career, or even in ministry.

A childhood filled with conditional love creates a deep fear of rejection. If you've ever found yourself being the "strong one," the "capable one," or the "one who has it all together" because you believe it will make you worthy of love, then this lie is at work in your life.

But here is the truth:

> *"But God demonstrates His own love for us in this: While we were still sinners, Christ died for us."* – Romans 5:8 (NIV)

God's love is not transactional. It is not something you strive for, beg for, or prove yourself worthy of. It is given freely. You do not have to perform to be loved. You are already loved. The moment you embrace this truth, you stop striving and start receiving.

Lie #2: "I Can't Trust Anyone."

Father wounds often create walls in relationships. If the one person who was supposed to protect, nurture, and love you either left or failed to show up emotionally, trusting others begins to feel like a dangerous risk.

This belief leads to:

- **Hyper-independence** – Believing you can only rely on yourself.
- **Struggles with vulnerability** – Keeping people at a distance to avoid getting hurt.
- **Unhealthy relationship patterns** – Attracting emotionally unavailable or unsafe partners.

For many women, this extends to their relationship with God. If an earthly father was the first authority figure in your life, and that reflection was broken, distorted, or absent, it can create a barrier in your faith.

How can you trust God when every authority figure in your life has let you down?

But here is the truth:

> *"Trust in the Lord with all your heart and lean not on your own understanding."* – Proverbs 3:5 (NIV)

Trust is not about never feeling fear. It's about knowing who holds your safety. God is not like man. He does not break His promises. He does not abandon. He is trustworthy. But in order to experience His faithfulness, we have to take the risk of giving Him access to our hearts.

Lie #3: "I Am Unworthy of Love and Acceptance."

The deepest wound of all is the one that questions our worth.

If a father never affirmed his daughter—or worse, made her feel invisible, unloved, or unwanted—this lie takes root and begins to dictate her entire life.

This belief manifests as:

- **Self-doubt** – Never feeling "good enough" in anything.
- **Fear of rejection** – Thinking if people truly knew you, they wouldn't love you.
- **Sabotaging opportunities** – Avoiding success because deep down, you feel undeserving.

Many women with father wounds find themselves settling in relationships, careers, and even in their faith. They accept less than what God has for them because something in them whispers, *"This is all you're worth."*

But here is the truth:

> *"See, I have engraved you on the palms of My hands."* – Isaiah 49:16 (NIV)

God has never questioned your worth. Your value was established before rejection, before abandonment, before disappointment. And nothing can erase it.

The Three Layers of Self: Self-Ideal, Self-Worth, and Self-Esteem

Before we break free from false identity, we must first understand how identity is shaped and where things go wrong.

There are three core layers of self that influence how we view our worth:

1. **Self-Ideal:** Who You Think You Should Be

This is the image of perfection you believe you must live up to. It is shaped by family expectations, cultural pressures, and personal ideals.

For example, if you grew up in a home where love was conditional, your self-ideal might be:

- *"I have to be perfect to be accepted."*
- *"If I do everything right, I'll finally be loved."*

This creates a constant chase for validation—a never-ending cycle of trying to be enough.

2. **Self-Worth**: Who You Believe You Are at Your Core

This is your deepest belief about yourself. If you've been wounded by rejection, your self-worth may sound like:

- *"I am not enough."*
- *"I am unlovable."*

The bigger the gap between your self-ideal and your self-worth, the more internal conflict you experience.

3. **Self-Esteem**: How You Evaluate Yourself

Self-esteem is how you measure your worth based on external factors—achievements, failures, or how others treat you.

- High self-worth → Setbacks don't destroy you.
- Low self-worth → Your self-esteem rises and falls based on how others validate you.

When a false identity takes root, these three layers become misaligned.

- If you believe you must perform for love, you will feel like a failure anytime you fall short.
- If you believe you are unworthy, your self-esteem will be unstable, relying on external validation.

This is why healing identity wounds is so crucial.

You are not who rejection says you are. You are not who abandonment says you are. You are who God says you are. And today, you are stepping into the truth.

False Identity Runs Deeper Than Emotions

False identity doesn't just live in our emotions—it is wired into our brains. Breaking free from false identity is not just an emotional process—it is neurological. The thoughts you think, the words you hear, and the beliefs you repeat physically shape your brain.

Your brain is made up of neurons—tiny nerve cells that communicate through electrical signals. When you think a thought, neurons connect and form a pathway. The more you repeat that thought, the stronger the pathway becomes. It's like walking through a field—the first time, it's difficult, but if you keep walking the same path, it becomes easier and automatic.

This is how false identities take hold. If you've been told, *"You're not enough"* over and over again, your brain builds a neural pathway that accepts this as truth. Over time, you don't even have to think about it

consciously—your brain defaults to that belief, influencing how you see yourself, how you interact with others, and how you respond to life.

But here's the good news: Your brain can be rewired.

This process is called neuroplasticity—the brain's ability to change and form new connections. When you begin to replace false beliefs with God's truth, you are literally creating new neural pathways. The more you repeat truth—*"I am chosen," "I am loved," "I am whole"*—the stronger those pathways become, and the old lies begin to fade.

This is why renewing your mind is not just spiritual—it's biological.

> *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."* (Romans 12:2)

God designed your brain with the ability to heal. He knew that your past experiences and false identities could shape you, but they do not have to define you. Through His Word, through intentional thought renewal, and through faith, you have the power to break the cycle and step into who He truly created you to be.

The Conscious Mind vs. The Subconscious Mind

Your mind is like an iceberg—what you see on the surface is only a small fraction of what actually exists beneath. The conscious mind is what you're aware of, but the subconscious mind is what drives most of your thoughts, behaviors, and identity.

1. The Conscious Mind (The Thinking Brain)

This is the part of your mind that is aware, logical, and intentional. It is responsible for:

- **Decision-making**: Should I take this job? Should I speak up?
- **Critical thinking**: Analyzing situations, weighing options.
- **Processing new experiences**: Learning new information, responding to events in real-time.

Your conscious mind is in control about 5% of the time. It can make rational choices and intentional decisions, but its influence is limited. This is why you can intellectually know something is true, yet still struggle emotionally with it.

2. The Subconscious Mind (The Hard Drive of Identity)

This is the hidden part of your mind that stores:

- **Deep-seated beliefs**: Who you think you are, what you believe you deserve.
- **Emotional responses**: Triggers, fears, automatic reactions.
- **Learned behaviors**: Habits, relationship patterns, coping mechanisms.

Think of the subconscious mind as a hard drive that records everything you've experienced since childhood—especially moments tied to pain, rejection, and trauma.

Here's where it gets powerful. Your conscious mind may say, *"I am loved and worthy."* But if your subconscious mind has been programmed with rejection, it will whisper, *"No, you're not. Love is something you have to earn."* Even if your logical brain knows the truth, your subconscious mind will always default to what it has been conditioned to believe.

Most of the false beliefs you carry today were not intentionally chosen. They were programmed into your subconscious mind through repeated experiences. For example: If your father was emotionally

distant, you may have internalized, *"I am not important"* or *"I have to work hard to be loved."* Even if your conscious mind knows better, your subconscious has already built a neural pathway around this belief, making it your default identity.

The good news? Your brain is not stuck this way; remember neuroplasticity?

Through neuroplasticity, your brain can break old pathways and build new ones by intentionally renewing your mind with God's truth. You can rewrite the subconscious programs that have held you back for years.

This is why Scripture tells us:

> *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."* —Romans 12:2

When you consistently speak truth, replace lies, and reinforce new beliefs, your subconscious mind will begin to align with the truth of who you really are. Your false identity was programmed into you. But now? You have the power to reprogram it with truth. Let's look at a sister in the Bible who did just that.

The Woman With The Issue Of Blood

> *43 And a woman was there who had been subject to bleeding for twelve years, but no one could heal her. 44 She came up behind Him and touched the edge of His cloak, and immediately her bleeding stopped. 45 "Who touched me?" Jesus asked. When they all denied it, Peter said, "Master, the people are crowding and pressing against you."*
> *46 But Jesus said, "Someone touched me; I know that power has gone out from me."*

> *47 Then the woman, seeing that she could not go unnoticed, came trembling and fell at His feet. In the presence of all the people, she told why she had touched Him and how she had been instantly healed. 48 Then He said to her, "Daughter, your faith has healed you. Go in peace."* **Luke 8:43-48 (NIV)**

This woman is unnamed in Scripture, but her story is one of the greatest examples of breaking free from false identity. Her condition wasn't just physical—it was identity-crushing. She had been bleeding for twelve years.

In Jewish culture, a woman with continuous bleeding was considered "unclean" (Leviticus 15:25-27). This meant:

- She was isolated from her community.
- She was unable to worship in the temple.
- She was not allowed to touch anyone.

For twelve years, she was told she was unworthy, unwanted, and untouchable. Based on this, we can confidently assume that her false identity for twelve years repeatedly said to her: *"I am rejected. I am broken. I am unclean."*

She had tried everything and still wasn't healed. The Bible tells us that she spent all her money on doctors, but nothing worked. She had exhausted every earthly solution, but her healing wasn't in medicine—it was in a divine identity shift.

How She Broke Free From False Identity

1. She Identified the Root of Her Pain

She recognized that her suffering wasn't just physical—it was an attack on her worth.

2. She Challenged the Lie

Despite years of being told she was untouchable, she chose to believe that Jesus had the final say. *"She said to herself, 'If I only touch His cloak, I will be healed.'"* —Matthew 9:21

3. She Took Action

She pressed through the crowd—even though the law said she wasn't allowed.

4. She Rewired Her Identity Through Faith

The moment she touched Jesus, her condition changed—but more importantly, her identity changed. Jesus could have let her go unnoticed, but instead, He called her out.

> *"Daughter, your faith has healed you. Go in peace and be freed from your suffering."* —Luke 8:48

Notice what He called her—*Daughter*. For 12 years, she had been "unclean." For 12 years, she had been "rejected." For 12 years, she had been "broken." But in one moment, Jesus gave her a new name: *Daughter*. She went from rejected to restored, from ashamed to affirmed, from unworthy to chosen, and that same transformation is available to you.

ACTION PLAN: BREAKING FREE FROM FALSE BELIEFS

1. **Identify the Root** – Write down where your false belief began.
2. **Challenge the Thought** – Compare it to God's Word. If it doesn't align, it's a lie.
3. **Rewire Your Mind** – Speak biblical affirmations daily.
4. **Take One Bold Action** – Like the woman with the issue of blood, take a faith step toward healing.

Sis, you are not what happened to you. You are not the lies you have believed. You are not who your past says you are. You are chosen. You are redeemed. You are a daughter of the King. And today, you are reclaiming your identity in Jesus Christ.

"*Then you will know the truth, and the truth will set you free."* —John 8:32

Reflection Questions:

1. What lie have I believed about myself because of my father wound?
2. How has this belief shaped my relationships, decisions, and self-worth?
3. What is the biblical truth that replaces this lie?

Prayer for Truth:

"Lord, I have carried false beliefs about myself for too long. I have seen myself through the lens of pain instead of the lens of truth. But today, I choose to believe what You say about me. I am loved, I am worthy, and I am enough because You declare it so. Renew my mind and rewrite my identity in You. In Jesus' name, Amen."

THE BIG QUESTION: Where was God when I was Suffering?

This is the question that lingers in the heart of every woman who has endured deep pain, betrayal, or loss. If God is loving, powerful, and just, why did He allow such horrible things to happen?

This is not an easy question to answer. There are no simple, cliché responses, no empty platitudes. Pain is real. Betrayal leaves lasting scars. Suffering makes us question everything. The weight of injustice can feel unbearable, and if you've ever found yourself wrestling with these questions in the middle of the night, tears soaking your pillow, know this: you are not alone.

Here's the tension we must face: there is an answer—one that does not diminish your pain but meets you right in the midst of it. So, keep reading, because there is hope.

Free Will And The Brokeness Of This World

God created the world in perfect harmony—without pain, suffering, or betrayal. But when sin entered the earth due to the fall (Genesis 3), so did brokenness.

God gave humanity the ability to choose. And with choice comes the possibility of both good and evil. God did not cause Shechem to rape Dinah—Shechem chose to act on his evil desires. God did not make Laban manipulate Leah—Laban chose to use his daughter for his own gain. God did not order Saul to betray Michal—Saul's own insecurity led him to value power over his daughter. And in the same way, Sis, God did not cause your pain.

The hard reality is that sinful, broken people made sinful, broken choices. Those choices hurt others—sometimes in ways that feel incomprehensible. But you might be asking: *Why would a loving Father allow His daughters to experience such deep wounds? Why did He not intervene? Why didn't He step in to stop the pain before it happened?*

If you've ever wrestled with these questions, know this: God is not afraid of them. He is not offended by your struggles, and He will not turn away because of your doubts. In fact, He has already answered.

God Steps Into The Pain

While God did not remove suffering from the world, He did step into it. He didn't sit back and watch as humanity spiraled into darkness—He entered into the pain Himself.

Jesus, the Son of God, came into this broken world not as a king demanding justice, but as a man who would bear the weight of injustice

Himself. He knew betrayal—Judas, one of His closest friends, sold Him for silver. He knew rejection—Peter, who swore to follow Him, denied Him three times. He knew anguish—in the Garden of Gethsemane, He wept and asked if there was another way. And He knew what it was like to cry out, "My God, My God, why have You forsaken Me?"

Jesus chose to suffer so that our suffering would never be the end of the story. And that means that your pain is not the end of your story either.

God Does Not Waste Suffering

God does not cause suffering, but He will use it. Every tear, every wound, every broken piece—He gathers them, redeems them, and turns them into something that hell itself cannot steal from you. God does not abandon you in your pain. He will restore what was lost. He did not stop the storm, but He will walk with you through it—every single step.

The most powerful truth in this journey? Your suffering does not define you—your Heavenly Father does. And He calls you whole. Redeemed. Loved. His.

Before You Leave Encouragement.

Sis, I know this journey has been heavy. I know the weight of what you've carried—the silent questions, the pain that has lingered too long. But hear me: you are not alone. The same God who walked through the fire with Shadrach, Meshach, and Abednego is walking with you. The same God who restored Joseph after betrayal and injustice is working behind the scenes for your good. The same Jesus who stopped everything to heal the broken women in Scripture is here for you now. And your healing is already in motion.

- Chapter 3 -

The Fear of Abandonment – Why We Push Love Away

There's a moment in every little girl's life when she realizes that love is not guaranteed. Maybe it was when your father walked out the door, never to return. Maybe it was when he was present but emotionally unavailable, making you feel like you had to fight for his attention. Or maybe, like me, you had a loving father, but death took him too soon, leaving you with an ache you didn't know how to fill.

Regardless of how it happened, the moment a girl experiences love as uncertain, inconsistent, or conditional, something inside her shifts. She learns that attachment is risky. That love can leave. That trusting others can lead to heartbreak. And so, without even realizing it, she builds walls—walls that feel like protection but are actually prisons.

If you've ever found yourself keeping people at a distance, fearing emotional intimacy, or sabotaging relationships before they can hurt you, this chapter is for you.

What the Fear of Abandonment Looks Like

The fear of abandonment doesn't always look like fear. It disguises itself in ways we don't always recognize, shaping how we move through life and relationships without realizing it.

One way it manifests is through hyper-independence, the belief that you don't need anyone. You've learned to rely only on yourself because, in your mind, people will eventually leave anyway.

Another hyper-independent trait is feeling uncomfortable asking for help or receiving healthy love. Keeping a safe emotional distance from others feels necessary, even in relationships, because vulnerability feels like a risk you can't afford to take. This form of self-protection often comes from early rejection.

> If a father left or was unreliable, the subconscious response is to never need anyone again—because needing means vulnerability. But God did not design us to do life alone. *"Two are better than one... If either of them falls, one can help the other up."* —Ecclesiastes 4:9-10

Hyper-independence may feel like strength, but it's actually a trauma response. True strength is allowing yourself to be loved.

Breaking Free from the Fear of Abandonment

The fear of abandonment can also show up in the form of sabotaging good relationships, leaving before you can be left. When someone gets too close, you find reasons to push them away. You assume that if someone truly saw you—your flaws, your insecurities—they wouldn't stay. Even when things are going well, you feel anxious because happiness feels temporary. This happens when abandonment has become expected. It's easier to walk away on your own terms than to risk being hurt again.

> But God is the only love that will never fail you. *"Never will I leave you; never will I forsake you."* —Hebrews 13:5

People may disappoint, but His love is constant, unshakable, and secure.

Here are Three Steps You Can Implement Today to Break Free from the Fear of Abandonment:

Step 1: Recognize the Pattern

Ask yourself: How have I been protecting myself from abandonment in ways that actually keep me isolated?

Step 2: Challenge the Lie

Remind yourself: Not everyone will leave. Not everyone will hurt me. Love is not always a risk—it can also be a safe place.

Step 3: Let God Show You What Secure Love Looks Like

The only way to break free from fear is to experience love in its purest form—God's love. When we learn to rest in the love of the Father, we stop chasing, settling, or running. We become secure.

Reflection Questions:

1. How has the fear of abandonment shaped the way I relate to others?
2. Have I been pushing people away or settling for unhealthy relationships out of fear?
3. What would it look like to fully trust that I am loved and safe?

Prayer for Security in God's Love:

"Father, I bring my fears to You. I have spent too long running, chasing, and protecting myself from pain, but I know now that You are my safe place. Teach me what real love looks like. Heal my heart so that I can receive love freely and walk in the security of Your presence. In Jesus' name, Amen."

- Chapter 4 -

The Power of Forgiveness – Releasing the Past Without Losing Yourself

Forgiveness. It's a word that gets thrown around a lot in church circles, in self-help books, and in conversations with well-meaning people who say, "Just let it go." But if you've been deeply wounded, if you've carried the weight of father wounds, you know that forgiveness is not that simple.

How do you forgive a father who walked away? How do you release the pain of a man who should have loved you but didn't? How do you move forward when the absence, the neglect, or the brokenness still lingers in your life?

Forgiveness is one of the most powerful forces in the world, but it is also one of the most misunderstood. Many women hold onto bitterness not because they want to but because they believe that forgiving means excusing what happened, forgetting the pain, or reconciling with someone who never changed. But none of that is true.

Forgiveness is not about the other person—it's about your freedom.

What Forgiveness Is (and What It's Not)

One of the biggest barriers to forgiveness is misunderstanding what it actually means. Many people resist forgiving because they associate it with minimizing their pain or excusing the offense. But true, biblical forgiveness is neither of those things.

Forgiveness is NOT:

- Saying what happened was okay. It wasn't. Your pain is real, and it matters.
- Forgetting. God never calls us to erase our experiences—He calls us to heal from them.
- Reconciliation. Just because you forgive someone doesn't mean they have access to your life again.
- A feeling. It's a choice. A hard, intentional, sometimes daily choice.

Forgiveness IS:

- Releasing the burden of resentment. Holding onto anger is like drinking poison and expecting the other person to suffer.
- Breaking the emotional tie that keeps you bound. When you refuse to forgive, you stay connected to the pain.
- Choosing to be free. Forgiveness is not about making the other person feel better; it's about releasing yourself from the prison of past hurts.

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." —Colossians 3:13 (NIV)

God will never tell you to forgive if you didn't have the ability or capacity to do so. You are His, and because you are God's daughter, it is in your spiritual DNA to forgive.

The Weight of Unforgiveness

Unforgiveness is a heavy burden. It's like carrying around a backpack full of stones; the longer you carry it, the heavier it gets. The weight of resentment, bitterness, and anger will slow you down, steal your peace, and prevent you from moving forward. And while you hold on to that pain, the one who hurt you often moves on, unaffected.

Let go. Release it to God. He wants to carry that weight for you. And He wants to exchange it for peace, freedom, and healing.

Forgiving a Father Who Never Apologized

One of the hardest aspects of forgiveness is letting go without closure.

Many of us will never receive the apology we deserve. Some fathers have passed away. Others are unaware of, or unwilling to acknowledge, the pain they caused. Some are trapped in their own brokenness, unable to be the father you needed them to be.

So, what do you do when the apology never comes? You forgive anyway. Because your healing cannot be dependent on someone else's actions. It's your heart that needs to heal, and that is within your control.

Jesus Himself modeled this on the cross. As He hung, tortured, ridiculed, and bleeding, He forgave the very people who crucified Him.

> *"Jesus said, 'Father, forgive them, for they do not know what they are doing.'"*
> —Luke 23:34 (NIV)

Jesus forgave not because they asked for it, and not because they deserved it.

Jesus forgave because He refused to let their actions define His heart.

Sis, you don't have to wait for your father to change, apologize, or make things right. You can release the pain now, for your own sake. Remember that forgiving your father does not excuse what happened; you are simply choosing not to let it control your future.

How to Start the Forgiveness Process

Forgiveness is not a one-time event; it's a journey. Some days will be harder than others. Some memories will try to resurface. Some wounds will attempt to reopen. But God's grace is sufficient for every step.

Here's how you can begin:

1. **Acknowledge the Pain**

   You cannot heal what you refuse to face. Write down or speak out what hurt you the most. Be honest with yourself and with God. Confront the pain rather than avoid it.

2. **Make the Decision to Forgive**

   Forgiveness begins as a choice, even if the feelings don't follow immediately. You may not feel like forgiving, but your obedience to God will lead your heart to follow. It's a decision to let go, even when it's hard.

3. **Pray for Strength**

   Ask God to help you release the bitterness and replace it with His peace. Pray for the grace to let go. Healing doesn't happen overnight, but God will walk you through each step.

4. **Set Boundaries if Needed**

   Forgiveness does not mean allowing a toxic person back into your life. It means releasing them from your heart, but it doesn't mean you must permit unhealthy behavior. Wisdom and boundaries protect your heart while you heal.

5. **Let Go and Walk in Freedom**

   Remind yourself daily: *"I am choosing healing over bitterness. I am choosing freedom over resentment."* Walking in freedom means letting go of the weight that has held you captive for too long.

Reflection Questions

- Have I been holding onto resentment that is keeping me bound?
- What fears do I have about forgiving my father?
- What would freedom feel like if I truly released this pain?
- Have I confused forgiveness with reconciliation? If so, how can I separate the two?

A Prayer for Forgiveness

Father, I bring my pain to You. I have carried the weight of anger, resentment, and disappointment for far too long. I have allowed bitterness to take up space in my heart, and I am tired of carrying this burden.

Today, I choose to release it. I choose to forgive, not because it was okay, but because I refuse to let it define me any longer. I surrender my pain to You, Lord. I give You every wound, every scar, every unanswered question.

Help me walk in the freedom that only You can give. Heal the places that still hurt. Restore what was broken. Teach me to love without fear, to trust without hesitation, and to live without chains.

I release my father into Your hands. I release the past into Your hands. And I step into the peace, joy, and healing You have for me. In Jesus' name, Amen.

- Chapter 5 -

From Abandoned to Chosen – Rebuilding Self-Worth

There's a moment in every woman's life when she asks herself the question: "Am I enough?"

For some, this question is a quiet whisper in the back of their mind, showing up when they feel unseen or overlooked. For others, it's a loud and constant thought, shaping every decision, every relationship, and every attempt at success.

When a father is absent—whether physically, emotionally, or through life circumstances—it plants a seed of doubt about our value and worth.

- *If I had been enough, wouldn't he have stayed?*
- *If I had been better, wouldn't he have loved me more?*
- *If I mattered, wouldn't he have fought harder to be present?*

Even if we don't say these things out loud, they sit in our subconscious, shaping the way we see ourselves and the way we allow others to treat us.

But here's the truth: Your worth has never been dependent on a man's ability to recognize it. You were never abandoned—you were always chosen.

The Damage of a Father's Absence on Self-Worth

A father is meant to be the first person who tells his daughter who she is. He affirms her, protects her, and gives her the confidence to walk in the world knowing she is loved. When that role is missing or broken, the enemy works hard to replace truth with lies.

Instead of confidence, we develop self-doubt.

Instead of security, we struggle with insecurity and comparison.

Instead of knowing our value, we settle for less than we deserve.

Without a father's affirmation, many women:

- Look for validation in others—searching for approval in relationships, career achievements, or social status.
- Struggle with self-doubt and imposter syndrome—feeling like they have to prove their worth to be accepted.
- Tolerate mistreatment—because if love felt inconsistent before, it can feel normal to accept inconsistency now.

But what if you've been looking for validation in the wrong place?

What if your worth was already set, already confirmed, already spoken over your life—long before your father ever had a chance to affirm or reject you?

Your Identity Was Established by God, Not Man

The biggest breakthrough in healing father wounds comes when you realize this: Your father may have shaped your early identity, but he never had the power to define it. God is the only one who has the right to tell you who you are.

Here's some Biblical truth:

> *"Before I formed you in the womb I knew you, before you were born I set you apart."* —Jeremiah 1:5

Before rejection, before abandonment, before you ever had the chance to question your worth—God had already chosen you.

This means:

- Your value is not based on a man's ability to see it.
- You don't have to earn love—it was freely given by God.
- You are not rejected; you are redeemed.

How to Rebuild Self-Worth After Father Wounds

For years, you may have carried the weight of feeling unworthy—of love, of belonging, of being truly seen. Maybe you've measured your value by how much you achieve, how much people approve of you, or how much you can give to others. But here's the truth: Self-worth is not something you earn—it's something you already have. The wounds of the past may have buried it, but it was never lost. And the good news? Self-worth can be rebuilt.

Rebuilding doesn't happen overnight. It's a process of undoing the lies, rejecting the false narratives, and replacing them with God's truth. It's about shifting your identity away from what the world or your past has

told you and aligning it with what God says about you. Healing begins when you take back the power that past wounds tried to steal from you.

Recognizing Where You've Placed Your Worth

The first step in rebuilding self-worth is identifying where you've been placing it.

- Have you attached your value to what you accomplish?
- Have you looked for validation in relationships, work, or approval from others?
- Have you believed that your worth is tied to how well you perform or how much you are needed?

For many of us, our father wounds distorted our sense of worth at an early age. If love was conditional, we learned to work for approval. If love was absent, we learned to settle for crumbs. If love was inconsistent, we internalized the idea that we were somehow the problem.

But what if your identity was never meant to be built on those things? What if your worth was never meant to be determined by how others treated you?

What would it look like to shift your identity to God's definition of you?

"You are precious in My eyes, and honored, and I love you." —Isaiah 43:4

God says you are precious, honored, and loved—before you accomplish anything, before anyone else approves, before you prove yourself to anyone.

When I finally faced where I had been placing my worth, it shattered me.

A Personal Breaking Point

I remember a moment when I thought I had healed, only to realize there was still a deep wound buried inside me.

It happened when I witnessed a beautiful, healthy relationship between two friends. Something inside me cracked. I should have been happy for them, but instead, an overwhelming rage bubbled up. Jealousy, pain, betrayal—emotions I thought I had buried long ago flooded my heart.

I realized I was grieving. Years before, someone I had once called my best friend betrayed me. That wound left me feeling abandoned, unworthy of true friendship, and unworthy of love that didn't come with conditions. I had convinced myself I had healed. But at that moment, watching those two friends, I felt like the little girl who had been left behind all over again.

Tears streamed down my face. I couldn't sleep that night. I vented to God in a way I never had before. I yelled, I cried, I questioned. *Why do I still feel this way? Why does this still hurt me?*

The next morning, I knew I couldn't carry this alone. I booked an emergency therapy session for that same day—thank God for my therapist.

During the session, the emotions hit me all over again. I went through the whole story—the betrayal, the abandonment, the fear that I wasn't truly lovable. The anger rose up as if it had just happened. My therapist listened quietly, allowing me to pour everything out.

And then she asked a question that stopped me in my tracks.

"Do you believe that your belief is misplaced?"

I dried my tears and sat in silence. She continued, *"What if your beliefs are distorted?"*

In that moment, it felt like the heavens opened up and God Himself reached down to scoop me up in His arms.

She was right. I had a distorted belief about God. The enemy had used my past rejection to subconsciously program me to believe that God would abandon me too. That His love had conditions. That I had to prove my worth to be chosen, to be enough, to be loved.

I remember sitting in my car after that session, praying a prayer of repentance and gratitude. I repented for the lies I had unknowingly believed about God. For the ways I had placed my worth in human relationships rather than in Him.

That day, something shifted.

I thought my healing had been complete. But God saw fit to fully heal me by exposing the hidden root. And in doing so, He invited me to rebuild my self-worth—not on the pain of my past, but on His unshakable love.

Rejecting the Lies That Tell You You're Not Enough

Healing is not just about moving forward—it is about undoing the lies that have shaped your identity for far too long. For every wound, there is a lie attached to it.

Some of these lies came in whispers, subtle but insistent. Others were spoken directly—by people who should have loved you, by moments that shattered you, by experiences that left their mark.

These lies sound like:

- "You're not enough."
- "You're too broken to be loved."
- "You will always be abandoned."
- "You have to prove your worth."

For years, these lies may have felt like truth. They shaped the way you saw yourself. They dictated the way you moved through relationships, how you showed up in the world, and even how you related to God.

But, sis, God's Word tells a different story.

"I am fearfully and wonderfully made." —Psalm 139:14
"I have loved you with an everlasting love." —Jeremiah 31:3
"Never will I leave you; never will I forsake you." —Hebrews 13:5

God's Word is the final authority on who you are. His truth is the standard, and He has already spoken life over you. The next time those lies try to creep in, combat them with truth.

Instead of "I am unworthy," declare *"I am chosen."*

Instead of "I have to prove myself," affirm *"I am enough in Christ."*

Instead of "I will always be abandoned," remind yourself *"God's love will never fail me."*

Speak these truths daily until they become louder than the lies. Rewire your mind with the Word of God. The more you meditate on His promises, the more your heart will begin to align with His truth.

Setting New Standards for How You Allow Yourself to Be Treated

As you rebuild your self-worth, you must also reset your standards.

For too long, your wounds may have lowered the bar for what you allowed in relationships, friendships, and environments. When you believe that love has to be earned, you may have settled for love that was inconsistent, conditional, or harmful.

But sis, healing means you no longer settle.

- Stop accepting love that makes you feel like an afterthought.
- Stop allowing relationships that require you to shrink yourself.
- Stop excusing behavior that makes you question your worth.

You are allowed to expect healthy, consistent love.

You are allowed to walk away from anything that requires you to prove your value.

You are allowed to choose peace over chaos.

Jesus never begged people to see His worth. Neither should you.

Jesus set boundaries. He walked away when necessary. He did not chase those who rejected Him—He kept moving in His purpose.

And sis, so should you.

Your Worth Has Always Been There

Healing your self-worth is not about becoming worthy. It's about realizing you already are. You were worthy before the betrayal. You were worthy before the abandonment. You were worthy before the heartbreak. Nothing that happened to you can change who you are in God's eyes.

> *"Before I formed you in the womb I knew you, before you were born I set you apart."* —Jeremiah 1:5

Your value is not conditional. It was not given to you by people, which means it cannot be taken away by people. It's time to rebuild—not on the shifting sands of human approval, but on the unshakable foundation of God's love. And that, sis, is a worth that no one can take away.

Reflection Questions:

- Where have I been seeking validation that only God can give?
- What lie have I believed about my worth, and what is the truth that replaces it?
- What changes do I need to make in my relationships, habits, or mindset to walk in full self-worth?

Prayer for Self-Worth:

"Lord, for too long, I have measured my worth by the love and approval of others. I have let rejection define me, instead of Your truth. But today, I choose to believe what You say about me. I am loved. I am chosen. I am enough. Help me walk in confidence, knowing my identity is found in You alone. In Jesus' name, Amen."

- Chapter 6 -

Healing Attachment Wounds – Choosing Healthy Love

Now that you are committed to healing and doing the work, it's time to take an honest look at how your past experiences with love have shaped the way you connect in relationships. Healing isn't just about recognizing wounds—it's about relearning what love is supposed to be and choosing it differently moving forward.

Love is powerful. It has the ability to heal, restore, and uplift. But when love is shaped by wounds, it can also distort, drain, and deceive. Regardless of how your story began, one thing is true: our earliest experiences with love shape the way we give and receive love as adults.

When those early bonds are broken, inconsistent, or painful, they create attachment wounds—deep-seated subconscious beliefs about relationships that affect how we connect with others, how we experience intimacy, and even how we relate to God.

If you have ever:

- Been afraid to let people in because love felt like a risk

- Chased relationships, hoping someone would finally choose you
- Felt uncomfortable when someone loved you in a way that seemed too good to be true
- Pushed good people away because, deep down, you assumed they'd leave eventually

Then you may be carrying an attachment wound—one that can be healed, but only when we recognize it.

What Are Attachment Wounds?

Attachment wounds develop when a child's earliest experiences with love are broken or painful. Whether love was conditional, inconsistent, or absent altogether, these experiences create subconscious beliefs that follow us into adulthood.

There are four primary attachment styles, and if you've struggled in relationships, you may recognize yourself in one of these:

1. Avoidant Attachment – "I Don't Need Anyone"

If love felt unreliable or inaccessible in childhood, you may have learned to protect yourself by becoming hyper-independent.

- You keep people at a distance because emotional intimacy feels unsafe.
- You grew up believing that relying on others leads to disappointment.
- You assume that if you open up, you'll eventually be hurt.

This often develops in women who had emotionally unavailable or dismissive fathers—men who didn't validate their emotions, brushed

off their needs, or made them feel like love was something to be earned.

2. Anxious Attachment – "Why Do I Always Feel Like I'm Chasing Love?"

If love felt inconsistent or unpredictable in childhood, you may struggle with feeling needy or desperate for connection.

- You feel like you always have to prove your worth in relationships.
- You experience high anxiety when someone pulls away.
- You attract partners who make you feel like you have to earn their love.

This pattern is common in women whose fathers were inconsistent, unpredictable, or emotionally absent. The brain learns that love is something to be chased, earned, or fought for.

3. Fearful-Avoidant Attachment – "Come Close, But Not Too Close"

If love was both comforting and painful, you may feel torn between craving connection and fearing it.

- You long for deep relationships but struggle with trust.
- You push people away before they have the chance to hurt you.
- You feel stuck between wanting love and fearing it.

This style develops in women who experienced a mix of love and pain—perhaps a father who was sometimes affectionate but also harmful, or one who was physically present but emotionally distant. You learned that love and pain go hand in hand.

4. Secure Attachment – "The Goal: Healthy, Whole, and Safe Love"

This is what we are working toward—love that is steady, consistent, and rooted in worth.

- You feel safe being vulnerable in relationships.
- You don't chase love, nor do you run from it.
- You know your worth and don't settle for anything less than God's best.

This is what healthy attachment looks like. And sis, this is what you are stepping into.

How Father Wounds Influence Romantic Relationships

Father wounds don't just affect how we feel about ourselves—they shape how we experience love.

- If love felt unpredictable in childhood, you may feel anxious in relationships, always afraid that people will leave.
- If love felt conditional, you may feel like you have to prove your worth in relationships.
- If love felt unsafe, you may struggle with vulnerability, always waiting for the other shoe to drop.

The problem is, we attract what feels familiar, not necessarily what is good for us. Many women with father wounds subconsciously seek out partners who reflect the patterns they grew up with—not because they want to repeat the pain, but because it's what their brain has been wired to recognize.

This is why breaking the cycle requires intentional healing.

Healing from Attachment Wounds: Steps to Rewire Your Heart & Mind

Step 1: Identify Your Patterns

Before you can heal, you must recognize how attachment wounds show up in your life. Ask yourself:

- Do I avoid deep emotional connections out of fear of getting hurt?
- Do I feel anxious when someone isn't giving me constant reassurance?
- Do I find myself in the same toxic relationships over and over again?

Healing begins with awareness. What you recognize, you can change.

Step 2: Challenge the Belief that Love is Always Painful or Conditional

Love is not supposed to feel like chasing, begging, or proving.

Love is not supposed to feel like walking on eggshells.

Love is not supposed to feel inconsistent, distant, or one-sided.

"There is no fear in love. But perfect love drives out fear." —1 John 4:18

God's love is the only love that is pure, constant, and secure. When we fully experience His love, we stop settling for anything less than what He intended for us.

Step 3: Learn What Healthy Love Looks Like

Healthy love is consistent. It doesn't leave you questioning your worth.

Healthy love respects boundaries. It doesn't make you feel guilty for protecting your peace.

Healthy love is safe. You can be vulnerable without fear of abandonment.

The more you renew your mind, the more you'll attract relationships that align with God's best for you.

Step 4: Rewire Your Mind Through Scripture & Self-Worth Practices

- Speak life over yourself daily: "I am worthy of love that is safe, secure, and God-ordained."
- Meditate on scriptures about God's faithfulness and love.
- Surround yourself with healthy relationships that model what love should look like.

Sis, you do not have to stay in the cycle of broken relationships. You do not have to accept love that makes you feel small, unseen, or anxious. You are worthy of a love that is steady, whole, and rooted in God's truth.

Healing is possible. And it starts now.

Reflection Questions:

- Which attachment style do I most relate to, and how has it affected my relationships?
- Have I been chasing love, avoiding love, or sabotaging love out of fear?
- What steps can I take to align my idea of love with God's definition of it?

Prayer for Healing in Love:

"Lord, I bring my wounds to You. I know that my past has shaped the way I see love, but I also know that You are the God of restoration. Teach me what safe, whole, and godly love looks like. Help me let go of patterns that no longer serve me. And most of all, remind me that I am already fully loved by You. In Jesus' name, Amen."

- Chapter 7 -

Letting God Father You – (My Story)

For years, I didn't realize I was keeping God at arm's length. I prayed. I read the Bible. I went to church. But deep inside, there was a wall between me and God that I couldn't quite explain.

Here's my story:

My father was a loving man. He was strong, present, and full of wisdom. He had a deep love for God, a sense of humor that could make you laugh until your sides hurt, and a voice so anointed it could bring heaven down to earth. He was a musician, a psalmist, and a man of prayer. He played the drums, led worship, and filled our home with music and laughter. My daddy was my best friend.

But there was also the mood.

Growing up, my sisters and I didn't have the language to call it what it was. We just knew there were times when something shifted, and Daddy wasn't quite himself. Oh, nothing… Daddy's just in one of his moods. That's what we'd say when we saw it happening—the anxiousness, the sweating, the restlessness that led to sleepless nights,

the way he would become distant or withdrawn. At its worst, it would escalate into what I now understand was likely a schizophrenia episode.

I later learned that when my father was a child, he fell off the back of a wagon while playing and hit his head—hard. Instead of rushing him to the hospital, my grandmother, strong in faith, prayed over him and left it in God's hands. And while I am BIG on prayer, I also believe in wisdom. She should have taken him to get checked out. I'll never know if that accident played a role in his struggles, but as an adult, I have come to recognize that my father battled with mental illness.

There's one memory I will never forget. I was sitting in church, watching my dad rehearse with the choir. Everything was normal—his voice carrying through the sanctuary, leading in the way he always did. And then, the mood hit. His entire expression changed. The sweat, the anxious energy, the funny but distorted faces. I watched as confusion spread across the choir members' faces. What's going on with Brother Stokes? I saw the unspoken questions in their eyes. And I sat there, helpless, knowing that my dad—my loving, strong, devoted father—was slipping into a space where I couldn't reach him.

But my father was more than the mood.

When he wasn't battling his episodes, he was fun, affectionate, and always present. He talked to us about Jesus, watched movies with us, and made sure we had good food to eat. He was my teacher, my protector, my safe place.

It was my father who gave me my first Bible when I gave my life to Christ in my pre-teens. I cherished that Bible. I devoured it—not just because it was the Word of God, but because my daddy gave it to me.

It was my father who taught me how to ride a bike, running alongside me, making sure I didn't fall. It was my father who drove me to

basketball camp every single day, an almost hour-long drive, and never once complained. It was my father who took me to get my driver's license when I turned sixteen. And it was my father who came to my rescue when my first boss mistreated me.

I was working as a waitress, juggling school and work, trying to keep everything together. One day, I had an important school project and couldn't make my shift. My boss didn't care—he fired me on the spot. I was devastated. But before I could even process what happened, my father was already on his way to the restaurant. He walked in, calm but firm, and dealt with him. He stood up for me when I didn't have the words to stand up for myself.

My father taught me so much—how to be compassionate, how to forgive, how to love people even when they're difficult. He taught me how to be funny, how to use humor to ease a tense room, how to see the best in people. Even though he is gone now, I am so grateful to God for the years I had with him.

He passed away when I had just turned 22. I was young, in college, still trying to figure out life. And yet, no matter where I went, no matter how much time passed, my father's words never left me.

"Chelle, always keep God first and find you a good church home."

Daddy, I heard you. And I thank God for you.

How My Father's Struggles Shaped My View of Men

I didn't realize it at the time, but my father's struggles left a lasting imprint on me. When my dad was present, I was safe. When my dad was engaged, I was seen. When my dad was his normal, loving self, I was good. But when the mood hit, everything changed. I walked on eggshells, trying to read his energy, trying to figure out whether today

was going to be a good day or a distant one. The uncertainty shaped me more than I understood at the time.

As I grew older, I found myself gravitating toward emotionally unavailable men. I didn't just date—I took on pet projects. I found men who needed help, who needed saving, who needed someone to show up for them in ways they had never experienced. I thought I was being compassionate, but deep down, I was trying to heal something inside myself.

In hindsight, I see it clearly: I was trying to earn the attention and presence that felt unpredictable in my childhood. I was trying to solve the emotional needs of men because I had learned to adapt when my father checked out. I was trying to be their savior because somewhere deep inside, that little girl in me still thought that if I could just be good enough, he wouldn't leave. But the truth is, that was never my role.

The needs I was trying to fulfill in men were the needs that only God—my true Father—could meet. I had to break the cycle.

Rebuilding My Self-Worth: The HEALED Method

Healing from father wounds isn't just about understanding what happened—it's about actively rewriting the narrative.

Here's how I began to heal:

1. **H – Honor the Root**

   I had to acknowledge where my patterns came from. The moment I realized I was chasing unavailable men to fix a childhood wound, I had power over it.

2. **E – Examine the Lie**

   I had to challenge the false belief that I had to earn love or work for someone's presence. I had to ask myself: Would God ever make me prove I'm worthy of love?

3. **A – Align with Truth**

   The truth is, God's love is constant. It does not waver. *"I have loved you with an everlasting love."* (Jeremiah 31:3) I started speaking His truth over myself daily.

4. **L – Let Go of the Pattern**

   I had to stop choosing emotionally unavailable people and learn to receive love that didn't require me to chase or fix.

5. **E – Establish New Boundaries**

   Healing wasn't just about letting go of old patterns; it was about setting healthy, God-ordained standards. I had to redefine what love looked like, set clear emotional boundaries, and refuse to entertain relationships that triggered my old wounds.

6. **D – Deepen My Connection to God**

   My healing wasn't just about avoiding toxic relationships. It was about cultivating my relationship with God, my true Father. The closer I got to Him, the more I realized I didn't need to chase love—I already had it.

When I started this journey, I thought I needed a man's love to feel whole. But I had it all wrong. What I really needed was to rest in the love of my Heavenly Father.

The moment I stopped looking for validation in men, I found security in God. And sis, that is what I want for you too.

Reflective & Active Questions Using the HEALED Method

Healing is more than just recognizing the pain—it's about doing the intentional work to step into wholeness. Take time to reflect on these questions and answer honestly. Let this be an active moment of transformation, not just another thing you read.

H – Honor the Root

- Where do I see unhealthy relationship patterns in my life?
- If I trace those patterns back, what are the earliest memories connected to them?
- How has my past shaped my current view of love, worth, and connection?

Active Step: Write a letter to your younger self, acknowledging the pain you've carried and affirming that healing is possible.

E – Examine the Lie

- What false beliefs have I accepted about love, relationships, or my worth?
- Have I believed that I must earn love, chase it, or prove I'm worthy of it?
- If I could hear God speaking directly to me, what truth would He replace that lie with?

Active Step: Write down the lies you've believed. Then, next to each lie, write the truth God speaks over you. Meditate on these daily.

A – Align with Truth

- What does God's Word say about my identity and my worth?
- How have I been living in contradiction to that truth?
- What steps can I take to actively align my thoughts, decisions, and relationships with God's truth?

Active Step: Create a daily affirmation list using scripture to combat false identity. Say them out loud every morning.

L – Let Go of the Pattern

- What unhealthy relationship patterns am I still holding onto?
- What emotional ties do I need to break to step into healing?
- How will I recognize and stop myself from repeating the same cycles?

Active Step: List out any relationships (romantic, friendships, or family) that are still reinforcing unhealthy cycles. Prayerfully decide what boundaries or shifts need to happen.

E – Establish New Boundaries

- What standards do I need to set in my relationships moving forward?
- Where have I allowed compromise in the past that I refuse to allow now?
- How can I guard my heart without closing it off completely?

Active Step: Write down a Relationship & Self-Worth Standard List. Define the non-negotiables of how you will allow yourself to be treated.

D – Deepen My Connection to God

- In what areas of my life have I placed people in the position only God should have?
- How can I cultivate a deeper, more intimate relationship with my Heavenly Father?
- What daily habits (prayer, worship, studying scripture) will help me remain rooted in His love?

Active Step: Create a Sacred Time with God Plan. Choose a specific time and place each day to intentionally sit with Him—whether through worship, Bible reading, or simply being still in His presence.

A Prayer for Healing & Wholeness

Father, I come before You with an open heart, ready to release the pain I've carried for too long. I acknowledge the wounds, the patterns, and the false beliefs that have shaped me. But today, I choose healing.

I lay every broken place at Your feet. Every false belief, every toxic pattern, every fear—I surrender it all to You. Teach me to honor the root of my struggles without staying bound to them. Show me the lies I've accepted and help me replace them with Your truth.

Lord, help me to align my heart and mind with what You say about me. I am not unworthy; I am chosen. I am not abandoned; I am loved. I am not broken beyond repair; I am being made whole.

Give me the strength to let go of anything that does not serve my healing. Close every door that leads me back to dysfunction. Establish new, healthy boundaries in my life, and give me the wisdom to walk away from relationships that do not reflect Your love.

Most of all, deepen my connection to You. Remind me that You are the Father who never leaves, never forsakes, and never withholds love. I don't have to chase love because I already have it in You.

Thank You, Lord, for the healing that is already taking place. I receive it. I believe it. And I will walk in it. In Jesus' name, Amen.

- Chapter 8 -

Reclaiming Your Emotional Authority

For far too long, you've carried the weight of wounds you never asked for—the father wounds, the abandonment, the betrayals. These experiences left an imprint, shaping the way you move through life, the way you love, and how you see yourself. But healing isn't just about recognizing what was broken—it's about reclaiming what was stolen. Your voice, your confidence, and your ability to make choices from a place of strength, not survival.

This is what reclaiming your emotional authority is all about. It's about breaking free from the patterns, relationships, and limiting beliefs that have dictated your life for too long. Healing doesn't stop at awareness. Healing is about action. And the next step in your healing journey is taking back the power that pain tried to take from you.

What Is Emotional Authority?

Emotional authority is the ability to own your emotions, rather than allowing them to control you.

It means making decisions from a place of clarity and wisdom, not from wounds. It means recognizing that your past does not get to dictate your future. It means understanding that while you may not have had control over what happened to you, you do have control over what happens next.

For many women with father wounds, emotional authority has been handed over to:

- **Fear**: The fear of rejection, abandonment, or making the wrong decision.
- **People-Pleasing**: Seeking validation from others instead of trusting yourself.
- **Survival Mode**: Making choices out of desperation instead of discernment.
- **Toxic Cycles**: Repeating patterns because they feel familiar, even when they hurt.

But, sis, it's time to take your power back.

Signs You've Given Away Your Emotional Authority

If you've ever felt stuck in life—stuck in cycles, or stuck in relationships that drain you—it may be because past wounds are controlling your choices.

Here's what it looks like when emotional wounds are making decisions for you:

- **You second-guess yourself constantly**. You don't trust your own instincts because you've been conditioned to believe you don't know what's best for you.

- **You feel emotionally drained by the people around you**. Instead of choosing relationships that pour into you, you allow people to take more than they give.
- **You tolerate things that go against your spirit**. You feel an internal resistance, but you ignore it because it's easier to avoid conflict.
- **You keep trying to "fix" people**. Instead of choosing partners or friendships that align with your healing, you attract projects instead of partners.
- **You struggle with making decisions without external approval**. You seek validation from others before making a move, afraid of making the wrong choice.

Does any of this sound familiar?

Sis, this is not the life God designed for you. You were not created to be a spectator in your own story, watching life happen to you instead of choosing what aligns with your purpose.

It's time to step into the authority God has given you over your own heart, mind, and future.

How to Reclaim Your Emotional Authority

Reclaiming your emotional authority doesn't happen overnight. It is a process of unlearning, reprogramming, and standing firm in who you are in Christ.

Here's how you start:

1. Acknowledge Where You've Been Operating in Survival Mode

When you've been hurt, you learn to protect yourself. But sometimes, that protection becomes a prison.

- Have you been making decisions based on fear rather than faith?
- Have you been keeping walls up instead of allowing God to show you what safe love looks like?
- Have you been afraid to say no because you think rejection means abandonment?

Survival mode helped you endure, but it's not the way you were meant to live.

> *"The Lord is my rock, my fortress, and my deliverer; my God is my rock, in whom I take refuge."* —Psalm 18:2

You don't have to live on guard anymore. God is your protector. You can release control and trust Him.

2. Recognize That You Have a Choice in Every Situation

For so long, you may have felt powerless—like life was just happening to you. Like you had no say in the relationships, the patterns, or the struggles you faced. But that's not true.

You have a choice.

You have a choice in who you allow in your life.

You have a choice in how you respond to people's actions.

You have a choice in whether you heal or stay bound.

> *"I have set before you life and death, blessings and curses. Now choose life."* — Deuteronomy 30:19

Sis, choose life. Choose healing. Choose the freedom that is already yours.

3. Start Setting Boundaries That Protect Your Peace

This leads perfectly into the next chapter—because reclaiming your emotional authority means reclaiming your right to set boundaries.

Boundaries are not about pushing people away. They are about making sure that what enters your life aligns with your healing.

- If it drains you, you have permission to walk away.
- If it makes you question your worth, it is not for you.
- If it requires you to prove you deserve love, it is not love.

Boundaries are the foundation of your healing. Without them, you will always be at the mercy of other people's emotions, expectations, and dysfunction.

Reflection Questions

- Where in my life have I been operating from a place of survival instead of authority?
- What fears have been controlling my decisions, and how can I surrender them to God?
- What would my life look like if I started making choices from a place of healing rather than pain?
- What boundaries do I need to put in place to protect my emotional authority?

A Prayer for Reclaiming My Emotional Authority

Father, I come before You with a heart that is ready to heal. For too long, I have allowed my past, my fears, and my wounds to dictate my choices. I have made decisions out of survival, not wisdom. I have tolerated things that do not align with Your best for me. But today, Lord, I reclaim my emotional authority.

I surrender every fear, every doubt, and every insecurity to You. I declare that I will no longer operate in cycles that keep me bound. I will no longer chase love that is inconsistent. I will no longer second-guess the wisdom You have placed inside me.

Help me to trust my intuition, knowing that Your Spirit lives within me. Help me to set boundaries that honor my healing. Help me to recognize the difference between love and attachment, between healthy connections and familiar dysfunction.

Lord, I choose to walk in my authority. I choose to trust in Your plans for me. I choose to believe that I am worthy of love that is steady, whole, and rooted in You. I reclaim everything the enemy tried to steal from me.

In Jesus' name, Amen.

- Chapter 9 -

Setting Boundaries Without Guilt

For many of us who have experienced father wounds, boundaries have always been difficult. We learned early that love came with conditions, that our needs were secondary, and that saying "no" could mean rejection, disappointment, or abandonment. So, we overextend ourselves. We say "yes" when we really mean "no." We carry burdens that were never meant for us to hold. We feel guilty for wanting rest, space, or time to ourselves. Why? Because somewhere along the way, we internalized the false belief that love means self-sacrifice to the point of self-abandonment. But sis, that is not God's design.

Boundaries are not selfish. Boundaries are not rejection. Boundaries are not unloving. In fact, boundaries are biblical. And the moment you begin setting them, you will experience a new level of emotional, mental, and spiritual freedom.

Jesus: The Model for Healthy Boundaries

Let's take a moment to look at the one person who had the healthiest boundaries of all—Jesus.

Many of us have been conditioned to believe that setting boundaries is unloving or selfish. We've been told that being a good person means saying "yes" to everything, always being available, and never disappointing others. But that is not how Jesus lived.

Jesus was loving, compassionate, and full of grace, yet He also set firm boundaries that protected His purpose, His peace, and His time with the Father. If Jesus—the Son of God—needed boundaries, so do we.

Jesus Knew When to Say "No"

Jesus was intentional about what He said "yes" and "no" to. He understood that His time and energy were limited while on Earth, and He did not overextend Himself to please people.

One day, after an exhausting day of healing and teaching, the disciples told Jesus that more people were looking for Him. Instead of running back to meet their demands, Jesus said no.

> *"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: 'Everyone is looking for you!' Jesus replied, 'Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.'"* —Mark 1:35-38 (NIV)

Even though people wanted more from Him, Jesus didn't let their expectations dictate His decisions. He knew what He was called to do, and He didn't allow guilt or pressure to pull Him away from it.

Jesus Prioritized Rest and Solitude

Jesus gave generously to others, but He also withdrew when He needed to rest, pray, and recharge.

"But Jesus often withdrew to lonely places and prayed." —Luke 5:16 (NIV)

Even when crowds followed Him and the demands increased, Jesus never abandoned His time with the Father. He didn't let busyness rob Him of intimacy with God.

If Jesus needed time alone to rest and connect with the Father, why do we feel guilty for taking time for ourselves?

Jesus Was Not Easily Manipulated or Guilt-Tripped

Jesus loved people deeply, but He did not allow Himself to be manipulated by their emotions or expectations.

When Mary and Martha sent word that their brother, Lazarus, was sick, they expected Jesus to come immediately. But instead of rushing to meet their demands, He waited two more days.

"So when he heard that Lazarus was sick, he stayed where he was two more days." —John 11:6 (NIV)

Jesus didn't allow urgency, guilt, or pressure to dictate His timing. He moved according to God's plan, not people's expectations.

How often do we abandon our own needs because we feel pressured to meet someone else's?

Jesus Didn't Give Everyone Unlimited Access

Jesus loved the world, but He did not give everyone the same level of access to Him.

- He had crowds who followed Him (distant access).
- He had the 72 disciples He sent out (moderate access).
- He had the 12 disciples who walked closely with Him (close access).

- He had Peter, James, and John, His inner circle (intimate access).

> "*After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves."* —Matthew 17:1 (NIV)

Jesus knew that not everyone could be in His inner circle. If even Jesus had levels of access, why do we feel guilty for setting limits?

Jesus Walked Away When Necessary

Jesus never begged anyone to love Him, follow Him, or stay in His life. When people rejected Him, He moved on.

> *"And he did not do many miracles there because of their lack of faith."* — Matthew 13:58 (NIV)

He didn't chase those who refused to receive Him. He didn't over-explain Himself or try to prove His worth. He knew who He was, and He walked away when necessary.

Sis, if Jesus didn't force people to love Him, why are you chasing after people who don't value you?

What God Taught Me About Boundaries

I remember a time when I couldn't say "no" to anyone. I felt responsible for everyone's needs, everyone's happiness, everyone's expectations. But deep down, I was exhausted. I was pouring from an empty cup, constantly giving but rarely receiving, and I would get extremely mad about it. This toxic cycle drained me emotionally, and I found myself resentful when my kindness wasn't reciprocated.

And one day, God checked me.

"You're afraid to set boundaries because you fear losing people. But what if the right people will love you even with boundaries?"

That truth hit me hard. Because healthy love respects boundaries. And if someone is offended when you establish them, they were never truly for you.

God solidified this truth for me during one of my God walks. I was venting to Him about my life, how I didn't like the way things were going, how I felt depleted and directionless. As I walked my usual path, I passed the same trail of water I had seen countless times. But this time, God told me to look down.

I glanced down and saw a small, wide pond of water sitting still—motionless, stagnant, and covered in a murky film. It looked unhealthy, untouched, and lifeless.

As I kept walking, I noticed the water started moving, the pond narrowing. The more I walked, the clearer the water became. Eventually, the pond turned into a narrow waterway, rushing with movement, clean and crystal-clear. It had direction. It had purpose.

At that moment, the Holy Spirit spoke to me:

"This is what a healthy life with boundaries looks like—you have clear direction, you know where you're headed, and you stay on the narrow path."

Then He showed me the contrast.

"That stagnant pond is what your life looks like without boundaries—sitting still, unhealthy, directionless, trying to be everything to everyone at the expense of yourself."

It was a revelation. I had been living like the stagnant pond—letting everyone pull me in different directions, afraid to say 'no,' lacking boundaries, lacking clarity.

And then He reminded me of this scripture:

> *"Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it."* —Matthew 7:13-14 (NIV)

God was calling me to live with direction. He was calling me to say no without guilt, to set limits without fear, and to live freely in the purpose He had for me.

From that day forward, I made a decision: I would stop living like the stagnant pond. I would become the clear, flowing stream—moving with intention, setting healthy boundaries, and walking in alignment with God's plan for my life.

Why Women with Father Wounds Struggle with Boundaries

Women with father wounds often develop a deep fear of rejection and abandonment. If your father was absent, emotionally unavailable, or inconsistent in his love, you may have grown up overcompensating in relationships to avoid feeling unwanted.

Here are some ways to say "No" without guilt or fear of rejection:

1. Recognize That "No" Is Not a Sin

Saying "no" doesn't mean you're rejecting someone. It means you respect yourself enough to prioritize what God has given you to do.

2. Understand That Boundaries Protect, Not Punish

Boundaries are not about keeping people out but about keeping yourself healthy.

3. Use Simple, Direct Language

You don't owe a long explanation. Try saying:

- "I appreciate the invite, but I can't commit to that."
- "I love you, but I can't take that on right now."
- "That doesn't work for me, but I hope you find what you need."

4. Accept That Some People Won't Like It—And That's Okay

People who have benefited from your lack of boundaries will be the most resistant when you set them. That does not mean you're wrong. That means you're growing.

5. Stand Firm—Guilt Is Not from God

The enemy will try to make you feel selfish for prioritizing your peace, but God calls you to steward your life well.

Reflection: Where Do I Need to Set New Boundaries in My Life?

Sis, it's time to take inventory.

Reflection Questions:

- Where in my life do I feel emotionally drained?
- What areas of my life lack clear boundaries?
- Who in my life expects more from me than I am able to give?
- Where do I feel the most guilt when I say "no"?

Boundaries are a form of self-respect. They are a declaration that you will no longer shrink, overextend, or allow yourself to be depleted for the sake of keeping the peace.

And sis, the right people will honor them.

Prayer for Emotional Freedom

Father, I thank You for Your love that teaches me my worth. I confess that I have struggled with boundaries out of fear—fear of rejection, fear of disappointing others, fear of not being enough. But today, I surrender those fears to You.

Lord, give me the strength to set healthy boundaries without guilt. Teach me that my "no" is just as holy as my "yes." Show me that I do not have to over-give, over-function, or over-sacrifice to be loved. I want to walk in the emotional freedom that You have called me to.

Help me to release the weight of other people's expectations and to find rest in You. Surround me with people who honor my boundaries and remove those who take advantage of my kindness.

Today, I choose peace. I choose balance. I choose wisdom. And above all, I choose You. In Jesus' Name, Amen.

Sis, welcome to your emotional freedom!

- Chapter 10 -

Becoming the Healed Woman – Walking in Wholeness with Grace

Sis, take a moment to pause and celebrate—you've come so far.

This journey has not been easy. You've done the hard work of uncovering wounds, breaking toxic cycles, and surrendering false identities. You've confronted painful truths, dismantled limiting beliefs, and taken the bold step of choosing healing. And now, you're standing on the edge of something new—the fullness of who God created you to be.

For too long, pain tried to write your story. The enemy tried to convince you that you were too broken, too unworthy, too damaged to be whole. But he was wrong. God had a plan for you before the pain ever touched your life, and today, that plan is unfolding in a new way.

Sis, I'm proud to announce that you are not the woman you were when you first started this journey. The chains are breaking. The weight is lifting. The little girl who once felt abandoned, unseen, or unworthy? She is being restored. But now, it is time for you to step into your authority and take full ownership of your healing.

There comes a defining moment in every woman's healing journey when she must make a choice:

"I am not the girl who was abandoned. I am not the girl who has to chase love. I am not the girl who has to prove her worth. I am whole, I am healed, and I am walking in everything God has for me."

And sis, that moment is now.

Take a deep breath. Feel the shift happening inside you. The woman God designed you to be—the woman who is no longer a slave to past wounds, but fully alive, fully seen, and fully loved—she is here.

No longer will you shrink to fit into the spaces where love was conditional. No longer will you overextend yourself to earn what was always meant to be freely given. No longer will you let fear dictate your choices. You are not just healing—you are becoming.

Embracing the New You

Healing is not just about letting go of the past—it's about embracing the future with confidence.

For so long, you may have over-identified with your wounds—carrying them as proof of what was missing in your life. But healing means choosing a new identity. You are no longer defined by what happened to you. You are defined by who God says you are.

> *"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"* —2 Corinthians 5:17

The healed woman moves differently. She speaks differently. She no longer speaks from a place of brokenness but from a place of faith, security, and trust in God's promises.

Instead of saying, *"I'm not good enough,"* she declares, *"I am fearfully and wonderfully made."* —Psalm 139:14

Instead of saying, *"What if I get hurt again?"* she declares, *"God is my refuge and strength."* —Psalm 46:1

Instead of saying, *"I have to prove my worth,"* she declares, *"I am already chosen and deeply loved."* —Ephesians 1:4

This is the season where you fully own your healing, walk boldly in your worth, and trust that God has more for you than you ever imagined.

Your Healing Will Impact Generations

Sis, this is bigger than you. When you heal, you don't just break chains off of your own life—you break generational patterns. The little girl inside you is finally safe.

The next generation of women in your family will not have to fight the same battles.

The daughters you will raise (or mentor) will know what secure love looks like because you chose to heal.

Your healing is not just about you—it is about every woman who will look at your life and see what is possible. And sis, you are proof that healing is possible.

Walking in Wholeness, One Day at a Time

Healing doesn't mean you will never feel triggered again. It doesn't mean you won't have moments of doubt. But it does mean that when those moments come, you will no longer fall back into old cycles.

Instead of reacting out of wounds, you will respond from wisdom.

Instead of settling out of fear, you will choose God's love and stand in His affirmed confidence.

Instead of believing the lies, you will stand on God's truth.

As you make a choice daily to walk in wholeness, keep in mind that the same grace that God gives you, you must also give yourself. Healing is not about being flawless—it's about being faithful to the journey. It's about choosing kindness over criticism, patience over frustration, and progress over perfection.

When old wounds try to resurface, here's how you can respond with grace:

1. **Pause & Acknowledge** – Instead of suppressing emotions, allow yourself to feel them. Ask: What is this emotion trying to tell me?
2. **Speak Truth Over Yourself** – The enemy will try to whisper lies in your weak moments. Counter them with God's Word. *"I am a new creation in Christ"* (2 Corinthians 5:17).
3. **Give Yourself the Grace to Grow** – Healing is a process. Just because an old feeling rises doesn't mean you're back at square one. It means God is still working in you.
4. **Practice Self-Compassion** – If you wouldn't judge a friend for struggling, don't judge yourself. Love yourself the way God loves you.
5. **Turn to God, Not Old Patterns** – In moments of weakness, run to the Father, not the familiar. Prayer, worship, and journaling can help ground you in truth.

The Signs of a Healed Woman

Healing is more than a feeling—it's reflected in how you think, how you love, and how you show up in the world.

Here's how you'll know you are stepping into your healed self:

✓ **You No Longer Seek External Validation.**

You no longer need a relationship, a title, or someone else's approval to feel valuable. You know your worth comes from God.

✓ **You No Longer Settle for Less Than You Deserve.**

You recognize red flags early, you enforce your boundaries, and you no longer accept love that makes you shrink.

✓ **You Can Speak About Your Past Without Being Triggered.**

The pain no longer has control over you. You remember, but it no longer defines you.

✓ **You Feel Safe Being Vulnerable.**

You trust yourself and the people you choose to let into your life.

✓ **You Have a Deep and Secure Relationship with God.**

You no longer see Him through the lens of your earthly father's failures. You know Him as your Abba, your protector, your source, and sustainer.

Healing isn't about perfection—it's about progress. And every day you choose wholeness, you are walking further into your purpose.

Here are 5 Habits of a Healed Woman:

1. **She Protects Her Peace.**

   She no longer entertains relationships, environments, or mindsets that bring her back to dysfunction.

2. **She Knows Her Worth and Walks in It.**

   She doesn't beg, chase, or prove herself—she moves in confidence and grace.

3. **She Stays Rooted in God's Presence.**

   She knows that her healing is not just self-work—it's spiritual work. She prioritizes uninterrupted time daily with the Lord in prayer, worship, and biblical devotion.

4. **She Invests in Her Growth.**

   She continues learning, healing, and evolving. She understands that wholeness is an ongoing journey.

5. **She Teaches Others How to Heal.**

   She doesn't just keep her healing to herself—she reaches back and helps other women rise.

Healing isn't just about what you gain—it's about who you become.

Reflection Questions:

- What are three ways I've grown in my healing journey?
- Where do I need to give myself more grace?
- How can I celebrate the progress I've made?
- What is one truth about myself that I will walk in from now on?

A Prayer for the Healed Woman

Father, I thank You for healing me, for guiding me, for showing me that I am whole in You. For so long, I defined myself by my wounds, but today, I declare that I am no longer bound by my past.

Help me to walk in wholeness, not perfection. Teach me to show grace to myself as You show grace to me. When old wounds try to whisper lies, remind me of Your truth. When I feel weak, be my strength.

Lord, I surrender my journey to You. I trust that You are still working in me, that every day, I am becoming the woman You have called me to be. I receive Your love, I embrace my healing, and I declare that I am walking in freedom.

In Jesus' name, Amen.

- Chapter 11 -

A Life Centered Around God

Healing, growth, and transformation are not just about breaking free from the chains of your past. They are the beginning of something greater—an invitation to step into a life that is deeply anchored in God's love, His truth, and His purpose for you. You've worked hard to shed the weight of old cycles, to release the pain and false identities that once held you back. But now, the true work begins: it's time to root yourself in the truth of who you are in Christ.

This isn't just about moving on from the past; it's about embracing the fullness of who God has always intended you to be. You are no longer defined by your wounds, your mistakes, or the voices of the past. Your identity is secure in Him. As you step into this new chapter, it's essential to remember that healing isn't a destination—it's a way of life. And that life, rooted in the love and purpose of God, will sustain you through every challenge, every blessing, and every step forward.

Now is the time to embrace the truth that you are loved, you are chosen, and you are equipped for the purpose God has placed within you. This is not just about surviving—it's about thriving, living boldly in the strength and freedom God has already provided for you.

This journey isn't about perfection—it's about living each day with intention, fully surrendering to God's will, and living out the healing you've embraced. Your past does not define you; your future is being shaped by the One who holds you in His hands.

Carrying Your Healing Forward

Healing was never meant to be something you arrive at. It is something you walk in daily. And the only way to remain whole is to stay deeply connected to the One who made you whole.

Here's what I want you to know:

1. Your healing is a gift—don't sit on it.

You didn't come this far just to go back to the woman you used to be. You are not meant to hoard what you've learned—you are meant to live it, embody it, and share it.

2. You are not called to be perfect—you are called to be surrendered.

You will still have moments of doubt, still have triggers, still have days when you don't feel whole. But healing is not about feeling—it's about knowing. Knowing that God has changed you, that you are not the same, that you are no longer a slave to old cycles.

3. You will have to fight for your healing.

The enemy will try to pull you back into fear, doubt, and insecurity. He will whisper that you haven't really changed, that you'll never be fully free. Do not believe him. You have been set apart, renewed, and restored by God.

The healed woman does not sit still.

The healed woman does not shrink back.

The healed woman executes what she has learned.

A Life Anchored in God's Presence

Healing is not enough if it does not lead you deeper into God's presence. Because only in His presence will you remain whole.

> *"You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore."* —Psalm 16:11 (ESV)

In His presence, there is clarity.

In His presence, there is peace.

In His presence, there is joy that doesn't depend on circumstances.

A healed life is not built on self-help strategies, emotional highs, or temporary fixes. It is built on intimacy with God. Sis, if you don't cultivate your relationship with God, everything you've learned in this book will only be information—not transformation.

The Power of Blocking Out Devotional Time

If you want to stay healed, you have to make time for God. Not as an afterthought. Not squeezed into the margins of your day. But intentionally, consistently, and wholeheartedly. Below are some practical ways to prioritize God:

- **Start Your Day With Him-** Before you check your phone, before you scroll through social media, sit with God. Even if it's just 10 minutes.
- **Create a Sacred Space-** A quiet corner, a prayer journal, a favorite chair—find a place where you can meet with Him daily.
- **Make Worship a Habit-** Play worship music, speak His promises over your life, lift your hands in surrender.

- **Fast and Seek Him-** Set aside intentional time to press into His presence.
- **Let the Word Transform You-** Don't just read the Bible—let it renew your mind. *"Do not be conformed to this world, but be transformed by the renewal of your mind."* —Romans 12:2 (ESV)

Sis, you cannot afford to be spiritually empty. Healing was never meant to be sustained by your own strength—it is sustained by abiding in Christ. Do not let fear silence you. Do not let doubt stop you. You have been called, chosen, and set apart for more.

Keep Walking, Keep Growing, Keep Seeking.

Sis, this book may be ending, but your journey is not. Every day is a new opportunity to choose healing, faith, and God. You are no longer the woman who lived in pain, and bound by fear. You are a daughter of the Most High God—loved, whole, and walking in divine purpose. And this is just the beginning.

I want to take a moment to say thank you. Thank you for trusting me, and more importantly, thank you for trusting God with your heart. I am incredibly proud of you for taking this journey toward healing, for choosing wholeness even when it wasn't easy. You've done the hard work. You've faced the darkness, and you've come through it. Every step you've taken has brought you closer to the woman God always intended you to be.

I am so proud of the courage you've shown. The woman you are becoming is resilient, beautiful, and unstoppable. There's no doubt in my heart that God has great things ahead for you, and this book is only a small part of your testimony.

You're stepping into a future that is aligned with His purpose for you. As you continue to walk this path of healing, remember that you are

not alone. God is with you, guiding you, and He has already equipped you with everything you need to live the life He's called you to.

Sis, keep walking, keep growing, and keep seeking. Embrace every challenge, knowing that it's only refining you for the greatness that's ahead. You are a masterpiece in the making, and the world is waiting for you to fully step into your purpose.

This is just the beginning of a journey full of divine breakthroughs, freedom, and joy. I believe in you, and I can't wait to see all that God will continue to do in and through you. You are loved. You are enough. And you are becoming the woman you were always meant to be.

With all my love and encouragement,

Your Coach in Christ-Mechelle Renee

Say This Prayer Daily:

Father, I thank You for this journey. I thank You for the healing, the breakthroughs, and the growth You have brought into my life. Lord, I refuse to go back. I refuse to shrink, to settle, or to walk in anything less than Your best for me.

Help me to remain anchored in You. Let my healing be a testimony that brings others closer to You. Give me the courage to walk in purpose, to trust Your timing, and to build a life that is centered around You.

I surrender my past. I surrender my future. I surrender it all into Your hands. I am Yours. In Jesus' name, Amen.