

## "REACHING BACK TO HEAL THE WOUNDED 'CHILD WITHIN' – A PERSONAL TESTIMONY"

### THE IMPORTANCE OF LOOKING AT THE 'CHILD WITHIN'

There is a "child" within each of us, whether you refer to it as a part of your spirit that God breathed into you at conception, a part of your heart, or by some other metaphor. The Father loves every part of us and invites us to do the same. A very important component of the ministry that we do here at The Father's Heart is to facilitate healing of those places within that do not know and experience the love of Father God. One of the most common blocks to experiencing that love and healing is when we ignore and/or reject a younger part of ourselves. There are many things that can cause us to turn away and not embrace the child within. Some of these include such areas as abuse, a lack of affirmation, acceptance or nurture, disappointments, betrayals, rejection, or physical or emotional abandonment. Many times these issues lead to a loss of hope, a "numbing out" and the shutting down of a part of ourselves. In His ministry, Jesus demonstrated a special love and tenderness for children and challenged us to "receive the Kingdom of God like a little child (Luke 18:17)." He was not thinking of just any child. He was thinking about the very child who lives within you.

### A POWERFUL LETTER TO THE 'CHILD WITHIN'

We were recently working with a man who had experienced significant emotional abandonment and rejection as a child. It had become apparent to us that he did not like that wounded younger part of himself and did not want to spend much time looking at that child (himself at those ages). One reason for his resistance to take a look back was that there was a great deal of pain associated with that child, and to look back meant that he would feel some of that pain that was "locked away." However, he also desperately wanted his heart to be healed so that he could experience more intimacy with Father God and also with his wife and children. After our first day of ministry recently, we asked him to write a letter to that boy (himself) and share it with us the following morning. He gave us permission to share this letter here, as it blessed us and we pray it will bless you as well. The letter follows, with his name removed . . .

*Hello Little Boy,*

*I am writing this letter as I want to reconnect with you. I hope you do so too. For a long time I thought it was all your fault. I didn't want to talk to you as I connected all my pain with you. I actually thought something is wrong with you as you did behave in a strange way. You did struggle with simple things. You didn't know how to perform. You didn't know how to connect with people. You didn't know how to build relationships or how to win friends.*

*Today I understand how much you were hurt and left alone. Actually, you were abandoned emotionally. I really feel sorry for you, being left alone in the womb. You were left alone as a baby and left alone as a little child. Everybody around you thinks you are crazy as they say, "Your parents provided for you;" "They gave you everything you needed." Well, they gave you everything you needed for your physical body but abandoned you emotionally and didn't guide your spirit. I do understand*

*now that most of your reactions and actions were to protect yourself, as otherwise you could not survive. I wish I could have been there to help you. I would have whispered in your ear, "You are special;" "You are precious." I do believe in my heart that our heavenly Father was there in every situation. I can't see it fully now, but I know He was there and He did whisper those words into your ears. He did hold your hand when you needed it most. Yes He did.*

*Little Boy, what pain did you go through? What were your thoughts when you couldn't connect with your Mom and Dad? How did you feel in the womb receiving the signal, "We were not expecting you now"—especially considering that the womb is supposed to be the most secure place on earth? How could you survive in all of that? Listen, I decided today that I will open my heart to you. I am willing to cry and grieve with you. No more hiding just because it might be uncomfortable and painful. I want you to feel safe and secure in my presence.*

*I am truly sorry for locking you up, for hiding you, for ignoring you, for pretending you do not even exist. I avoided you at all cost and I am sorry. Please forgive me. (Immediately I see the little boy nodding and saying, "I forgive you.")*

*Little Boy, I want to receive you in my heart. I want to welcome you into my life. I want my children to meet you. I want to hug you, love you, affirm you, protect you, and guide and coach you. I would like it if you and me would together start our journey to meet God the Father. Let's open our hearts to him. Let's invite God the Father to heal us and restore our heart, our spirit, our joy, our sonship, our lives.*

*My Little Boy, You are all right. You are a sweet boy and you are special. I truly admire the way you love the Lord. From the start, you wanted God to have all of your heart, which was your wish.*

*Father us, Lord. Father us, Lord. Let us feel what you felt. Let us hear what you said. Let us see what you were doing.*

*In Love, \_\_\_\_\_*

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By writing this letter, this man confronted the ways in which he had "locked up" a part of himself from God and from others. Though it represents only one step in the process, it was a critical step as it opened a "door" for healing and will ultimately lead to much greater intimacy with the Father and with others. Interestingly, this man experienced a very profound connection with the Father, this boy within and his own heart and emotions on his ride back home from his two days of ministry here with us. We strongly encourage each of you to ask the Father to reveal both how He sees the child within you as well as how YOU see this same child. If there is any discrepancy between His feelings and thoughts about that child and yours, it would be His desire to take you further into His heart and bring more healing to your heart.

#### PRAYER

Please pray with us . . . Father, I want to love what You love and hate what You hate, and I know that You love me and delight in me . . . every part of me. Please share Your heart with me about me, and that child within. Do I feel what You feel about that younger part of me? Is there any part of my personal spirit that is in disagreement with You about me? I know that You desire "truth in the inner parts"

(Ps. 51:6). Please reveal the truth to me about how I see myself, as I want nothing to block my heart from deeply experiencing Your love and giving it away. In Jesus' Name, Amen.

From the Father's Heart,

Jerry and Denise Basel