

SESSION #5 BIBLICAL MANHOOD: HEALING**I. INTRODUCTION**

1. We are going to provide you some practical advice that will help you deal with your own personal situation.

II. FIVE GUIDELINES FOR DEALING WITH WOUNDS

1. If you've been wounded by mom or dad, you've got to choose to deal with this wound _____.
 - Regardless of mom or dad's role in the situation, the burden ultimately falls on you to resolve the situation in your own life.
2. If you've been wounded by mom or dad, you should begin the process of _____.
 - You decide to no longer exact punishment in any form or fashion.
3. If you have been negatively impacted by mom or dad, _____ your story with some trustworthy men.
 - Dealing with wounds is a process.
4. If you're married and you've got _____ issues from your past, tell your wife.
5. If there are unresolved issues with a parent, this may mean that you need to have a direct but respectful conversation with mom and dad.

III. DIRECT CONVERSATIONS WITH DAD AND MOM

1. If you're a son wounded by dad, consider seeking _____ reconciliation with your father.
 - You have to be the one to initiate.
 - You can't control his _____. His response is not what matters.
2. If you have unresolved issues with mom, you must create a strategy for making a clean break from mom and for creating a new normal in how you relate to her.
 - You need to identify the specific issues that you're dealing with.
 - You need to create and enforce healthy _____.

IV. GUIDELINES FOR DADS

1. If you're a dad, then it's never too _____ to close the gap with your son.
 - You can't change the past, but you can make changes right now in how you relate to your son.
 - Perhaps your son still needs to hear from you the three "essentials:"
 - I love you
 - I'm proud of you
 - You're good at something
2. Wounding your son to some degree is _____.

DISCUSSION / REFLECTION QUESTIONS

1. Have you released/forgiven your dad and assumed responsibility for your own life? If you could sit down and "bare your soul" to your father, what would you say to him?
2. Do you need to have respectful but direct conversation with your dad? Do you need to establish some boundaries with mom? Discuss.
3. If you're a dad, what do your children need from you right now? Are there things you are doing (or not doing) that may cause them to be wounded later in life?

(ANSWERS)

II. FIVE GUIDELINES FOR DEALING WITH WOUNDS

1. If you've been wounded by mom or dad, you've got to choose to deal with this wound responsibly.
2. If you've been wounded by mom or dad, you should begin the process of forgiveness.
3. If you have been negatively impacted by mom or dad, share your story with some trustworthy men.
4. If you're married and you've got unresolved issues from your past, tell your wife.

III. DIRECT CONVERSATIONS WITH DAD AND MOM

1. If you're a son wounded by dad, consider seeking direct reconciliation with your father.
 - You can't control his response. His response is not what matters.
2.
 - You need to create and enforce healthy boundaries.

IV. GUIDELINES FOR DADS

1. If you're a dad, then it's never too late to close the gap with your son.
2. Wounding your son to some degree is unavoidable.