Inner Healing Restoring Connection to the Father/Jesus/Holy Spirit
Father, Mother, Siblings/close friends
Use this exercise for all three separately

Ask, Listen, Write

Picture or think about them and answer the following questions:
1. Describe your life experience with them in a sentence using as many adjectives as you can. (Beyond good, bad or fine)

2. What was your connection to them like as a child?

3. Are there any unhealthy patterns in their life that you see in your life?

4. Describe how they treated you in only adjectives. Three or more.

5. How do you feel about them now?

- **Close your eyes and imagine yourself standing with this person.**

Where are they?
Where are you?
What are they doing?
What are you doing?
What are at least 3 feelings that you feel? (use feelings wheel if necessary)

- **Close your eyes again and picture The Father/Jesus/Holy Spirit.**

Where are they?
Where are you?
What are they doing?
What are you doing?
What are at least 3 feelings that you feel?

- **Ask- "*Do I need to forgive my Father/Mother/Sibling/close friend*"?**

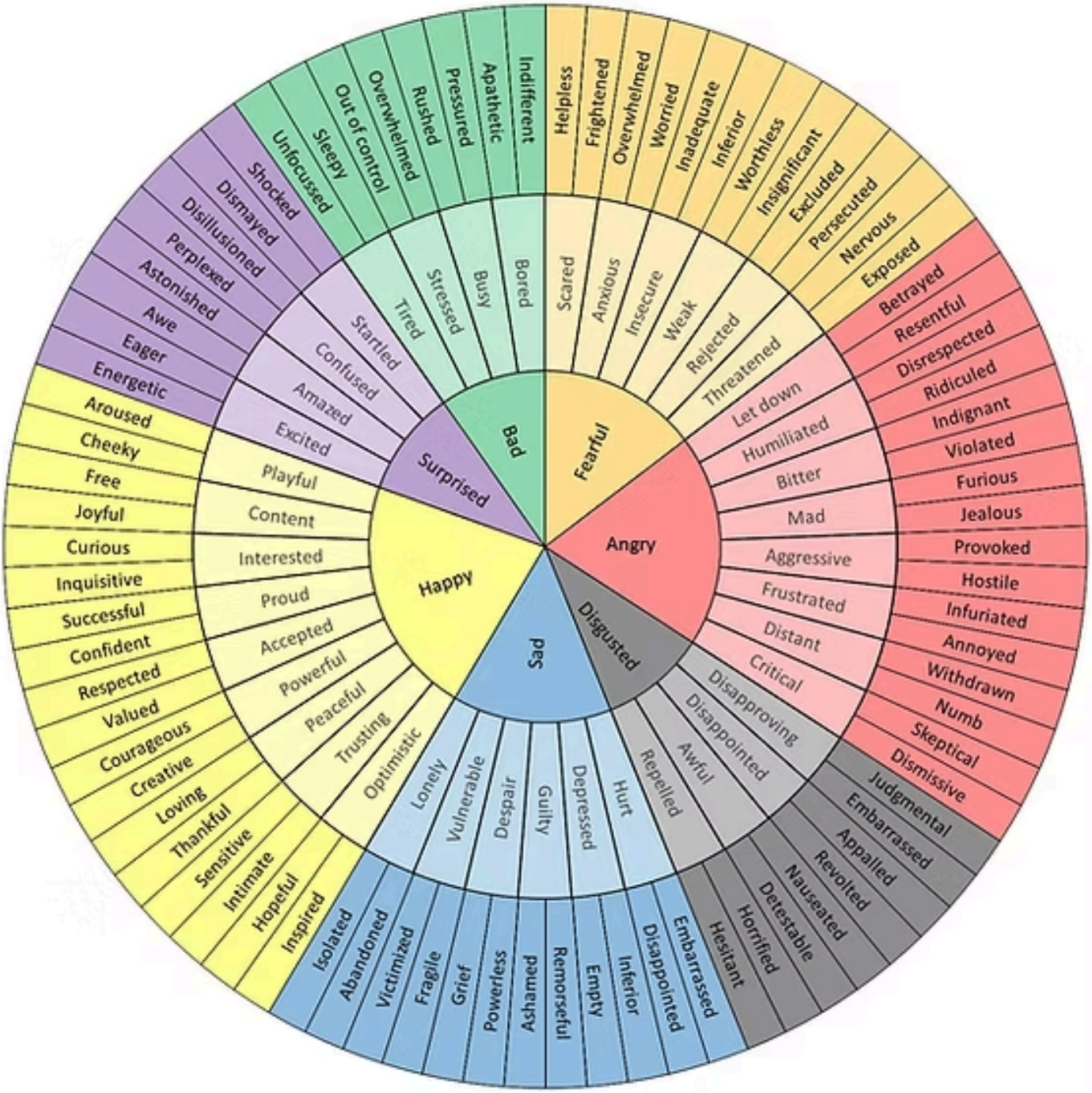
- **Ask relevant questions:**

For example: "Father, why am I so far away from you?" or "Jesus why can't I see your face" etc

- **Ask- "*Are there any lies I am believing about you/about me?*"**

- **Ask for the truth.**

- **Renounce the lies and come into agreement with the truth.**

Feelings Wheel

Developed by Dr. Gloria Wilcox