

The Truth about my Heavenly Father

Eric Ferris April 30, 2018

- Adapted from an Excerpt from The Bondage Breaker by Neil Anderson

1. I forgive my father for being distant and uninterested. I renounce the lie that my Father God is distant and uninterested. I joyfully accept the truth that my Father God is intimate and involved. (Psalm 139)
2. I forgive my father for being insensitive and uncaring. I renounce the lie that my Father God is insensitive and uncaring. I joyfully accept the truth that my Father God is kind and compassionate. (Psalm 103:8-14)
3. I forgive my father for being stern and demanding. I renounce the lie that my Father God is stern and demanding. I joyfully accept the truth that my Father God is accepting and filled with joy and love. (Zeph 3:17, Rom 15:7)
4. I forgive my father for being passive and cold. I renounce the lie that my Father God is passive and cold. I joyfully accept the truth that my Father God is warm and affectionate. (Isa 40:11, Hos 11:3-4)
5. I forgive my father for being absent or too busy for me. I renounce the lie that my Father God is absent or too busy for me. I joyfully accept the truth that my Father God is always with me and eager to be with me. (Jer 31:20, Eze 34:11-16, Heb 13:5)
6. I forgive my father for being never satisfied with what I do, impatient or angry. I renounce the lie that my Father God is never satisfied with what I do, impatient, or angry. I joyfully accept the truth that my Father God is patient and slow to anger. (Ex 34:6, 2 Peter 3:9)
7. I forgive my father for being mean, cruel, or abusive. I renounce the lie that my Father God is mean, cruel, or abusive. I joyfully accept the truth that my Father God is loving, gentle, and protective of me. (Ps 18:2, Jer 31:3, Isa 42:3)
8. I forgive my father for taking all the fun out of life. I renounce the lie that my Father God is trying to take all the fun out of life. I joyfully accept the truth that my Father God is trustworthy and wants to give me a full life; His will is good, perfect, and acceptable. (Lam 3:22-23, John 10:10, Rom 12:1)
9. I forgive my father for being controlling or manipulative. I renounce the lie that my Father God is controlling or manipulative. I joyfully accept the truth that my Father God is full of grace and mercy; He gives me freedom to fail. (Luke 15:11-16, Heb 4:15)
10. I forgive my father for being condemning or unforgiving. I renounce the lie that my Father God is condemning or unforgiving. I joyfully accept the truth that my Father God is tender hearted and forgiving; His heart and arms are always open to me. (Ps 130:1-4, Luke 15:17-32)
11. I forgive my father for being nit-picking, exacting, or perfectionistic. I renounce the lie that my Father God is nit-picking, exacting, or perfectionistic. I joyfully accept the truth

that my Father God is committed to my growth and proud of me as His growing child.
(Rom 8:28, 2 Cor 7:4, Heb 12:5-11)