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Becoming Christlike Men

Week 3 | Trouble Spot 1 — Father Wound

Foundational Passage: Matthew 3:13-17

¹³ Then Jesus came from Galilee to the Jordan to John, to be baptized by him. ¹⁴ John would have prevented him, saying, “I need to be baptized by you, and do you come to me?” ¹⁵ But Jesus answered him, “Let it be so now, for thus it is fitting for us to fulfill all righteousness.” Then he consented. ¹⁶ And when Jesus was baptized, immediately he went up from the water, and behold, the heavens were opened to him, and he saw the Spirit of God descending like a dove and coming to rest on him; ¹⁷ and behold, a voice from heaven said, “This is my beloved Son, with whom I am well pleased.” (ESV)

Big Idea: Christlike Men address the Father Wound by receiving the love of the Heavenly Father and learning to bless the next generation

I. A Word About Honoring Our Fathers

Exodus 20:12 – “Honor your father and your mother.”

God is not the projection of our earthly fathers.

God is the perfection our earthly father was meant to reflect.

As Transformed Men, we want to learn to speak about our fathers with both honesty and honor.

1. Honor what was good.
2. Name what was _____.
3. Take _____ for what comes next

II. What is Father Wound?

A father wound is the emotional, social, or spiritual gap created when a son does not receive from his father what he needs to become a mature man.

Fathers can be disconnected from their children in several ways:

1. Physically disconnected
2. _____ disconnected

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3. _____ disconnected

4. **Functionally** disconnected

III. What Sons Need from Their Fathers

1. Sons need their father's **presence**. (Deut 6:6-7)

2. Sons need their father's **instruction**. (Prov 22:6)

3. Sons need their father's _____. (Ps 78:5-7)

4. Sons need their father's love and _____. (Matt 3:17)

IV. What Happens to Sons when Fathers are Disconnected

1. **Anger** and pain

2. Extreme behavior and _____

3. Inner **lostness**

4. Confusion in identity and _____

V. How Do We Address the Father Wound in Our Lives?

1. **Forgive** your father.

2. Seek **reconciliation** where possible.

3. Ask for their love and _____.

4. Walk daily with your _____ Father.

5. Break the **Cycle**

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DISCUSSION QUESTIONS

1. What can you **honor** your father? What did he provide, model, teach, or do well?
2. What father **wound** have you experienced in your life? What did your father not provide that you wish he had?
3. Which step toward **healing** do you need to take right now in your relationship with your earthly father?
4. How can the group **pray** for you this week?

HOMEWORK

Memorize this Bible verse: Matthew 3:17

Action item:

Have a one-on-one conversation with your father in which you thank him for what he did well and ask for his blessing on your life and future.

The goal is to honor what was good, name what still matters, and take a courageous step toward maturity.

You might say something like:

“Dad, I wanted to thank you for what you gave me. I’m grateful for the ways you provided, worked hard, stayed faithful, taught me, loved me, or shaped my life. I also wanted to ask you something important. As I keep following Jesus and growing as a man, I would love to have your blessing on my life, my family, and my future.”

For some men, this conversation may be awkward. For others, it may be deeply meaningful. For some, it may be disappointing. But the point is to take a step of honor, courage, and faith.

If your father is deceased, unsafe, or unreachable, write the conversation as a letter instead. Thank him for what you can honor, name what you missed, and then pray to your Heavenly Father for the blessing, healing, and courage you need to move forward.