

Identificational Repentance for Fathers

Healing Streams Ministry, Savannah, GA; Based on Wellspring Ministry, teaching and materials, Dr. Art Mathias

Asking Forgiveness

If you are the father, adjust this as needed to fit your relationship with your child.

If you are standing in for someone, ask their permission to speak to them as their father.

Let these be like the words that your father would have spoken to you,
if he could have separated from his sins
and if he could have received the love and mercy of the true Father
and had His heart to share with you.

Let it help release your birth father
from any bitterness you may have toward him
and restore a true image into your heart
of what your Heavenly Father is really like.

I ask your forgiveness for the things that I have done that have hurt you...

Please forgive me... for failing to accept and affirm you

- For not showing you respect for your uniqueness.
- For not giving you freedom to form and express your own opinions.
- For not making you feel that you were the boy/girl I wanted.
- For not giving you the affection and acceptance you needed.
- For not telling you “I love you” and hugging you regularly.

Will you forgive me?

Please forgive me... for abdication of responsibilities

- For not keeping my word or my promises to you.
- For not apologizing to you and admitting when I was wrong.
- For not protecting you and making you feel safe.
- For not providing for you financially.

Will you forgive me?

Please forgive me... for abandoning you

- For not giving you my time and attention.
- For not being at your sports games and special events.
- For my silence toward you.
- For abandoning you emotionally and physically.
- For not quitting my addictions for your sake.

Will you forgive me?

Please forgive me... for verbal and physical abuse

- For not building you up, encouraging you and believing in you.
- For embarrassing you in front of others.
- For yelling at you and cursing you in my anger.
- For disciplining you with harshness—making you fear me.
- For physically or sexually abusing you.

Will you forgive me?



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Please forgive me... for failing as a husband to your mother

- For not loving your mother.
- For not showing you a man's true responsibilities in the home.
- For not marrying your mother before you were conceived.
- For the times of physical and verbal abuse of her you saw and heard.
- For divorcing your mom and abandoning you.
- Can you forgive me for dying?

Will you forgive me?

Please forgive me... for being a poor spiritual leader; poor role model

- For not being a godly father, for not praying for you or with you.
- For not taking you to church and teaching you about the Lord.
- For not taking a stand for what is right.
- For not modeling for you a healthy picture of the true Father.

Will you forgive me?

I ask your forgiveness for all the ways

I was not there for you when you needed me.

Prayer to Forgive

(lead this slowly so that they can repeat it with you)

May I lead you through a prayer forgiving your father? Repeat after me:

Dear Heavenly Father,/ in the name of Jesus,/ I purpose and choose/ by an act of my will/ to forgive my father/ for all the ways that he failed me/ or hurt me./ I repent for agreeing with the enemy/ in bitterness about my father./ I renounce those things in my life./

Now, in the name of Jesus/ I accept Your forgiveness of me/ and I choose to forgive myself/ and to fully accept myself/ as the child of the father You gave me./

Holy Spirit please come.../ heal my broken heart/ and show me and tell me your truth...

Father's Blessing

Please receive this as if these were the words your father would speak to you if he could be free to receive the heavenly Father's love for you.

- I bless you my precious child. You are so loved—specially created by God, unique and perfect. I am so proud of you. I speak life into you.
- I bless all the relationships of your life that you may grow in friendship and intimacy with your Heavenly Father, with your Lord and Savior Jesus Christ, with the Holy Spirit, and with all your friends and family members.
- I bless your ability to be strong in the Lord and in the power of His might, that you may be a mighty spiritual warrior serving the purposes of God in your generation.
- I bless you and release you into the gifts God has given you to fulfill His plan for you. I love you.



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Identificational Repentance for Mothers

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Asking Forgiveness

If you are the mother, adjust this as needed to fit your relationship with your child.

If you are standing in for someone, ask their permission to speak to them as their mother.

Let these be like the words that your mother would have spoken to you,
if she could have separated from her sins
and if she could have received the love and mercy of the true Father
and had His heart to share with you.

Let it help release your mother
from any bitterness you may have toward her
and restore a true image into your heart
of what your Heavenly Father is really like.

I ask your forgiveness for the things that I have done that have hurt you...

Please forgive me... for failing to accept and affirm you

- For not telling you how precious you were to me.
- For not making you feel that you were the boy/girl I wanted.
- For not giving you the affection and acceptance you needed.
- For giving you up for adoption or for conceiving you out of wedlock.
- It's not your fault. You were not a mistake.

Will you forgive me?

Please forgive me... for poor parenting

- For not letting you enjoy being a child.
- For not protecting you from all the fussing and fighting in our home.
- For not believing you or protecting you from your father's abuse.
- For telling you it was your fault. It was not your fault.

Will you forgive me?

Please forgive me... for taking my emotions out on you

- For telling you that you'd never amount to anything.
- For the anger and frustration, I took out on you.
- For saying words that devalued you and shamed you.
- For not giving you freedom to form and express your own opinions.

Will you forgive me?

Please forgive me... for failing to nurture you

- For not showing you unconditional love.
- For not holding you when you were hurt.
- For not taking the time to meet your needs.
- For not spending time with you because I was always busy.
- For not quitting my addictions for your sake.

Will you forgive me?



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Please forgive me... for smothering you

- For controlling you and making you do things my way.
- For getting angry if you tried to express your independence.
- For trying to control your every action.
- For manipulating you with guilt and threatened rejection.

Will you forgive me?

Please forgive me... for not being a godly role model

- For not modeling what a godly wife and mother should be.
- For not taking you to church or teaching you to pray.
- For divorcing your father.
- Can you forgive me for dying?

Will you forgive me?

I ask your forgiveness for all the ways

I was not there for you when you needed me.

Prayer to Forgive

(lead this slowly so that they can repeat it with you)

May I lead you through a prayer forgiving your mother? Repeat after me:

Dear Heavenly Father,/ in the name of Jesus/ I purpose and choose/ by an act of my will/ to forgive my mother/ for all the ways she failed me/ or hurt me./ I repent for agreeing with the enemy/ in bitterness about my mother./ I renounce those things in my life./

Now, in the name of Jesus,/ I accept Your forgiveness of me/ and I choose to forgive myself/ and to fully accept myself/ as the child of the mother You gave me./

Holy Spirit please come.../ heal my broken heart/ and show me and tell me your truth...

Mother's Blessing

Please receive this as if these were the words your mother would speak to you if she could be free to receive the heavenly Father's love for you.

- I bless you my precious child. You are so loved—specially created by God, unique and perfect. I am so proud of you. I speak life into you.
- I bless your heart that your spouse, friends and children can safely trust in it, that you will have a grateful heart and be thankful for all you have been given.
- I bless your fear of the Lord, that you may follow His commandments, walk in His ways and desire to have order and balance in your life.
- Before you were born God loved you and I love you. I honor you. I praise God for you. I bless you now and forever.



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