

Ministering Healing to Your Child

This information is adapted from the teaching of Art Mathias

Use the guidelines below as a reference and minister the steps to your own child (ages 0-12) while he/she is asleep. Keep a low voice so as not to wake the child. If possible, it is best if both parents do this.

****This can be done with teenagers and grown children, however they should NOT be asleep and should play an active role in the forgiving process. This is because they may have come into agreement with bitterness, fear, ungodly beliefs, etc and are usually held accountable for their own actions and beliefs. Use wisdom with your words concerning this.****

***For Adopted or Foster Children**

Declare your authority.

Say out loud something like this, *"Satan, listen to me/us, I/we have the authority over this child because I/we am/are now the parent(s) and am/are therefore responsible for _____ (name of child). Satan, you must recognize my/our authority and protection as (a) parent(s) and minister(s) of the Gospel over _____ (child's name), In the name of Jesus."*

Step One: Identify the Circumstances and Repent To Child and Ask for Forgiveness

Use the Father's Repentance List of Examples and the Mother's Repentance List of Examples (on pages 2 & 3) to see suggestions. These are not extensive lists. Add or subtract circumstances as needed. If possible, each parent should do this.

Begin by repenting to the child for things that were done or not done to or for them by their parents. In doing this, you are acknowledging that these things were wrong. Then ask for forgiveness even though the child is sleeping. The child's spirit man will know what you are doing and so will the enemy. The act of repenting and asking for forgiveness solidifies the child's spiritual foundation and identity and closes the doors and cracks in which the enemy tries to gain access in which to attack.

Say out loud (very softly) something like this, *"_____ (name of child), I repent to you, I apologize to you, and I confess to you for my sin (and our ancestors sin [if known]) of _____ (fill in the blank from the lists on pages 2-3). I am so sorry. Will you forgive me? (Will you forgive your ancestors?[if applicable])"*

Step Two:

Both parents say out loud (very softly) something like this, *"In the name of Jesus, I command all the spirits of _____ that came to _____ (child's name) in my sins and the sins of my ancestors to go now and never return. (Name and command to go those spirits that are right for your child's situation. Examples of spirits - fear, rejection, abandonment, bitterness, self-bitterness, unworthiness, anger, trauma, guilt, shame, performance, and self-hatred, etc.)"*

Step Three:

Father (or a stand in for Father) - speak a Father's Blessing over the child. See examples on page 4.
Mother (or a stand in for Mother) – speak a Mother's Blessing over the child. See examples on page 4.

Step Four:

Both parent's (separately or together) say out loud (softly), *"In the name of Jesus, I command _____ (name of diseases and/or infirmities in the child) to go."*

Father's Repentance List of Examples

- ... not protecting you (enough) and making you feel safe.*
- ... not showing you (enough) respect for your uniqueness and not giving you the freedom to form your own opinions and express them.*
- ... wanting a boy instead of a girl (or wanting a girl instead of a boy) while you were in the womb.*
- ... being disappointed when you were born that you were a boy (or girl).*
- ... not wanting to have a baby when you were conceived and/or in the womb, considered aborting you and encouraged your mother to have an abortion or be put up for adoption within or outside of our family.*
- ... conceiving you out of wedlock and/or allowing you to be born out of wedlock.*
- ... conceiving you out of fear, anxiety, pain, anger, or violence.*
- ... ignoring you, hating you, or rejecting you in the womb or after you were born.*
- ... being absent emotionally and/or physically while you were in the womb or after you were born.*
- ... not bonding with you at your birth and/or after your birth.*
- ... using cigarettes and/or abusing alcohol/drugs while you were in the womb or after being born.*
- ... not living up to your expectations, allowing other family members to raise you.*
- ... not giving you enough of my time and attention, not remembering birthdays &/or special days.*
- ... not providing for you and your mother financially, not being dependable or trustworthy.*
- ... not apologizing to you and to your mother and admitting when I was wrong.*
- ... not having integrity and keeping my word, not keeping my promises to you or your mother.*
- ... having a quick temper and a lot of anger, not teaching and correcting you without judgment, anger, and control.*
- ... not being a proper, godly example for you, for being controlling, for being religious, keeping you under law, so that I would look good.*
- ... not telling you "I love you," "I'm proud of you," "You're pretty/handsome" and hugging you enough.*
- ... speaking word curses over you such as (you're stupid, lazy, no good, sissy, etc.)*
- ... not loving your mother properly, for the physical or emotional abuse of her.*
- ... not meeting your mother's needs, for being selfish and manipulative.*
- ... not spending enough time with you and the family, for my silence towards you.*
- ... not establishing and demonstrating what a father/husband responsibilities are supposed to be.*
- ... divorcing/separating from your mother and abandoning you.*
- ... abandoning you emotionally and physically.*
- ... not teaching you how to properly relate to men and women, not teaching you how to be emotionally intimate.*
- ... not building you up and encouraging you, for not believing in you.*
- ... not teaching you how to be responsible by facing consequences that result from disobedience.*
- ... showing favoritism towards one of your siblings.*
- ... yelling and raising my voice at you and others and for cursing you and others.*
- ... embarrassing you in front of others.*
- ... not validating your femininity as a daughter or masculinity as a son.*
- ... not being a godly father, not praying for you, not teaching you about God.*
- ...not teaching you about life skills, recognizing the gifts God has given you, teaching you godly sexuality*
- ... not modeling God in your life or establishing a healthy picture of God.*
- ... not practicing unconditional love.*
- ... not setting boundaries and not teaching you how to say 'no'.*
- ... expecting you to act like an adult and not allowing you to enjoy your childhood.*
- ... not taking a stand for what is right and setting limits.*
- ... allowing myself to live in and have fear, shame, bitterness, control, condemnation, or self-bitterness.*
- ... etc., For the older children you can always ask them, 'What else?' or 'How else have I hurt you?'*

Mother's Repentance List of Examples – Use the suggested applicable circumstances from below. This is not an extensive list. Add or eliminate circumstances as needed.

- ... not wanting you, not bonding with you in the womb. Forgive me for conceiving you out of wedlock and allowing you to be born out of wedlock. It is not your fault. You were not a mistake. Will you forgive me?*
- ... I did not hold you to my breast and speak to you and give you the love you needed for security. Will you forgive me?*
- ... being so critical of you, for yelling at you, for saying things that devalued you, for not telling you how valuable you are. Will you forgive me?*
- ... not nurturing you enough, or comforting you or holding you when you hurt. Will you forgive me for abandoning you emotionally and physically?*
- ... not taking time to meet your needs or to spend time with you. Will you forgive me?*
- ... I didn't let you enjoy just being a child. I talked to you about things you were not mature enough to deal with that made you afraid. Please forgive me for stealing your childhood by not letting you express yourself, for expecting you to take on my responsibilities. Will you forgive me?*
- ... You felt you had to perform for my love because I didn't show you unconditional love.*
- ... I am so sorry that you had a long and difficult delivery. It was not your fault. Will you forgive me?*
- ... not protecting you from all the fussing and fighting in the home.*
- ... not stopping the inappropriate spankings or abuse – verbal, physical, or sexual, for not believing you and not protecting you. For not telling you that it was not your fault. It's not your fault.*
- ... I am so sorry that I was so sick when you were in the womb and after you were born. It was not your fault. Will you forgive me?*
- ... I repent for being angry, bitter, ashamed, scared and fearful of _____ when you were in the womb and after you were born. It was not your fault. Will you forgive me?*
- ... I repent for being hard on myself and having self-hatred, self-condemnation, self-bitterness, guilt and shame when you were in the womb and after you were born. It was not your fault. Will you forgive me?*
- ... not being approachable and not listening when you needed to talk to me or communicate with me.*
- ... not being there when you came home and you were lonely, not being there when you were afraid, not protecting you from bullies.*
- ... I was controlling to get you to do things my way. Forgive me for controlling your every action and for setting up myself as god in your life. I always had to be right. Will you forgive me?*
- ... I repent for not enjoying or hating being pregnant with you in the womb. Will you forgive me?*
- ... not modeling what a godly wife and mother should be, and for not being vulnerable to you.*
- ... not teaching you how to be emotionally intimate, to set appropriate boundaries, for not teaching you how to relate to men or women.*
- ... wanting a boy instead of a girl (or wanting a girl instead of a boy) while you were in the womb.*
- ... being disappointed when you were born that you were a boy (or girl).*
- ... considering aborting you and/or giving you up for adoption.*
- ... using cigarettes and/or abusing alcohol/drugs while you were in the womb or after being born.*
- ... conceiving you out of fear, anxiety, pain, anger, or violence.*
- ... ignoring you, hating you, or rejecting you in the womb or after you were born.*
- ... being absent emotionally and/or physically while you were in the womb or after you were born.*
- ... using cigarettes and/or abusing alcohol/drugs while you were in the womb or after being born.*
- ... I ask your forgiveness for all the ways I fell short of nurturing you and not being there for you when you needed me. I was wrong and I'm sorry.*
- ... etc., For the older children you can always ask them, 'What else?' or 'How else have I hurt you?'*
- ... READ Father's List of Examples (page 2) and add circumstances as needed.*

Father's Blessing and Mother's Blessing Examples- Use the suggested blessings from below. This is not an extensive list. Add or eliminate blessings as needed.

I bless you my precious child, you are so loved, specially created by God, unique and perfect. I am so proud of you. I honor you.

I speak life to every cell of your body. You are the son/daughter God delights in and that I delight in. I have the special privilege to call you my child and to watch you mature.

I bless you with God's richest blessings for your life. May you be filled with new wine and prosper as your soul prospers.

I bless that you may be filled with God's desires and grace so that you may please God in all that you are and all that you do, so you can be that child that God intended you to be.

I bless the work of your hands, your gifts, and your abilities.

I bless your heart to know love and to give love. To know God intimately, love Him intimately, and to serve Him.

I bless your heart that your spouse and friends can safely trust in it, that you will have a grateful heart and be thankful for all that you have been given.

I bless your emotions, your relationships with God, your (future) spouse and others.

I bless you that you may be a godly role model and witness to others.

I bless your provision for your family in food, clothing, love, warmth and understanding.

I bless your watchful eye over your household to provide for your family and not eat the bread of idleness. I bless you to be a blessing to others and to share what you have with others.

I bless your fear of the Lord, to follow his commandments and desire to have order and balance in your life.

I bless you and your wisdom and strength that comes from God, and I respect and honor you, your (future) spouse, and your (future) family.

I bless you to prosper and be in health as your soul prospers.

You are fearfully and wonderfully made and I bless you. I am so very proud of you. I love you.

I bless you and I release you and give you permission to be the man/woman that God intended you to be.

Before you were born God loved you and I love you, I praise God for you. I bless you now and forever.

I bless you with the blessing of Ephraim and Manasseh, that you will forget the pain of your past and that your future will be fruitful.