



Healing the Father Wound, Part II

By Maura Preszler

“For you were once darkness, and now you are light in the Lord.
Live as children of the light.”

- Ephesians 4:32

Reflective Questions

1. Do you live as a child of the light? Are you suffering in darkness? As Maura said, the devil wants sin to remain hidden; he wants us to be in the dark. And Jesus wants us to bring this to the light; He wants us to live as children of the light. How can you live as a child of the light? Forgiveness. If we can forgive those that did us wrong and move on, and separate ourselves from bad situations then we can start to live our own lives freely.
2. Have you ever had the experience of being resentful like the elder son in the “Prodigal Son” story? When the younger son came home, the elder son was full of resentment and he didn’t want to rejoice with his father and that his brother had come home. At some point, we’ve all struggled with resentment. And it challenges us to get out of that place of resentment and to become the father, who embraces the prodigal son and is merciful. What can you do to try to be less burdened by resentment and be more open to love and mercy?
3. As Maura suggested, take a couple moments, close your eyes, and think about 1 person, maybe several people that you need to forgive. Write their names down and bring them to God in prayer. Bring them to the Blessed

Sacrament at adoration and ask God how you can forgive them. It's going to be hard, but it's going to be worth it because God will show you how to forgive. Remember that forgiving someone who has hurt you doesn't excuse their behavior; it just prevents their behavior from destroying you.

4. Everyone has their own cross to carry in life, their own difficulties and burdens. Have you ever had the experience of being thankful for your cross? Maura challenges you to be thankful for your cross, for your burden, because that cross is going to lead you to heaven. That cross is going to be your sanctity. You can triumph over your cross just as Jesus triumphed over his cross.