ABIDING together PODCAST

SEASON 10 EP.6

Daughter: The Wounds of a Daughter

GROUP QUESTIONS

1. What stood out to you from this week's episode?
2. Are your childhood wounds healed places of glory or are they bandaged up, still hiding, and in need of Christ's light?
3. How do you see core wounds from childhood—abandonment, rejection, or a gap created because your heart did not feel safe—affecting your relationships today? Do you recognize any of the effects listed by Sister Miriam in the episode? How can you receive God's restoration for you in these places?
4. What does it look like to welcome home the little parts of yourself with compassion and gentleness?

LECTIO DIVINA

...I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine...be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen." - Ephesians 3:14-21

JOURNAL QUESTIONS

1. Are there particular memories from your childhood that this series has brought to the surface? Where do you need to hear the truth that the woundedness caused by others was not your fault?
2. Try to find a picture of your younger self. What would you like to share with her or him? Are there critical words and judgements you would like to take back or words of affirmation and compassion you need to speak over your younger self?
3. Pray with Jesus' words 'be not afraid.' How does He desire for you to receive this message when acknowledging wounds from your childhood?

QUOTES TO PONDER

"The sadness is that you perceive their necessary withdrawal as a rejection of you instead of as a call to return home and discover your true belovedness." - Henri Nouwen

"A part of you was left behind very early in your life: the part that never felt completely received...But you want yourself to be one. So you have to bring home the part of you that was left behind." - Henri Nouwen