

Abba Father

If you grew up in a world where God's love & light were not always given, your trust in Him may have been poisoned by the father of lies. These false beliefs may have been woven into your understanding, attitudes, & views of God & are hindering you from coming to Him with your whole heart. You can know Him as loving father who acts as a good father who loves His child!

God is our father

God is a spirit, infinite, eternal, and unchangeable in His Being. However he is more than a current of spiritual power, he is our Father.

Jesus, who knew the will of the Father as no one else has ever known it, introduced us to the truth that it is God who is our Father. When we truly know this, it releases in us the faith to trust him and believe what He says.

1. Scriptures

- Instructs us to pray, "Our Father who art in heaven" (Mt 6:9).
- Your Father who is in secret will repay you (Mt 6:4).
- As you forgive others, your heavenly Father will forgive you (Mt 6:14).
- Your Heavenly father knows that you need all these things (Mt 6:32).

2. What kind of father is God?

But we wonder what kind of father is God. Does He care for us like a good father would care for His children? Or is he more like a capricious parent, who is unpredictable and undependable so that we never know what to expect from him?

3. Jesus reveals God as a good father

In the Gospels, Jesus uses a parable to reveal the nature of our heavenly Father by comparing a good father to our heavenly Father. He asks, "What man is there among you..." He concludes that if we know how to give good gifts to our children, how much more shall your Father in heaven give what is good to those who ask.

What man is there among you when his son shall ask him for a loaf, will he give him a stone? Or if he shall ask for a fish, will he not give him a snake, will he? If you then being evil, know how to give good gifts to your children, how much more shall your Father who is in heaven give what is good to those who ask Him! (Matthew 7:7-11)

In this parable, Jesus is showing us that God is a loving Father who acts as a good father who loves his child. Agnes Sanford says "God feels toward us as a human father would. Hence His life is nurturing, comforting, loving, sustaining, encouraging, warming, life-giving, wise,

merciful, forgiving, healing, restorative, and regenerative.” (*Behold Your God*). This is something we can relate to, that touches our life.

4. Jesus prayed, “Abba! Father”

When Jesus prayed “Abba! Father!” he was associating trust in a loving parent with faith in a loving God. *Abba* is a primitive word that means “Daddy” or “Papa. He was revealing the nature of God as warm affection, tenderness, familiarity, and filial confidence.

He was saying, "Abba! Father! All things are possible for thee; remove this cup from Me; yet not what I will, but what You will" (Mark 14:36).

5. Jesus is the visible face of the Father

God is so eager to help us that he came to us in a new way, via the gate of birth, incarnating His love in the Son of Man. We can look upon God in human form when we know Jesus.

- He who has seen Me has seen the Father...(John 14:9)
- In these last days has spoken to us in His Son, whom He appointed heir of all things, through whom also He made the world. And He is the radiance of His glory and the exact representation of His nature, and upholds all things by the word of His power (Heb. 1:2-3)
- You know neither Me, nor MY Father; if you knew Me you would know My Father also (John 8:19).

God is a good father

1. Descriptions of God as Father...

- O Righteous Father (John 17:25).
- As the living Father sent Me (John 6:57).
- Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ (Ephesians 1:3).
- We had earthly fathers to discipline us, and we respected them; shall we not much rather be subject to the Father of spirits, and live? (Hebrews 12:9).
- Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow (James 1:17).
- The Father of compassion and the God of all comfort (II Corinthians 2:1-3, NIV).

2. Father of the fatherless

- Father to the fatherless (Psalms 68:5).
- Helper of the fatherless (Psalms 10:14).
- For (or if) my father and my mother have forsaken me, the Lord will take me up (Psalms 27:10).

- I will be his father and he shall be my son; and I will not take My loving kindness away from him... (I Chronicles 17:13).
- I will not leave you as orphans (Gr. *Orphanos*: (3737) wandering in obscurity; darkness, with no identity; desolate); I will come to you (John 14:18)
- I will be a Father to you, and you shall be sons and daughters to me, says the Lord Almighty (II Corinthians 6:18).

3. Our Father is compassionate and merciful

- The Father of compassion (*mercies*) (II Corinthians 2:1, NIV).
- Can a woman forget her nursing child, and have no compassion on the son of her womb? Even these may forget, but I will not forget you” (Isaiah 49:15).
- Who redeems your life from the pit; who crowns you with lovingkindness and compassion (Psalms 103:4).

In the Scriptures, God’s tender compassion for his own is presented as being greater than that of either parent for the child. It is like the tender union between a pregnant mother and the child she protects and nourishes in her womb.

4. Our Father is comforting

- As one whom his mother comforts, so I will comfort you (Is 66:13).
- The Father of mercies and God of all comfort; who comforts us in all our affliction so that we may be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God (II Corinthians 1:3).

5. Our Father supports & sustains us; he is our strength

- O lord God, thou art my (confidence) *trust* from my youth; upon by thee I have been supported from the womb; thou art he that took me from my mother's womb (Psalms 71:5).
- Now to Him who is able to keep you from stumbling, and to make you stand in the presence of His glory (Jude 1:24),
- The Lord is the defense of my life; Whom shall I dread? (Ps. 27:1)
- God is the strength of my heart and my portion forever (Ps. 73:26).

6. Our Father is a provider and meets our needs

- Your Father knows what you need before you ask Him (Mt 6:8).
- My God shall supply all your needs according to His riches in Christ Jesus (Phil 4:19).
- Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God (Phil. 4:6).
- He who is able to do more than I ask or imagine (Eph. 3:20-21).
- Every good thing given and every perfect gift is from above (James 1:17).

7. Our Father is inviting; he opens his kingdom to us

- For your Father has chosen gladly to give you the kingdom (Luke 12:32).

8. Our Father is forgiving; He blots out transgressions

- Bless the Lord, O my soul, and forget none of His benefits; Who pardons all your iniquities... (Psalms 103:3).
- If you forgive men for their transgressions, your heavenly Father will also forgive you (Mt 6:14).
- If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness (I John 1:9).

9. Our Father is light; he lights our path

- This is the message we have heard from Him and announce to you, that God is Light, and in Him there is no darkness at all (I John 1:5).
- Every good thing given and every perfect gift is from above, coming down from the Father of lights (James 1:17).
- Your word is a lamp to my feet and a light to my path (Ps 119:105).
- The Lord is my light and my salvation (Ps. 27:1).

10. Our Father wants us to be safe (exulted) and not ashamed

- The fear of man brings a snare; but he who puts his trust in the Lord shall be safe (exulted) (Proverbs 29:25).
- Whoever puts their trust in the Lord will never be put to shame (Isaiah 54:4-8).
- The Lord is my light and my salvation; Whom shall I fear? (Ps. 27:1).

11. Our Father is peace; he desires our peace & well-being

- Peace, peace to him who is far and to him who is near, Says the Lord, and I will heal him (Isaiah 57:19).
- Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful (John 14:27).

12. Our Father heals and restore us

- I am the Lord, who heals you (Exodus 15:26).
- I will heal thee of thy wounds (Jeremiah 30:17)
- Forget none of His benefits; who heals all your diseases; who redeems your life from the pit...you satisfies your years with good things, so that your youth is renewed like the eagle (Ps. 103:2-5).
- But for you who revere my name, the sun of righteousness will rise with healing in its wings. And you will go out and leap like calves released from the stall (Malachi 4:2).

13. Our Father gives us a future and a hope

- Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit (Ro 15:13).
- For I know the plans I have in mind for you, says the Lord, plans for your welfare, nor for woe (calamity); plans to give you a future full of hope (Jeremiah 29:11).

14. Our Father blesses us

- Blessed be the God & Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ (Eph. 1:2-3).

15. Our Father values us —we are more valuable than birds

- Do not be anxious for your life, as to what you shall eat, or what you shall drink; nor for your body, as to what you put on. Is not life more than food, and the body than clothing? Look at the birds of the air, that they do not sow, neither do they reap, nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they (Mt. 6:25-26).
- Fear ye not therefore, ye are of more value than many sparrows. (Matthew 10:31)

16. Our Father will not abandon us

- Can a woman forget her nursing child, & have no compassion on the son of her womb? Even these may forget, but I will not forget you. (Isaiah 49:15)
- I will not leave you as orphans (wandering in obscurity); I will come to you (John 14:18).
- For He Himself has said, "I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU (Hebrews 13:5).
- Nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord (Romans 8:39).

17. Our Father sees us & will affirm us

- She gave this name to the LORD who spoke to her: "You are the God who sees me," for she said, "I have now seen the One who sees me (Genesis 16:13, NIV),
- But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called [thee] by thy name; thou [art] mine.(Isaiah 43:1)
- To him the porter openeth; and the sheep hear his voice: and he calleth his own sheep by name, and leads them out. (John 10:3)
- I am the good shepherd, and know my [sheep], and am known of mine (John 10:14)

18. Our Father is love

- The one who does not love does not know God, for God is love (I John 4:8).
- God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life (John 3:16).

- But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us (Ro 5:8-9).
- ...that I will be rooted and grounded in love, so I may be able to understand what is the breathe and length and height and depth, and to (experientially) know the love of Christ; this is better than any intellectual understanding, so I may be filled up to all the fullness of God (Eph 3:14-20).

The more we believe God is a good Father, the more He comes to us in light, peace, healing, and love. The more definitely we can expect Him to act as a good parent would act, the more He can do for us. We need this truth in our subconscious mind. Our whole being needs to be filled with God’s truth, not just our minds.

Reflection & Response

1. How true is this sentence?

Using a scale of zero to 10, (zero being not true at all and ten, being absolutely true), how true does the following sentences *feel* to you? Do not answer by what you know to be true in your mind, but what feels true to you deep inside. Circle your answers.

God loves me as a good father loves his child. 0 1 2 3 4 5 6 7 8 9 10

God is a good father who desires to do good for me. 0 1 2 3 4 5 6 7 8 9 10

God is a good father who wants to give good things to me. 0 1 2 3 4 5 6 7 8 9 10

2. Renounce deceptions about the nature of God

Lord Jesus, I confess that I have been deceived by..... I thank you for your forgiveness, and I commit myself to believe only your truth. In Jesus’ name I pray. Amen.

1. God is distant & disinterested Intimate and involved (Ps. 139:1-18)
2. God is insensitive & uncaring..... Kind and compassionate (Ps. 103:8-14)
3. God is stern & demanding..... Accepting, filled with joy & love (Zeph. 3:17; Ro. 15:7)
4. God is passive & cold..... Warm & affectionate (Is. 40:11; Hosea 11:3-4)
5. God is absent or too busy for me..... Always with me & eager to be with me (Jer. 31:20; Ez. 34:11-16; Heb. 13:5)
6. God is impatient, angry & rejecting... Patient, slow to anger (Ex. 34:6; II Pet 3:9)
7. God is mean, cruel & abusive..... Loving, gentle, protective (Jer. 31:3; Is. 42:3; Ps. 18:2)
8. God is trying to take fun out of life.... Trustworthy, wants to give me a full life: His will is good, perfect, acceptable for me (Lam. 3:22-23; John 10:10; Rom 12:1-2)
9. God is controlling or manipulative.... Full of grace & mercy, & He gives freedom to fail (Luke 15:11-16; Heb. 4:15-16)

10. God is condemning or unforgiving... Tenderhearted & forgiving; His heart & arms are open
to me (Ps. 130:1-4; Luke 15:17-24)
11. Nit-picking, fault-finding Committed to my growth & proud of me as His beloved
demanding perfectionist Child (Rom 8:28-29; Heb. 12:5-11; II Cor. 7:4)

Memorize this prayer and pray it daily

Boldly ask for revelation of the love of Jesus Christ

For this reason I bow my knees before the Father, from whom the whole family in heaven and on earth derives its name, that He would grant me according to His riches in glory to be strengthened with power through His Spirit in my inner man; so that Christ might dwell in my heart through faith; and that I will be rooted and grounded in love, so I may be able to understand what is the breathe and length and height and depth, and to (experientially) know the love of Christ; this is better than any intellectual understanding, so that I may be filled up to all the fullness of God. Now to Him who is able to exceeding abundantly beyond all that I ask or think, according to the power that works within me (Eph. 3:14-20)

Affirm God as your Father

The basis of all healing is to affirm the presence of God in you. I encourage you to make the following affirmations aloud many times every day.

- Affirm aloud: "Abba Father, I belong to you."
- Affirm aloud: "God is my Father."

Declaration

In the name and authority of the Lord Jesus Christ, I command Satan and all evil spirits to release their hold on me in order that I can be free to know and choose to do the will of God. As a child of God who is seated with Christ in the heavenly places, I declare that every enemy of the Lord Jesus Christ in my presence be bound. Satan and all his demons cannot inflict any pain or in any way prevent God's will from being done in my life today, because I belong to the Lord Jesus Christ.