



a prayer for parental inversion ...

Father, I thank You for caring enough for me to pursue me, to help me see that in my family the parental roles came to be reversed. I see that I stepped in to fill the gap and, regardless of how necessary or how noble that may have seemed, I recognize I was wrong. In usurping my _____'s role, I denied my own childhood. You did not design my child's shoulders to carry such a heavy weight.

Lord, I forgive my parents for _____ (what they did or did not do). I confess that I have judged them as being _____ (be specific). I ask You to forgive me for those judgements and the bitterness they built in my heart. I also confess that I judged You, Lord, as being a weak God, one who needed my help. I thought I had to do it for You. Forgive me for wounding You in that way.

I have avoided intimacy and corporateness. Father, forgive me for the way I have cut myself off from emotion. I know I did it as a child so that I could function, but now it is a defense mechanism in my life and I have hurt many people with my inability to feel. Forgive me for trying to take over for You and so control my spouse, my world. I resign, Lord; I am not in charge.

Father, it frightens me to ask You to take charge of me and those I love and work with. But I am tired. Bring my fear and my pride to death. I want to trust in You, to rest in You. I ask You to speak peace into my inner being and calm my striving, even as You calmed the sea.



a prayer for substitute mate ...

Lord, I ask that You help me to forgive my _____ for pulling me into the role of spouse. I did not, could not say "no." I have had such mixed feelings: pride that I should be chosen; anger that the other parent did not fill his/her role and protect me; and confusion because I was in a role I couldn't understand or fulfill.

Father, I choose to forgive myself for acquiescing to the subtle coercion. I forgive my parents _____ (be specific about what they both did and did not do). And I confess and ask forgiveness for the unexplainable anger. Now I know it was toward mother and father and You, Lord. Forgive me.

It hurts to see how this has affected my own marriage, my spouse, Lord. I see the damage it has caused and want it to stop. I invite You to bring it to death. Bring healing and restore to me, to us, the years the locusts have eaten. Put my relationships aright, Lord, including my relationship with Father God.