

September 30, 2026/**GATHER & GROW Bible Study**/Dr. Chris Williamson

Sunday Review: “Healing From A Father Wound.” The same passage in Exodus 20 that speaks of the reality of being wounded by a father’s iniquities, also shows us how to heal.

This Evening’s Focus: “Healing From A Mother Wound.”

What is a mother wound? A mother wound is when something your mother did **TO** you or didn’t do **FOR** you in your formative years, ends up having a **corrosive effect** on your life, and this **deep-seated pain** leads to **damaging repercussions** in your adult years.

What are some examples of mother wounds? _____

Biblical Examples of Mother Wounds:

- **Isaiah 49:14 – 16**, ¹⁴ But Zion said, “The LORD has forsaken me, and my Lord has forgotten me.” ¹⁵ “Can a woman forget he nursing child, and not have compassion on the son of her womb? Surely, they may forget, yet I will not forget you. ¹⁶ See, I have inscribed you on the palms of My hands; Your walls are continually before Me.”

This passage tells us _____

- **I Kings 3:16 – 28** (Two women had baby boys. One mother smothered her child by accident and replaced her dead baby with the other woman’s living baby in the night. The negligent mother was willing to have the living baby cut in half to “solve” the dispute.)

- **2 Kings 6:28 – 30**, (During a famine, two mothers agreed to boil and eat their sons).

- **Psalms 27:10**, When my father and my mother forsake me, then the LORD will take care of me.

This passage tells us _____

Who wrote this? _____ Why do you think he wrote this? _____

Based on **I Samuel 22:1 – 4**, what did David do for his parents? _____

Breakout Question: Obeying the command to honor our parents is a way for us to show that we honor God (**Exodus 20:12; Matthew 15:4; Ephesians 6:1 – 3**). That being said, what does honoring our mothers look like when our mothers haven’t always been honorable people?

Let's Talk

1) How should we respond when some of the wounds we received from our mothers were not intentional?

2) Yes or No. Is every mother wound worthy of ending the relationship? _____. Explain.

3) Yes or No. Is there a justifiable reason for a Christian to not forgive his/her mother? _____. Explain. _____

4) Why does forgiveness not always lead to reconciliation? _____

5) If you have been wounded by your mother, how does **Romans 8:28** apply? _____

6) If you have been wounded by your mother, how can **Revelation 21:3 – 4** be helpful? _____

Conclusion: Here are some **principles** from the Bible to help heal your mother wound:

- Name your pain. **Psalms 27:10**
- Forgive, i.e., release from judgment, your mother for wounding you. **Ephesians 4:32**
- Spend time with Jesus, the Wonderful Counselor (and a therapist). **Isaiah 9:6**
- Give time for your wound to heal. **Ecclesiastes 3:11**
- Decide to live going forward without constantly looking back. **Philippians 3:13**

In her new book **Honor Thy Mother**, **Dr. Sarita T. Lyons** states, “If you’ve been wounded by your mother, think what would happen if you focused your attention not just on the woman who left, the woman who physically or emotionally is in and out of your life with no rhyme or reason, or the woman who has hurt you with her hands, her words, and her silence, but instead on a fact: The Lord *will* take care of you. Whatever you missed from your mother, God provides.”

“That truth does not take away the pain of the mother wound, but sometimes, many times, all the time if you are willing to notice, the pain of feeling motherless is not without a balm named Jesus. If He is a balm in Gilead, surely, He can be a balm in the middle of your motherlessness and offer healing, comfort, and a way forward with Him.”