

How Holy Spirit Wants to Heal Your Mother Wounds

Your heart was made to be filled with the power of nurture. It is the power of love that brings you comfort, yet trains you with what you need to overcome. Nurture is the love of recovery, helping you to remain stable when stress arises, times get tough and situations seem overwhelming.

God deposited the power of nurture to flow through the father, but He gave a special aspect of nurture that only a mother can bring. The nurture that flows through a healthy mother can equip a child to grow up with powerful coping skills and the ability to live resiliently in turbulence.

Nurture and Mother Wounds

The problem is that in addition to father wounds, masses of hearts carry wounds from their mother relationship. Nurture was not given the way it was designed to. Therefore, people struggle to regulate their emotions, calm themselves during hardship and receive the comfort they need.

Nurture and the Holy Spirit

In fact, people with mother wounds often have trouble receiving comfort from the Holy Spirit. He is the comforter, who reminds us of truth that keeps us grounded. Yet without a grid for nurture, we lose the ability to hear the thoughts and reminders we need to remain steady in hard times.

A Lack of Nurture Manifesting

Our culture is manifesting a lack of nurture in mass numbers. The problems that are manifesting are revealing this pandemic issue:

- Struggle with regulating mood.

- Mood disorders
- An ability to comfort themselves or receive peace during hardship.
- Heavy struggles with guilt.
- Addictions
- Anger issues
- Struggles with emotionally numbing out and checking out.

In this episode, we bring out the need for nurture to be restored in our lives. It has a spiritual power that brings the comfort of love that everyone needs. The healing process is very spiritual but can also be very practical in its application.

We all need the power of nurture in our lives. But can we access it on a daily basis?

Mark DeJesus *has served as an experienced communicator since the 1990s. As a teacher, author, coach and radio host, Mark is deeply passionate about awakening hearts and equipping people towards transformational living. His message involves getting to the core hindrances that contribute to the breakdown of our relationships, our health and our day-to-day peace. He is well-versed on struggles that originate within our thoughts. Through his own personal transformation, Mark is experienced in helping people overcome and live fruitful lives. He is the author of five books and hundreds of teachings. He hosts a weekly radio podcast show called "Transformed You" and blogs at . His writings have been featured on sites like .*

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