

How to Crush Past Hurts in Your Mother-Daughter Relationship

If you have a rocky history with your mother or your daughter, God wants you to know that you don't have to continue those patterns of brokenness. He wants to mend your heart and to make you whole.

Through their book *Mended: Restoring the Hearts of Mothers and Daughters*, mother-daughter co-authors Helen McIntosh and Blythe Daniel want to help in the restoration process and help you discover powerful words that can usher in healing for wounded hearts and rebuild, restore and reconcile your connection.

Daniel says many mothers and daughters waste years of their lives because they are stuck in misunderstanding and bitterness, and neither knows what to say to the other to make the repairs to the relationship.

"A lot of daughters experience the feeling that they don't measure up and that they are a disappointment to their mothers," Daniel said on a recent edition of "Charisma Connection" on the Charisma Podcast Network. "What can create a barrier is that the need to be right has become greater than the relationship, and that is heartbreaking.

"Those things need to be addressed, but how do you start a conversation to say some of these things that are really hard to say? If you think about it, Jesus initiated restoration with us. He didn't wait for us. We came to Him and realized that we needed Him. In the same way, we want to encourage women to be initiators because that's where the healing begins."

For more of how to restore your mother-daughter relationship,
listen to the podcast below.