

Spirit-Filled Psychologist: A Dad's Heartfelt Letters to His Daughter

While my daughter was going through college, I wrote her letters each day for guidance, encouragement and connection. These letters, of course, came straight from the heart.

They display the love of a father for a child. Unbeknownst to me, she shared these letters with some of her classmates. What she found was the words of a loving father helped them feel encouragement and love as well.

Therefore, with my daughter's permission, I am sharing these words of love, encouragement and guidance with you so that you too may be affected and take them as words meant for you, because you are a child of God who is worthy of praise, love and encouragement.

So, read over these two letters and apply them to your own situation.

Letter No. 1

My Daughter,

Today is Sunday. I hope you went to a good church and heard a good sermon. So many times, we think about Sunday as a day to hear from God, and it should be.

However, I want to share with you an experience I had today in church. I sat down in our usual seat. I was alone as Mom was home with your sick brother. To the left of me was a woman who couldn't have children. I had prayed for them years ago, and she now has two children. The man behind me I prayed for weeks ago who was out of work for over a year. He now has a job.

Prior to the service, I asked God to confirm if I am on point doing what I'm doing or if I should do something else. When I came into the service, a guy asked me if I was Dr. Weiss. He told me our recovery and marriage books saved his marriage. After the service, I went to a store, and a man stopped me with the same question. I talked to him for a few minutes. God confirmed I was on point to keep healing the brokenhearted.

My point is God hears your voice and your prayers. It's important that you pray, but also that you pray with others to see God move in their lives.

Love you,

Dad

Letter No. 2

My Daughter,

Good afternoon to my favorite daughter in the world! You are awesome beyond compare and a unique woman of God for your generation!

I thought I would share with you something I learned along my journey with the Lord. In your walk with the Lord, if you start drying up spiritually, something is amiss. Although this has rarely happened with me, if you're reading the Bible and it becomes stale, worship becomes unmoving and you generally feel disconnected, I know what to do when it does occur.

The question I have learned to ask is "What was the last thing the Lord specifically told me to do that I didn't follow through on?" It doesn't have to be a big thing either; it could just be a small encouragement or blessing for someone, somehow or even calling a friend or family member.

If I can still do it, I do it as soon as I can. If not, I just ask for forgiveness. Either way I find it unblocks me, and I am able to move back into a close walk with Jesus. Just

thought you should have this idea in your back pocket when you need it.

Love you much! Miss you much,

Dad

Thank you for taking the time to immerse yourself in these words from a father to his child. As you can see, they are packed with love and wisdom that I wish to pass on to my children.

Furthermore, I hope you take these words and apply them to your own life. Use these words to hear God's voice, draw closer to Him and see yourself as the incredible child of God you are.

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