

**Overcoming Father Wounds:
Exchanging Your Pain for God's Perfect
Love**
by Kia Stephens
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How to Overcome Father Wounds in Exchange for God's Perfect Love as Your Heavenly Father

"What a needed message! I was once a little girl twirling around next to my daddy, wishing I could know that he loved me. I understand what it feels like to be rejected, abandoned, and forgotten by my earthly biological father, and I love that Kia so honestly and biblically shows us where to turn--to the arms of our Father, who will never leave or forget us. This resource will help so many!" **Lysa TerKeurst, #1 New York Times bestselling author and president of Proverbs 31 Ministries**

The world is full of women who have been hurt, neglected, rejected, or abandoned by their father. They may feel like every aspect of their life is affected by that broken trust. Even their relationship with God can feel tenuous, but there is hope.

In this vulnerable book, *Overcoming Father Wounds: Exchanging Your Pain for God's Perfect Love*, author and speaker Kia Stephens shares her own story of father wounds, along with eye-opening examples from wounded women in Scripture who were transformed by the love of God.

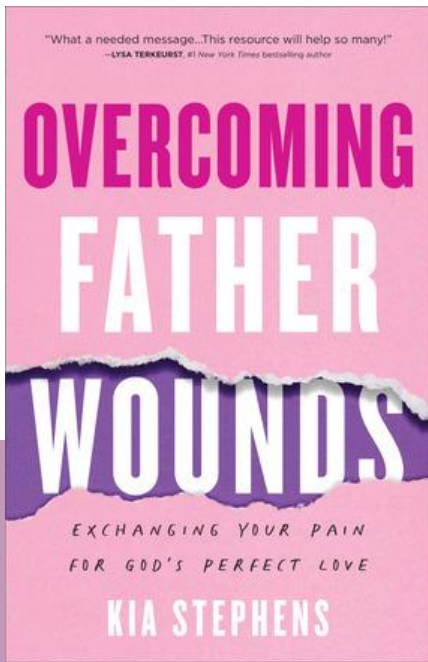
With great compassion, she helps readers identify their father wounds and offers practical tools to help them overcome insecurity, low self-esteem, perfectionism, and trouble connecting with God as their loving heavenly father.

"The good news is, for every woman who's ever contemplated what it would be like to have a different father, whether real or imagined, there is an exchange that is possible...the type of swap I'm referring to is an uneven exchange of father wounds for the extravagant love of God the father," says Stephens.

Women who read this book will:

- Identify ways they have been impacted by their father daughter relationship
- Identify lies they believed because of the hurt and rejection from their father
- Identify scriptures to refute the lies they have believed
- Gain practical tools for forgiving their father
- Identify helpful ways to develop a relationship with God as their spiritual father.

"There's something remarkable about the way a person's pain can be transformed into purpose," said **Jo Saxton, leadership coach and author of *Ready to Rise***. "Kia's book is both personal testimony and practical treatise; her words offer hope and healing."



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About the Authors

Kia Stephens is the founder of Entrusted Women, which she created to equip Christian women communicators of color. A contributing writer for iBelieve.com, Beloved Women, Proverbs 31 Ministries, and Crosswalk, she is a recurring speaker at She Speaks, the Beloved Women's Conference, and the Entrusted Women's Conference. Kia's writing has been featured on (in)courage and Ann Voskamp's blog. She has also been a featured guest on the Proverbs 31 Ministries Podcast, Chrystal's Chronicles with Chrystal Evans Hurst, Better Together with Barb Roose, and The Dream of You Podcast with Jo Saxton.

PRAISE for Overcoming Father Wounds

"In *Overcoming Father Wounds*, Kia Stephens speaks from the faded scars of her own story and is a compassionate guide to all who carry father wounds of their own. Words that help us discover the power of a heavenly Father's love." **Jo Saxton, leadership coach and author of *Ready to Rise***

"Kia has given us a powerful, gospel-soaked healing balm for everyone who knows the pain of father wounds. In *Overcoming Father Wounds*, she helps us identify them, heal from them, and shift our mindset to hope and health. This is a must-read!" **Alli Worthington, author, speaker, and founder of The Coach School**

"This book is going to help so many women--coming from complicated relationships with fathers to deeply painful ones. Even Daddy's girls like me didn't escape unintentional wounding. You'll be highlighting this one and buying a copy for a friend." **Lisa Whittle, bestselling author of *The Hard Good*, Bible teacher, and podcast host**

"Kia Stephens's voice is one that is needed now. She writes with compassion, wisdom, and vulnerability, leading women into the tender places of their own hearts. With deep insight, Kia takes the reader's hand and walks her into the truth--you can face the wounds you received, in the light of a loving Father who is better than you dared to hope. Healing is available. Read this book and Kia will show you the way." **Stasi Eldredge, New York Times bestselling author of *Captivating***

"There are few relationships that play as great a role in our lives as the one we have with our father. For many, this relationship was imperfect. At times we may have found ourselves left wanting more than what our earthly fathers could give, leaving us feeling disappointed and seeking fulfillment in unhealthy ways. In *Overcoming Father Wounds*, Kia Stephens transparently shares her experiences navigating this territory of the soul and spirit. She uncovers the wounded areas in need of restoration and gives practical next steps in the healing journey. In this book, Kia extends an invitation to go beyond the pain of your father wounds to experience the joy of intimately knowing Father God." **Dr. Sandra Dalton-Smith, physician, author, and host of *I Choose My Best Life* podcast**



Sample Interview Questions for Kia Stephens

Overcoming Father Wounds: Exchanging Your Pain for God's Perfect Love

- Let's start by explaining what a father wound is --for those not familiar with it.
 - Please share when you realized that you had a father wound and what you did about it.
 - When did you realize there was a need for a book like this?
 - What are some of the types of father wounds you have identified?
 - Why should women choose to address their father wounds?
 - What are some practical ways women can heal? What resources do you offer?
 - Some women may want to initiate a relationship with their father after reading this book. What are a couple questions they should ask before doing so?
 - In the book you write "God doesn't replace earthly fathers; that box is too limiting. What He offers is far greater: a relationships with Him as our perfect, sovereign, all-knowing, all powerful, and unchanging heavenly father." Can you unpack the difference between an earthly father and a heavenly father?
 - Some people say that our view of God is shaped by our earthly father. What do you want to tell them?
 - Is it possible to exchange father wounds for the love of God without a relationship with Jesus? Why not?
 - What was it like for you to ask your dad permission to share your story? What did you learn from that?
 - Do you think the truths in your book can be transferred to mother wounds as well? Why?
 - Where can our viewers go to connect with you and purchase a copy of *Overcoming Father Wounds*?
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