

## Reading Report

Into Abba's Arms by Sandra D. Wilson

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By profession, I am a Middle School Counselor. Pray for me! One day, one of my Orthodox Jewish students had gotten into trouble and his parents had to be called. He got on the phone and he began to sob and sob and say, “Abba! Abba! I’m so sorry! Abba! Can you forgive me?” I was initially taken off guard, because I only knew Abba when used in reference to God. I thought he was on the phone praying before his parents answered. Then it clicked for me. Ohhhh! He was talking to his earthly father. What a beautiful example of how we can go to our Heavenly father and fall before him. There is safety in the name ABBA!

*Into Abba’s Arms* by Sandra D. Wilson, instructs us on how we must fight through our past of pain and abandonment and understand that complete healing only abides in Abba’s arms. Dr.. Wilson instructs, “As they practice the real presence of God by being real, by honestly pouring out their anguish and doubts, and as they listen to God pour out his heart to them, intimacy builds.”<sup>1</sup> Many try to deal with their past first so they can feel “acceptable” enough to go to God. He wants us to do the reverse. “Lord, please show me myself little by little, as I can bear it.”<sup>2</sup> Wilson once prayed. I can attest that this is a powerful yet frightening prayer.

Like all churches, the church where I minister has people of varied emotional backgrounds. Many of the members are dealing with “church hurt”, growing up without a father and sometimes a mother, immense insecurities from issues that have yet to be

<sup>1</sup> Wilson, Sandra, *Into Abba’s Arms*,(Wheaton, Illinois: Tyndale House Publishers) 39.

<sup>2</sup> Wilson, *Into Abba’s Arms*, 89.

unveiled. I can clearly see that people don't often know how to separate their pain from the solution. The fatherless can't imagine embracing a loving Father who will comfort and protect them. It is a challenge to get them to see how this is not only attainable but necessary for spiritual growth.

This book really shed light on the two personality styles that Dr. Wilson feels everyone is, either a relater or achiever. I was able to very quickly identify that I am a "relater". But then it made me question, "Why am I a relater?" While reading the book, I was able to begin to go back and trace where "The need for approval, believing everyone is sincere, and often being the one to say I'm sorry." came from.<sup>3</sup> I continue to understand that emotional freedom from bondage is not a one time occurrence. This is an exercise where you constantly need to strengthen that muscle.

As mentioned in your lecture, Bounded Set vs. Centered Set, the centered approach (Abba centered approach)<sup>4</sup> is paramount to how I want to approach my current and future ministry. I want to assure people it's ok to allow God to touch your boo-boo's.<sup>5</sup> Those that have the achiever style find it more difficult to enjoy that closeness with God and to allow their walls to come down. If you don't have a need for others, oftentimes you don't realize your need for God, The Father. No matter the style or approach we have to remember the scripture from the Book of John, "I have come that they may have life, and that they may have it more abundantly."<sup>6</sup> Whether relater or achiever, our healing from pain, regret, and abandonment comes from above. "Love has feet: the Spirit pursues. Mercy has arms: our Abba receives us. Grace has a face: Jesus' smile draws us near."<sup>7</sup>

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<sup>3</sup> Wilson, Into Abba's Arms, 108.

<sup>4</sup> Wilson, Into Abba's Arms, 140.

<sup>5</sup> Wilson, Into Abba's Arms, 159.

<sup>6</sup> John 10:10b (NKJV)

<sup>7</sup> Wilson, Into Abba's Arms, 184.

Bibliography Page

Wilson, Sandra D. Essay. In *Into Abba's Arms: Finding the Acceptance You've Always Wanted*. Wheaton, IL: Tyndale House Publishers, 1998.

With integrity, I have read this book (circle one):

Thoroughly and Entirely 100%

Quickly but Completely \_\_\_\_\_%

Thoroughly but NOT Entirely \_\_\_\_\_%

Quickly and NOT Completely \_\_\_\_\_%

Not at all

Signed: Stephanie Henderson