

# The Father's Desire for Attunement

## Father's Day

June 18, 2017

### I. God is our Father

We see in both the Old and New Testament that God reveals Himself to His covenant people as Father. It is important to see that this is a love relationship based on the blood covenant and our birth in Christ. As our loving heavenly Father He will continue to seek relationship with us even when we sin or rebel by turning away from relationship with Him. The moment we turn, He will forgive and welcome us back into relationship with Himself.

John 1:12 But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name,

2 Cor 6:18 "And I will be a father to you, and you shall be sons and daughters to Me," Says the Lord Almighty.

1 John 3:1 See how great a love the Father has bestowed on us, that we would be called children of God; and such we are. For this reason the world does not know us, because it did not know Him. 2 Beloved, now we are children of God, and it has not appeared as yet what we will be. We know that when He appears, we will be like Him, because we will see Him just as He is.

Gal 3:26 For you are all sons of God through faith in Christ Jesus.

Gal 4:6 Because you are sons, God has sent forth the Spirit of His Son into our hearts, crying, "Abba! Father!"

### II. Our Father's desire is to "know" you.

Jn 17:3 This is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.

Jn 10:14-15 "I am the good shepherd, and I know My own and My own know Me, 15 even as the Father knows Me 15 even as the Father knows Me and I know the Father; ... (Jn 10:27)

1Jn 5:20 And we know that the Son of God has come, and has given us understanding so that we may know Him who is true; and we are in Him who is true, in His Son Jesus Christ. This is the true God and eternal life.

1Cor 8:3 but if anyone loves God, he is known by Him.

Gal 4:9 But now that you have come to know God, or rather to be known by God, ...

2Tim 2:19 "The Lord knows those who are His,"

### III. Attunement = interpersonal emotional connection

In our relationship with the Lord it is one thing to know truth and entirely another thing to feel it emotionally.

<b>Attunement offered</b>	<b>Attunement received</b>
I see you.	I feel seen.
I hear you.	I feel heard.
I correctly understand your internal experience.	I feel understood.
I join you in your emotions.	I feel you are with me.
I genuinely care about you.	I feel you care about me.
I am glad to be with you.	I feel that you are glad to be with me.

## **1. The Father sees you and wants you to feel seen.**

**EI Roi** = The God who sees.

Gen 16:13 Then she called the name of the LORD who spoke to her, "You are a God who sees (EI-Roi)"; for she said, "Have I even remained alive here after seeing Him?"

Ps 139:1-4 O LORD, You have searched me and known me. 2 You know when I sit down and when I rise up; You understand my thought from afar. 3 You scrutinize my path and my lying down, and are intimately acquainted with all my ways.4 Even before there is a word on my tongue, Behold, O LORD, You know it all.

**He say's** "My child...You may not know Me, but I know everything about you. I know when you sit down and when you rise up. I am familiar with all your ways."

Ps 139:17-18 How precious also are Your thoughts to me, O God! How vast is the sum of them! 18 If I should count them, they would outnumber the sand.

**He say's** "You are always in My thinking, in fact My thoughts towards you are innumerable."

**He knows what is in your heart and mind.**

Jer 20:12 Yet, O LORD of hosts, You who test the righteous, Who see the mind and the heart; (1 Ki 8:39; Job 34:21; Ps 7:9; 44:21; Ac 1:24; 15:8; 1 Co 4:5; Jn 2:24-25)

**He is watching our plans and paths**

Pr 5:21 For the ways of a man are before the eyes of the LORD, And He watches all his paths.

Heb 4:13 And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do.

(Pr 15:3; Isa 29:15; Jer 23:24; Mt 6:3-4, 6, 18)

**He gives strong support to the heart (person) who belongs to Him.**

2 Ch 16:9 "For the eyes of the LORD move to and fro throughout the earth that He may strongly support those whose heart is completely His.

## **2. The Father hears you and wants you to feel heard.**

1Jn 5:14-15 This is the confidence which we have before Him, that, if we ask anything according to His will, He hears us. 15 And if we know that He hears us in whatever we ask, we know that we have the requests which we have asked from Him. (1Jn 3:21-22)

**He will hear you.**

Ps 4:3 The LORD hears when I call to Him. (Ps 34:17-18; Pr 15:29)

Ps 116:1-2 I love the LORD, because He hears my voice and my supplications. 2 Because He has inclined His ear to me, therefore I shall call upon Him as long as I live. (Ps 5:3; 31:22)

Ps 55:17-18 Evening and morning and at noon, I will complain and murmur, and He will hear my voice. 18 He will redeem my soul in peace from the battle which is against me,

### **He promises to answer your prayers**

Jn 14:13-14 "Whatever you ask in My name, that will I do, so that the Father may be glorified in the Son. 14 "If you ask Me anything in My name, I will do it." (Jn 15:7-8; 15:16; 16:23-26)

Mt 7:7-8 "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 8 For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened." (Lk 11:9-10; Mt 21:22;

Mk 11:23 "Truly I say to you, whoever says to this mountain, 'Be taken up and cast into the sea,' and does not doubt in his heart, but believes that what he says is going to happen, it will be granted him. 24 "Therefore I say to you, all things for which you pray and ask, believe that you have received them, and they will be granted you. (See also Eph 3:20; Jas 5:16; Rom 8:26)

## **3. The Father understands what you are experiencing, He wants you to feel understood.**

**The Father sent Jesus**, His son to experience all of life's pain and trial. He sympathizes with us and gives us aid in every struggle of life.

Heb 2:14-18 Therefore, since the children share in flesh and blood, He Himself likewise also partook of the same, that through death He might render powerless him who had the power of death, that is, the devil, 15 and might free those who through fear of death were subject to slavery all their lives. 16 For assuredly He does not give help to angels, but He gives help to the descendant of Abraham. 17 Therefore, He had to be made like His brethren in all things, so that He might become a merciful and faithful high priest in things pertaining to God, to make propitiation for the sins of the people. 18 For since He Himself was tempted in that which He has suffered, He is able to come to the aid of those who are tempted.

Heb 4:15-16 For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. 16 Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

**Just as a father would comfort an upset child**, so our heavenly Father comforts us in every situation we face in life. Our loving heavenly Father will bring comfort in every situation we face.

2 Cor 1:3-5 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God. 5 For just as the sufferings of Christ are ours in abundance, so also our comfort is abundant through Christ.

2Thes 2:16-17 Now may our Lord Jesus Christ Himself and God our Father, who has loved us and given us eternal comfort and good hope by grace, 17 comfort and strengthen your hearts in every good work and word.

Isa 40:1-2 "Comfort, O comfort My people," says your God.

Isa 51: 3 Indeed, the LORD will comfort Zion; He will comfort all her waste places. And her wilderness He will make like Eden, And her desert like the garden of the LORD; Joy and gladness will be found in her, Thanksgiving and sound of a melody  
(See also Isa 12:1-2; 57:18-19; 61:2; 66:13; Jer 31:13; Ps 23:4; 71:21; 119:50, 76-77)

#### **4. The Father feels your emotions and He wants you to feel that He is with you.**

##### **The Father accepts you**

The foundation to all relationships is acceptance. Because of sin we have the tendency to hide our self from God thinking that He will reject us because of our failure. When Jesus died on the cross, the Father could look pass all of our sin and failures because Jesus took the penalty for our sin. Consequently, we are now accepted by the Father in Christ Jesus.

Eph 1:6 to the praise of the glory of His grace, by which He made us accepted in the Beloved.  
(NKJV)

Rom 15:7 Therefore, accept one another, just as Christ also accepted us to the glory of God.

See also Ezek 20:41; 43:27; Lev 1:3-4; Lev 22:19-20)

##### **The Father is for you.**

Not only does the Father accept us but He is also for us and is working on our behalf in every circumstance and situation in our life. It is when we are having struggles in life that we feel that somehow God is against us. We will never learn how to approach God in relationship if we feel that somehow He is out to get us. Look at these verses and see how much the Father is for you. He so much wants to communicate and to assure you of His commitment to you that He gave the greatest sacrifice of all, He gave Jesus to communicate that in everything He is for you.

Rom 8:31-39 What then shall we say to these things? If God is for us, who is against us? 32 He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things? 33 Who will bring a charge against God's elect? God is the one who justifies; 34 who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us. 35 Who will separate us from the love of Christ? Will tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? 36 Just as it is written, "FOR YOUR SAKE WE ARE BEING PUT TO DEATH ALL DAY LONG; WE WERE CONSIDERED AS SHEEP TO BE SLAUGHTERED." 37 But in all these things we overwhelmingly conquer through Him who loved us. 38 For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, 39 nor height, nor depth, nor any other created thing, ( nothing) will be able to separate us from the love of God, which is in Christ Jesus our Lord.

Isa 54:17 "No weapon that is formed against you will prosper; And every tongue that accuses you in judgment you will condemn. This is the heritage of the servants of the LORD, And their vindication is from Me," declares the LORD.

Jer 20:11 But the LORD is with me like a dread champion;

See also Dt 33:29; Ps 27:1; 84:11; 46:1-3, 7, 11; 118:6; 146:5; Jer 29:11

##### **God is with me, He will never leave nor forsake me.**

Mt 28:20 ... "I am with you always, even to the end of the age."

Heb 13:5 ...for He Himself has said, " I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU," (See also Ps 139:7-8,18; Isa 41:10; 43:2, 5)

**Names of God that assure us that He is with us, on our side:**

Elohay-Mikarov - "God who is near"

Jer 23:23 "Am I a God who is near," declares the LORD, "and not a God far off?"

Jehovah-Shammah - "The LORD is there"; Ezk 48:35

see also Gen 28:15; Ex 33:14; Lev 26:11-12; Nu 14:9; Dt 4:7; Hag 2:4.

Immanuel - "God with us"

Isa 7:14 "Therefore the Lord Himself will give you a sign: Behold, a virgin will be with child and bear a son, and she will call His name Immanuel." (Mt 1:23)

**5. The Father genuinely cares about you and wants you to feel His care.**

**The Father cares for us in our anxiety and need.**

1Pt 5:7 casting all your anxiety on Him, because He cares for you.

see also Mt 6:25-34; Mk 4:36-39

**Even when you are wounded, your Father sees you as beautiful and takes pleasure in you.**

Ps149:4 For the Lord takes pleasure in His people; He will beautify the afflicted ones with salvation.

**The Father gives to us freely**

Rom 8:32 He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things?

1 Cor 2:12 Now we have received, not the spirit of the world, but the Spirit who is from God, so that we may know the things freely given to us by God,

Ps 84:11 For the LORD God is a sun and shield; The LORD gives grace and glory; no good thing does He withhold from those who walk uprightly.

See also Ps 112:9; Isa 32:20 Hos 14:4

**The Father gave Jesus to us as our advocate.**

1 John 2:1-2 My little children, I am writing these things to you so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous; 2 and He Himself is the propitiation for our sins; and not for ours only, but also for those of the whole world.

Rom 8:34 who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us.

1 Tim 2:5-6 For there is one God, and one mediator also between God and men, the man Christ Jesus, 6 who gave Himself as a ransom for all,

Heb 7:24 but Jesus, on the other hand, because He continues forever, holds His priesthood permanently. 25 Therefore He is able also to save forever those who draw near to God through Him, since He always lives to make intercession for them.

Heb 9:24 For Christ did not enter a holy place made with hands, a mere copy of the true one, but into heaven itself, now to appear in the presence of God for us;

## **6. The Father is glad to be with you and wants you to feel His joy.**

### **The Father is smiling on your life and rejoices over you.**

Ps 37:23-24 The steps of a man are established by the LORD, and He delights in his way. 24 When he falls, he will not be hurled headlong, because the LORD is the One who holds his hand. (See also Ps 22:8; 35:27)

Mic 7:18-19 Who is a God like You, who pardons iniquity and passes over the rebellious act of the remnant of His possession? He does not retain His anger forever, because He delights in unchanging love. 19 He will again have compassion on us; He will tread our iniquities under foot.

Yes, You will cast all their sins into the depths of the sea.

Ps 149:4 For the LORD takes pleasure in His people;

Zep 3:17 "The LORD your God is in your midst, A victorious warrior. He will exult over you with joy, He will be quiet in His love, He will rejoice over you with shouts of joy.

Isa 62:4-5 It will no longer be said to you, "Forsaken," nor to your land will it any longer be said, "Desolate"; But you will be called, "My delight is in her," And your land, " Married"; For the LORD delights in you, and to Him your land will be married. 5 For as a young man marries a virgin, so your sons will marry you; and as the bridegroom rejoices over the bride, so your God will rejoice over you . (Isa 54:5-8)

Isa 65:18-19 "But be glad and rejoice forever in what I create; for behold, I create Jerusalem for rejoicing and her people for gladness. 19 "I will also rejoice in Jerusalem and be glad in My people; and there will no longer be heard in her the voice of weeping and the sound of crying.

Jer 32:40-41 "I will make an everlasting covenant with them that I will not turn away from them, to do them good; and I will put the fear of Me in their hearts so that they will not turn away from Me. 41 "I will rejoice over them to do them good and will faithfully plant them in this land with all My heart and with all My soul. (see also Dt 30:9; Lk 15:4-9, 23-24)