

A woman with dark, curly hair is shown in profile, looking thoughtfully to the right. She is resting her chin on her hand. The background is a soft, out-of-focus landscape with a warm, golden light, suggesting a sunset or sunrise. The overall mood is contemplative and serene.

Loved

A Father's Day Blessing for Your Soul

by Patrice Gerideau

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My Sister,

Father's Day holds layers.

It brings memories — some warm, some painful. It carries names — spoken and unspoken. It stirs questions — about what was, what wasn't, and what never had the chance to be.

This day is not just about fathers. It's about us — daughters shaped by presence, absence, protection, disappointment, delight, and everything in between.

You don't have to perform gratitude.

You don't have to pretend indifference.

You don't have to explain why this day is tender or complicated.

This reflection is for you —

For the fullness of your story.

For the ache and the honor.

For the silence and the strength.

And for the holy, healing truth that God's love is a covering, even where fatherhood failed or flourished.

May this be a sacred pause — a space to breathe, to be, to let go, and to receive.

With you in soul and spirit,

Rev. Dr. Patrice Gerideau

Sister Soul Care

A Litany for Fathers and Daughters

Opening Prayer

God who sees, who fathers, who holds us close—

Some of us carry joy today.

Some of us carry anger, longing, or questions without answers.

Some of us carry it all at once.

We bring every part of our story to You.

You know the ones who were cherished.

You know the ones who were left.

You know the ones who had to become what they needed.

So we ask for what only You can give:

A healing that reaches deep.

A peace that steadies.

A presence that stays.

Let this day be less about what the world expects from us,

And more about what You are offering to us—

Grace. Rest. Honor. Love.

In Jesus' name, Amen.

A Litany for Fathers and Daughters

For Your Story

For the daughters who were loved well

We honor the fathers who showed up fully—
With strength, gentleness, laughter, and care.
For the steady hands and open hearts—
God, we give thanks.
May these daughters carry the blessing of being known.

For the daughters who lost their fathers

We honor the memories that linger, the love that remains.
For the birthdays missed, the advice remembered, the prayers whispered—
God, hold their hearts.
May their grief be honored, and their sorrow met with the care it deserves.

For the daughters who were never fathered

We honor the ache that was never named.
For the presence that was missing, and the longing that still lingers—
God, fill the gaps.
May their worth never again be tied to someone else's absence.

For the daughters who carry father wounds

We honor the strength it takes to speak the truth.
For the ones who are healing from neglect, harm, or control—
God, restore and rebuild.
May what was broken be transformed by Your mercy.

A Litany for Fathers and Daughters

For Your Story

For the women who had to father themselves

We honor the grit and grace it took to survive.
For every moment they protected their own heart,
Made their own way, stood alone—
God, pour rest where resilience has worn thin.
May they know they were never truly alone.

For the women who became both mother and father

We honor the love that carried households and children on tired shoulders.
For every double-shift of parenting, provision, and prayer—
God, bless the sacred weight they bore.
May they be seen, supported, and surrounded by care.

For the men who fathered by choice, not blood

We honor the mentors, godfathers, uncles, granddads, pastors, and friends.
For every moment they stood in the gap—
God, bless their faithfulness.
May their legacy echo through the lives they've touched.

For the men who fathered their children

We honor those who stayed—
Who showed up in love, even when the path was hard.
For the effort, the presence, the lessons, and the flaws—
God, bless their offering.
May they know that doing their best was seen, and it mattered.

A Litany for Fathers and Daughters

Closing Prayer

Beloved,

You are not invisible.

You are not forgotten.

And you do not walk this day alone.

Whatever your father story has been,

Whatever it is still becoming—

There is a place for it in the heart of God.

You are not the sum of what was missing.

You are the evidence of what survived.

You are the fruit of God's love, still unfolding.

Today, and every day,

May you be loved.

Not just in words,

But in deeds.

Not just in longing,

But in reality.

Not just by others,

But by the One who has always called you Beloved.

In Jesus' name, Amen.

Scriptures for Father's Day

For Every Journey

Let these scriptures meet you wherever Father's Day finds you — in joy, in grief, in healing, or in quiet reflection. God sees the whole story and holds you through it all.

For the ones who were left, overlooked, or rejected — God steps in and says, You are mine, Psalm 27:10 says, **"Though my father and mother forsake me, the Lord will receive me."**

For those who struggle to imagine a tender father — this is who God is: compassionate, attentive, kind, Psalm 103:13 says, **"As a father has compassion on his children, so the Lord has compassion on those who fear him."**

For the ones who feel unclaimed or disconnected — you belong to God. No conditions. No performance, 2 Corinthians 6:18 says, **"I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty."**

For those shaped by systemic loss or generational gaps — God not only sees, but advocates for the fatherless, God's word says in Deuteronomy 10:18, **"He defends the cause of the fatherless and the widow, and loves the foreigner residing among you, giving them food and clothing."**

For the grief that rises in silence — God is not far. God is with you in the ache, Psalm 34:18 says **"The Lord is near to the brokenhearted and saves the crushed in spirit."**

For the ones reimagining what fatherhood truly means — God reminds us: He shapes us with care, not control. His hands are creative, not crushing in Isaiah 64:8, **"Yet, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand."**

Sit With on Father's Day

For Every Story, a Sacred Pause

Before you return to your day, take a moment to slow down.

Let the words you've read settle.

Let your breath deepen.

Let your heart speak — even if only in a whisper.

This moment is for you.

Not to fix anything.

But simply to name what is true, and to receive what is offered: presence, permission, peace.

Reflection Prompts

What part of the litany stirred something in you?

What blessing felt like it was written with your story in mind?

Is there grief, gratitude, or silence you've carried around your father — or your experience of being fathered — that God is gently inviting you to name today?

What might it look like to receive the love of God as a Father — not as a replacement, but as restoration?

Are there men in your life — past or present — whose presence, mentorship, or care you want to give thanks for?

If you had to father yourself, what do you want to bless or release in that part of your journey?

What would it look like to rest today — not perform, not strive, but rest — in the truth that you are loved?

Breath Prayer

Inhale: I am not alone.

Exhale: I am loved by God.

If This Stirred Something Deep

An Invitation to Tend What Was Touched

Sister,

This reflection was created with tenderness — but even sacred words can stir hidden places.

If something surfaced today — a memory, a wound, a longing, or a truth — please don't carry it alone.

You are not too much.

You are not too late.

You are not invisible.

God sees your whole story — not just the strong parts, but the aching ones too.

Here are a few gentle next steps:

Talk with a trusted friend, mentor, or spiritual companion who can hold space for your story.

Write what surfaced — in a journal, a voice memo, or a quiet prayer.

Sit in silence and let God father you with kindness.

Reach out to a therapist, counselor, or spiritual director if deeper healing is needed.

Rest. Cry. Walk. Breathe. Let your body process what your soul has heard.

"I will not leave you as orphans; I will come to you."

—John 14:18

You are not alone.

You are worthy of healing.

And the God who fathers us all is near — even here.

With grace and gentleness,

Sister Soul Care

Sit with Mother's Day

Journal Your Thoughts

Sit with Mother's Day

Journal Your Thoughts

Sit with Mother's Day

Journal Your Thoughts

Thank You!

Sister,

Thank you for taking this journey.

Thank you for allowing me to walk alongside you in this sacred space.

You didn't have to open your heart.

You didn't have to say yes to the stillness.

But you did—and that means something holy happened here.

It is no small thing to pause, to reflect, to be honest with your soul. Whether you showed up in every moment or gently moved through the margins, your presence here is powerful. And I'm deeply honored you entrusted this part of your journey to Sister Soul Care.

My prayer is that something in these pages reminded you of who you are:
Beloved. Worthy. Whole.

Not because of what you've done—but because of who you are in God.

This is not the end. It's a continuation.

Keep listening. Keep healing. Keep receiving the love that's always been yours.

With gratitude and grace,

Patrice

What's Next?

Deepen Your Experience with the Book

Discover practical tools and powerful stories to help you release the weight of “doing too much” and step into God’s grace. Grab your copy of *From Stressed to Sabbath Rest* to take this journey deeper.

Get the Book [HERE](#)

Listen to the Sister Soul Care Podcast

Join me for weekly encouragement, guided meditations, and reflections that help you reconnect with God and embrace His peace.

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Subscribe to **Sister Soul Care Weekly** for weekly encouragement, practical tools, and soul-care resources to help you live as God’s beloved.

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Know someone who needs this message of rest and healing? Share this guide with a friend who could use God’s encouragement today.

Support the Creation of More Soul-Care Resources

If this prayer guide blessed you and you’d like to help us create more resources like this, your support means so much. Together, we can continue nurturing spaces for Black women to heal, grow, and flourish in Christ. You can give at [patriceonline.com/give](https://www.patriceonline.com/give) or click below.

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Meet Patrice



About Me

I'm a storyteller, speaker, and spiritual director dedicated to helping Black women heal, grow, and flourish in Christ Jesus.

As someone who has wrestled with the pressure to be "strong no matter what," I know what it means to carry the weight of doing too much and being too much for everyone else. God led me on a journey to release those burdens, rediscover His rest, and embrace my true identity as His beloved daughter.

Now, I help other women do the same—through my book *From Stressed to Sabbath Rest*, the *Sister Soul Care* Podcast, and soul care resources like this guide. My work is rooted in faith, compassion, and the belief that we are all reflections of God's love.

I'm honored to walk alongside you as you unmask the Super Shero, lay down the weight, and step into God's healing grace.

Rev. Dr. Patrice Gerideau
Founder, Sister Soul Care

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Blessings for the Journey



Dear God...

When love feels risky and we build walls to protect our hearts—be our safe place. When we carry stories we've never had space to speak—hold them with tenderness. When we second-guess our worth or question our belonging—ground us in truth. When we confuse strength with silence—teach us that vulnerability is sacred too. Let Your love unearth what's buried, restore what's broken, and renew what's still becoming. We are Your daughters. Seen. Chosen. Loved.

Until Next Time...

May God bless and keep you, may God's face shine upon you, and may God grant you peace as you continue to heal, grow, and flourish as God's beloved daughter.