

Forgiveness

Throughout our life, many people will hurt us. This is part of living in a fallen world. When this happens, it is vital that we forgive the person/people who has hurt us. This is God's command. Paul writes in Colossians 3:13 *"Forgive as the Lord forgave you"*.

In Matthew 18, Peter asks Jesus *how many times* should he forgive his brother and suggests seven *times* as pretty amazing. Jesus' response is *not seven times, but 77 times*. In other words, Jesus wants us to forgive and continue to forgive people.

These are pretty strong statements and if you have been hurt really badly by someone, this can be even more difficult to receive. However God is not some distant dictator who tells us what to do and leaves us to do it on our own. Rather He helps us do all that He instructs us to do by His Spirit. For what is impossible for man is possible with God (Luke 18:27).

Someone once said *"Unforgiveness is like drinking deadly poison and hoping the other person dies."* Unforgiveness destroys us. The person we are holding the grudge against is carrying on in life most likely not even thinking about us, but we are being bound up with these feelings of hurt and anger, which destroy our life that we are supposed to be living to the full.

So how do you know if you have unforgiveness toward someone?

Think about a person/people who has hurt you in the past, then answer the following questions. If you answer "yes" to any of the questions, you most likely have unforgiveness toward them.

- When you think about that person, would you be uncomfortable with God blessing them with everything that you pray for in your own life? E.g. spiritual growth, revelation, healing, etc.
- If God told you to give them \$50, would you struggle to do it?
- When you think of that person, does it make you feel sick?
- When you think of the person, are you still feeling emotions of anger?



If you have answered yes to any of the above questions, take a few moments to talk to God about this and get unforgiveness dealt with right now.

Forgiveness prayer

1. Confess to God that you are holding unforgiveness toward (insert the person/people).
2. Ask God to help you to forgive the person.
3. Tell God you now choose to forgive the person for (insert the action that caused the hurt).
4. Ask God to forgive you for holding unforgiveness against (insert the person/people).
5. Ask God to heal the hurt and bring healing to the memory in your heart/mind.
6. Ask your mentor to take authority over the spirit of unforgiveness, firstly binding it and then cutting it off from your life.
7. Finally, think of a way to bless them. E.g. pray for them, buy them a gift, etc.