



Forgiveness Revisited



When someone else invades our life, bringing hurt and pain to us, there is an anger that rises up inside of us against that person. We feel rejected and violated, and keep remembering what was done to us.



Although we may have a right to be angry – when we exercise that right, it is called unforgiveness. We remember and rehearse the pain in our mind as though that was going to make them apologize or fix it somehow. But, inflicted pain and hurt can never be fixed because there is no way of going back in time to when it happened. But, it can be healed.

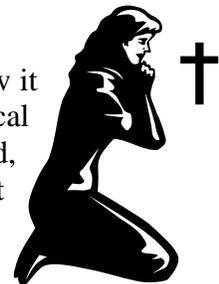
The greatest hindrance to a good life, and blessings from God, is unforgiveness. You are robbing yourself if you can't forgive those who hurt you, and once you understand the God-kind of forgiveness, you will be eager to free yourself from the bondage to pain that unforgiveness brings.

Only Jesus, our Saviour, can heal us. We are the victims of these times we live in. He alone can treat the wounds and the long-term effects of tragedy and it's consequences that victims are left to deal with for the rest of their lives, unless they are healed.

We may try to forgive when we haven't been healed, because we think we should forgive. And we can say we forgive, but the pain, and hurt and tormenting memories are still there.

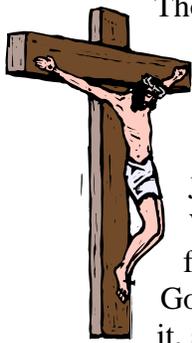
That's when it's time to choose to put the Word of God to work for you. 2 Corinthians 10:5 says we are to “*cast down imaginations (memories, images in our thoughts), and everything that sets itself up against the true knowledge of God, and take every thought (memory of it) captive to the obedience of Christ.*”

In other words, bring every painful memory to Jesus. He understands how it hurt to be rejected, abandoned, and hated, having endured extreme physical and mental torture himself. Yet, when He hung naked, cruelly wounded, and spit upon, on the cross of Calvary for our forgiveness, one of the last things He cried out, just before He died, was: “*Father, forgive them (those who tortured and killed Him) for they know not what they are doing.*” (Luke 23:34)



In saying that, Jesus gave us the greatest example of forgiveness there could ever, or will ever be! They knew what cruel things they did to Him, but what Jesus meant was they did not believe He was the Son of God, and did not realize the spiritual consequences of what they had done and what they would have faced if He had not forgiven them.

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Those people who crucified Jesus committed the worst sin anyone could commit—to wound, defile, and kill the holy Son of God. Yet, for even that sin, there was forgiveness. Nothing that bad could ever be done to us – yet we cannot seem to forgive lesser things.

Jesus refused to enter the presence of God with unforgiveness in His heart. We received the right to enter into the presence of God because of the forgiveness Jesus bought for us. We also must refuse to enter the presence of God with unforgiveness in our hearts. If Jesus who suffered so much could do it, surely we can do it too.

The person(s) who wounded you did not think about you, or your feelings, when the wounding took place. They were seeking what they wanted. They don't know what they did to you or how badly you feel. You are the only one suffering from it, they're not. They had the power to hurt you then; don't give them that power over and over again by keeping what they said and did in your memory, and thinking about it.

They are not hurt by your memories, only you are, and you are the one who decides how much longer you're going to let what they did keep you from enjoying life and becoming the person God intended you to be beautiful, feminine, with a song on your lips and love in your heart.



When you release the person(s) from the consequences that you're still dealing with in your life now, it allows you to deal with those consequences without seeing the person and the hurt as inseparable. Memories will lie dormant in our mind if we refuse to bring them up again. It works! And the consequences of the hurt by itself are a lot easier to deal with when you don't have to experience the soul ties and emotions that are tied up with the person who hurt you.

People that hurt us are like splinters in our soul. Those splinters caused painful wounds and they have to be removed before the wounds they caused can heal.



Unforgiveness is a prison of the soul. In the Bible, David's soul was in that prison. He cried out to God, saying "*Attend to my cry, for I am brought very low. Deliver me from my persecutors for they are stronger than I. Bring my soul out of prison so that I may praise your Name.*" Psalm 142: 6,7.

Jesus said in Luke 6:46, "*Why do you call me Lord, Lord and don't do the things I said?*"

What He said was:

1. Be merciful to others as God is merciful to you.
2. Don't judge the wrong actions and words of others and then you won't be judged for your wrong actions and words.

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3. Don't condemn (judge against or pronounce guilty) and then you won't be judged against or pronounced guilty.

4. Forgive (free fully, relieve, dismiss, let go, let loose, put away, release, set at liberty those who hurt you) and then you shall be forgiven.

When you forgive, the person you are really releasing and setting free is yourself. You



are freeing yourself of the harmful emotions those thoughts and memories of what was done to you stir up. Emotions are blind – they follow thoughts – thoughts are selective, and elective, by us. We choose them.

Forgiving a person does not mean you are saying what they did is all right. Not at all. Because what they did or said that hurt you in some way was a sin. By releasing them from your thoughts and releasing yourself from the memory and pain of it, you release yourself from any participation in their sin.

Right after Jesus taught the disciples what we call “The Lord’s Prayer” in Matthew 6:9-13, He said something extremely important in verses 14 & 15. *“For if you forgive people their trespasses – that is, their reckless and wilful sins, leaving them, letting them go and giving up resentment – your heavenly Father will also forgive you. But, if you do not forgive others their trespasses neither will your Father forgive you your trespasses.”*

We are more sensitive to hurt when we re-visit our painful past more than we do our future because we feel like we can't let the past go. But forgiveness is not a feeling – it is a decision, a decision that directly influences our relationship with God. If we refuse to forgive others, our forgiveness is withheld from us just like we withheld it from those who wounded us.

Forgiveness does not require an apology or change in the person before you will forgive them. If you require that they do or say something in order to obtain your forgiveness, then you have put a price on your forgiveness and you have sold it, not given it. God holds us responsible for our unforgiveness whether they change or not. They are responsible before God for themselves.



God didn't forgive us when we changed – He did it while we were still in sin. It was His forgiveness that made us change, and it is our forgiveness that will change them when we change our attitude toward them to love, instead of resentment, whether we will ever see them again in this life or not.

Re-living the hurt delays the healing and keeps you dependent upon those who hurt you to make you feel better. Start today to pray the prayer of forgiveness and ask God to

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bring your soul out of the prison of unforgiveness so that you can praise Him with a clean heart filled with His love, and be sure to forgive yourself also.



Forgiveness, and the sacrifices that were made so we could obtain it, is the whole message of the Bible. It is the absolute composite of the love of God because He wants us to be able to enter into His presence for all eternity, and we can't do that without it!



Take a moment to search your heart for any unforgiveness you may have toward anyone, then pray the prayer of forgiveness for them and repent of your past unforgiving attitude. You will release them and yourself from God's judgement.

Forgiveness Revisited

1. When we exercise our right to be angry, what is it called?

2. Who do you rob from if you don't forgive those who hurt you?

3. What are we supposed to do with the bad memories we can't forget? (2 Corinthians 10:5)

4. Why did Jesus ask God to forgive the men who killed Him?

5. Why are you supposed to forgive those who have hurt you?

6. What breaks the bondage that links you to past hurts?

7. If I don't forgive others, what will God do? (Matthew 18:35)

8. What happens when you release the person in the past who caused your problems now?

9. What did David pray when he wanted help with unforgiveness? (Psalm 142:7)
(The answer to this question will be your memory verse)

MEMORY VERSE: _____

Forgiveness Revisited

1. When we exercise our right to be angry, what is it called?

Unforgiveness.

2. Who do you rob from if you don't forgive those who hurt you?

Yourself.

3. What are we supposed to do with the bad memories we can't forget? (2 Corinthians 10:5)

Cast them down and lead them captive to the obedience of Christ.

4. Why did Jesus ask God to forgive the men who killed Him?

Because they didn't know what they were doing.

5. Why are you supposed to forgive those who have hurt you?

Because they didn't know what they were doing.

6. What breaks the bondage that links you to past hurts?

To forgive the person or persons who did it.

7. If I don't forgive others, what will God do? (Matthew 18:35)

He won't forgive my sin of unforgiveness.

8. What happens when you release the person in the past who caused your problems now?

It's easier to deal with the consequences of their actions.

9. What did David pray when he wanted help with unforgiveness? (Psalm 142:7)

MEMORY VERSE: "Bring my soul out of prison that I may praise your Name."