**UNFORGIVENESS and FORGIVENESS**

Many people have been wounded from others in their spirit, soul and body. Sometimes; the injustice done to them was so great that it makes it difficult to forgive the other person[s]. At times; that other person can even be yourself.

Jesus told a parable in Matthew 18, which gives us an example of what unforgiveness looks like. In this parable; the master decided not to make his servant pay back a huge amount of money the servant owed. However; the servant refused to do the same thing for his fellow servants. The parable points out how much we’ve been forgiven and how it is only right to forgive others. [Matthew 18:23-35]

**Unforgiveness** is refusing to let go of or excuse a debt owed by another person. It has been compared to drinking poison and then hoping the other person suffers. Unforgiveness can cause a person to become bitter, sick, angry, hard-hearted, fearful, in bondage and so forth. Jesus commands that we forgive others just as He forgave us. He knows what unforgiveness can do to a person.

Sometimes; unforgiveness can be like carrying a load of rocks in a backpack wherever you go. It becomes so heavy and wears you down, but as you forgive, your load gets lighter and easier. **Forgiveness** doesn’t mean what happened to you was ok. It isn’t stuffing what happened down inside yourself and trying to forget about it. That will wear you out. To forgive, means you aren’t the one responsible for seeing that things are made right. God says it’s His job to repay and make things right. Forgiveness frees us from carrying the burden of injustice done to us. It frees us from the pain and allows God to move in the situation, bringing His perfect judgment in dealing with the person and/or situation. When we forgive; it means we submit and come under God’s covering and protection in the situation.

When you are praying to forgive someone, it’s important to pray out loud and to speak the person[s] name as well. Be specific about how whatever happened made you feel and tell Jesus how you wanted it to be. When you forgive someone, it’s not, “Jesus, help me forgive \_\_\_.” Jesus already supernaturally gave you the ability to forgive. It’s a choice that you get to decide from your heart. When you forgive, it’s, “Jesus, I forgive \_\_\_\_\_!” Sometimes; you may still feel some pain after you’ve forgiven. It’s kind of like having a splinter in your hand. It may take some digging to get it out and might be painful in the process. After you get the splinter [unforgiveness] out, it sometimes takes a little while for the hand to be completely healed. Jesus will heal you if you let Him.

Here is an example of a prayer you can use to forgive someone:

**"In the name of Jesus Christ, it is my will and I choose to forgive [**insert name or person you need to forgive here**] for [**speak what happened or what they said**].  When [**speak the person's name you are forgiving**] did what they did it made me feel [sad, hurt, angry, etc.]. Jesus, I ask that you heal my emotions.  I destroy the power of the hurtful words that were spoken to me, about me and over me and I command that any spirit assigned to fulfill those words would leave me now in Jesus Name."**

Scriptures that deal with unforgiveness and forgiveness:

\*Matthew 18:23-35 \*Luke 6:28

\*Hebrews 12:15 \*Mark 11:25

\*2 Corinthians 2:5-11 \*Colossians 3:13

\*1 John 1:9 \*Luke 6:37

\*Matthew 5:44