

THE HEALING POWER OF FORGIVING

When we act wisely, we will forgive others and we will forgive ourselves. There is a noticeable surge of freedom in our spirits when forgiveness takes place. Instead of “bad talking” about another person, try praying for God to bless their lives. Instead of beating yourself up over something you have said or done, forgive yourself. You will be honoring the Lord by doing so. After all He gave His life for you so you may be eternally forgiven by Him and spend eternity with Him.

A miracle takes place in our body, mind and spirit when we choose forgiveness. The stress from the guilt or anger or sorrow or fear eases its grip. The mind is released from its creative journeys of negative thinking. The blood vessels relax. There is encouragement and a will to do good.. There is a new joy and peace in your spirit. The prison doors of unforgiveness have been opened, and you have been set free.

Forgiveness is one of those tests in life that is not an easy grade. It takes a step in a direction you do not naturally want to go. It requires giving up your right to get even, to prove a point, to cause hurt or shame, to retaliate. There is no lasting satisfaction in that response. Forgiving requires digging deep inside, beyond the mind and into the depths of the spirit, and stepping out in faith with a willful decision to give a pardon from the offense. Forgiveness in the natural screams unfair, but when given, the wonder and mystery of God’s love is experienced.

I suggest you take inventory and if you get a jolt of recognition in your spirit of unforgiveness towards yourself or someone else, go ahead and forgive. Go for it. Each time thoughts of unforgiveness return, forgive again, and again, and again. One of the secrets of truly forgiving another is to genuinely pray for God to bless them. This powerful weapon cuts the cords that keep you captive.

A clean spirit gives peace to your mind, health to your bones, and power to your prayers. Forgiveness is a 100% no lose proposition.