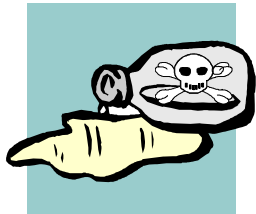


## *Unforgiveness and Roots of Bitterness*

Jesus teaches much about forgiveness and He is the greatest example to us as He died to forgive and to cleanse us of our sins. In Matt 18:21-35, Jesus teaches about the results of an unforgiving heart. If we do not forgive people who hurt us or offend us, that area of unforgiveness in our lives becomes an area where we do not have God's protective hand of grace. Darkness will reside

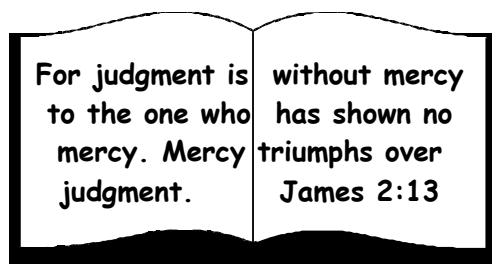


there and bitterness which, is like a poison, will spread from that area into our hearts. We are to forgive others and show mercy just as God has shown us mercy and forgiven us (Ephesians 4:31, 32; Colossians 3:13; Luke 11:4). If I do not forgive others, neither will the Father forgive me of my sins.

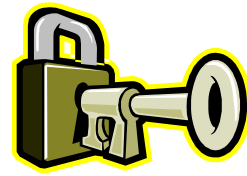
1. To forgive is a matter of choice not feelings. As the Lord wants us to forgive, He will also help us to do it. As we become willing to forgive, the Lord's grace starts to flow from His heart and usually our feelings also catch up with us.
2. We forgive for our own sakes. It is a matter between God and me. Unforgiveness is a sin, makes our hearts hard and keeps me separated from Him, and from His healing grace.
3. We lay down our right to judge and hand over the vengeance to the Lord (Romans 12:17-19)
4. We lay down the burden of the other's sin against us, at the foot of the cross. That does not say though, that the offender is right or has done no wrong.

### *The result will be*

1. Freedom from our sin of unforgiveness.
2. Healing of the painful memory of the offense.
3. Not a memory loss, but the pain of the memory will start to heal.



4. Freedom from the unrighteous bond with the offender. As long as unforgiveness rules in our heart we are tied to the offender- a sign is that the offense comes ever so often to our mind, to the point of our mind being consumed by it, and bitterness starts to grow. (John 20:23) Forgiveness frees our mind from the person who hurt us.



5. Usually we find that it is after we have first forgiven that the Lord is free to deal with the offender. It is our trust in God that He can handle the matter, which releases God to work.

Now ask the Lord to remind you of [the persons, people] that you need to forgive. E.g.: Parents, friends, colleagues, sister & brother in church, leaders, employers etc.

Then pray the following prayer aloud mentioning the names of the people you forgive.

*Make a list:* Name .....

.....

.....

*First: A Prayer of Repentance*

for harboring thoughts of anger, resentment and bitterness against them:

*Father, I confess that as a result of being hurt and offended, I have allowed anger, resentment and bitterness in my heart against .....*

..... (Name) .....

.....

.....

*I acknowledge this as sin in my life. Now, I repent and turn from this behavior. I ask You to forgive me and cleanse me from this unrighteousness in the Name of Jesus.*

*Secondly: A Prayer of Forgiving*

those who have hurt you: For each person on your list pray following:

*Thank You Father for forgiving me, so I now choose to forgive .....*

..... (Name) .....

.....

.....

for (specify his/her offense and the painful memory that followed the offense) .....  
.....  
.....  
.....  
.....



**When you have prayed through all the names, then you PRAY:**

*Lord I now release each and every one of them to You Jesus, in Jesus' Name. Amen*

Now let the Sponsor PRAY for you:

*Heavenly Father, I proclaim your forgiveness to ..... (name)..... In Jesus name I command every spirit that might have taken advantage of the unforgiveness, to leave ..... (name)..... now in Jesus Name. Holy Spirit I ask You to close every doorway connected with this sin and bring healing to the body, soul and spirit of ..... (name)..... Lord I pray that You will restore joy and peace. In the Name of Jesus Christ who died and rose again that ..... (name)..... might have life and that abundantly. Amen*

After going through this session the Lord might remind you of more people you need to forgive. When you obey you will find more and more freedom and joy and peace will be restored to you. Let forgiveness be a lifestyle. That will help you greatly to live in victory.