

UNFORGIVENESS

Busting Tips

Matthew 6: 14 For if ye forgive men their trespasses, your heavenly Father will also forgive you:

Matthew 18: 21 Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times?

Matthew 18: 22 Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.

Matthew 18: 34 And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him.

Matthew 18: 35 So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses.

Luke 6: 37 Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven:

Luke 17: 4 And if he trespass against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; thou shalt forgive him.

Ephesians 4: 32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Colossians 3: 13 Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.

Matthew 5: 44 But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;

When you are offended by someone, Jesus teaches us to share with the person the wrong he or she has done in an attempt to reconcile. Then we are commanded to forgive that person. (Matthew 18: 15-18)

1. Consider the forgiveness of God. Mentally list the many things God has forgiven you of. Despite all your sins, He has forgiven you. So, you should give that same forgiveness to someone else. Through God's forgiveness, you are empowered to forgive.
2. Consider yourself. Unforgiveness hurts you much more than the person you are unwilling to forgive. Unforgiveness breeds misery.
3. Forgiveness is a decision. You decide to forgive others, and to let go of the offence and hurt they have caused. Negative feelings toward the person may still arise - simply resist those feelings and continue with the decision you have made. Example: I resist the feeling of anger, for I have made a decision to forgive that person in Jesus' Name. The Spirit of God will help overcome those negative feelings.
4. Pray for the person you are struggling to forgive, and for those who mistreat you. The Holy Spirit will prod your heart to be merciful and forgiving.
5. Intentionally show acts of love to your enemies, or those who try to harm you. Such as - feeding them when they are hungry, or helping with some need.
6. Share your struggle with a mature Christian friend, they can help you gain a forgiving perspective on the situation. They can also help you overcome the hurt you may feel.