

FORGIVE – Part Two: FORGIVE YOURSELF, TESTIMONIES of HEALING and DELIVERANCE

Youtuber Betty Wood also known as Granny B. said this: Another thing is that we must repent of complaining about what others do or say to us. I would say take it to God. If it festers inside of you and you begin to hold onto anger or bitterness toward that person, then you need to forgive that within yourself with God's help and let it go and have peace with that person.

There are so many ways to be hurt or disappointed. There is physical abuse, emotional abuse, verbal, mental and so on. Just remember if you start noticing that you don't like to be around a certain person because you are angry or mad at them, then you need to forgive and clear the air. Do it because you are a child of God and you want to be like Jesus. If it is an unbelieving or toxic person, just forgive and move on, you don't have to keep a relationship with that kind of person. We are called to forgive but not to stay and be abused more.



How to forgive someone who really isn't sorry. If you are close to this person, then you can approach them and let them know how they hurt you. But if they don't see things the way you do, then you can let them know that you are forgiving them anyway. Then move on and don't dwell on it. Usually the people we are close to, love us, and they will say they are sorry even if they did not realize they did anything to hurt you. There are always going to be situations

where people don't even think they did something wrong or don't even realize that they did.

If the other person isn't sorry, and or isn't a Christian and it will only cause a fight to let them know you forgive them, then forgive them before the Lord and in your heart. Let it go but don't cast your pearls before swine (**Matt.7:6**). Sometimes people don't even realize that they hurt you deeply and it will only make things worse to bring it up or they don't care and you will get hurt worse because they don't care that you were hurt or what you have to say.



Are you a vengeful person, always trying to get the best of everyone and never saying you are sorry? Do you ever say you are sorry to sooth a difficult situation over even if you did not do or say anything wrong?

Matt.5:9 - Blessed *are* the peacemakers: for they shall be called the children of God.

Are you a peace maker?

What about forgiving yourself? Haven't we all heard people say they cannot forgive themselves. God will forgive us for everything except blaspheming the Holy Spirit and not forgiving others. And of course He cannot excuse not receiving Jesus as your Savior and for those that go through the tribulation, He will not forgive taking the mark of the beast. Outside of those things, He forgives us for all when we truly are sorry and seek His forgiveness.

Once we receive God's forgiveness then we need to ask Him to help us to realize that we are forgiven, to accept His forgiveness and to help us to heal from the

hurt and to move on. We are not greater than God, who are we to receive His forgiveness but then still go around saying we cannot forgive ourselves.

It is also a trap of the devil for you to believe you are not worthy of God's forgiveness. The Father longs for you to come to Him and get your life right with Him. We can truly only be worthy of His forgiveness through the blood and sacrifice that Christ Jesus made for us. Jesus is the One Who makes us worthy, He's the only way we can come before God's throne of grace and mercy.

Pain is not a license to be mean and grouchy or mistreat people in our lives. Some women use "that time of the month" as a license to be a total jerk. Just because we have pain in our lives does not mean we set our Christianity aside and just start being ugly. Pain can get the best of us, and when you realize you have spoken sharply or been hurtful to someone, be quick to apologize.



Please forgive me for what I said when I was at war with myself and projecting onto you. How many times have we done this one?

We need to ask for God's help with patience especially in our fast paced world where everything is right now! Instant gratification, no waiting, we are quickly losing our patience.



Forgiving someone relieves stress and lowers blood pressure. Forgiveness is healing to us. Haven't we learned by now that when we let hate and bitterness and unforgiveness fester inside of us it usually leads to sickness.



Pray and ask the Holy Spirit for the fruit of the Spirit to grow abundantly in your life. Faithfulness, gentleness, peace, goodness, joy, self control, love, patience and kindness. We need as much of this fruit as we can get!



It can be easier to forgive an enemy or a total stranger than to forgive a friend. Sometimes we are nicer to them than to our own family.



How to forgive: I liked this little picture, you see the thunder cloud and scowling face on the left about the broken vase and then on the right you see they went out and got another one to make it right and say they were sorry. For the men out there, usually for ladies, flowers or a little gift goes a long way when making amends.

Jesus told Peter to forgive 70 times 7. We don't live in a bubble and because we are living in a fallen world, we will continue to hurt and be hurt until the day we die. As Christians, we are to continue to be merciful just as our Heavenly Father is. We continue to forgive.

When my parents died, my walk was growing closer with the Lord. I was learning how horrible I had been to my parents. My father was not saved, my mother was but I certainly did not honor my parents the way the Bible instructs us to.

We are to honor our parents even if they are not saved as long as they are not asking us to do something ungodly. Taking care of them in their old age or if they are disabled is part of honoring them too. I always remember giving advice to a friend of mine when I wasn't saved, telling her not to wear herself out trying to help her parents out all the time. Running them to the dr's or picking up prescriptions or doing some grocery shopping. That was ungodly advice to the max.

1 Tim.5:8 - But if any provide not for his own (for his own relatives), and specially for those of his own house (for those in his own household), he hath denied the faith, and is worse than an infidel (unbeliever).

I obeyed my parents, and I respected them as a teenager and a child under their roof. As an adult, I used to smart off and get upset with them and not hide it either. I used to keep my mother upset all the time until I got saved. Then our relationship changed. I felt so bad for how mean and rude I was to them over the years. I asked God to forgive me for being so hateful at different times to them. To forgive me for all of the meanness and times I did not honor them. Praise God for His forgiveness.

If you were rude, mean, hateful or what have you to someone that has already passed on, then ask God to forgive you for that. And for the things I was disappointed about with them, I let God know that I forgave them for that. Even though they had passed on I took it all to God and cleared the air with Him. It will bring you peace.

FORGIVENESS for HEALING and DELIVERANCE

Matthew 6:14 – For if ye forgive men their trespasses (if you forgive other people when they sin against you), your heavenly Father will also forgive you: But if ye forgive not men their trespasses (their sins against you), neither will your Father forgive your trespasses (your sins).



This is Pastor Erustus and Pastor Sarah and they head up our outreach ministry in Kenya and Uganda. Pastor Erustus has personal experience with that very scripture that we can all learn from. Here is what he shared with me years ago:

Wow! Read that carefully! There is not one of us who has not sinned. We all want God to forgive us but it comes with a price. When someone sins against us we need to forgive them. They may not ask us to. They may not deserve it. We may walk away and have nothing more to do with them but we must honestly forgive them. If we are carrying around unforgiveness in our minds and hearts it is hurting us, not them. Unforgiveness steals our joy and our peace and puts a gap between us and God. Jesus told parables showing the importance of forgiveness because it is so important. People make mistakes. People do or say hurtful things and we don't understand. God does and that person is in His hands to correct. We need to do what we need to do. However painful it is, let's forgive all, let it go and peace will come.

At one time in 2003 I developed high blood pressure from no where. After suffering for six months I was invited to preach in a conference in Eldoret Town. I was convicted to pray for the sick, I laid my hands on the bishop's wife, power moved in her body and my body too, both of us were instantly healed from high blood pressure. From there I could lay hands on the sick and they get healed. Though sometimes no healing but many would get healed.

I developed stomach problems in 1994 at high school before I got saved in 1995. I could not even fast. I was told by the doctor I was suffering from severe ulcers and others said my intestines had a problem. I didn't have money to go for proper

medical check up and treatment. My hope daily was faith in Jesus that He is my Healer. Always servants of God laid hands on me but there was no healing. Later, I could lay hands on sick people and they could get healed but no healing was coming on my end. I suffered this pain for about 18 years. Then in 2012 is when God healed me.

I had attended a Pastor's/leaders conference in Mumias town and a minister from Australia called Douglas was the preacher. On the last day of the conference, he called me and said God wanted to heal me for a long time but the hindrance was that my heart was full of bitterness. For sure I had lots of bitterness against my father. ((His father had basically disowned Pastor when he got saved.)) So I was asked to forgive my father, though amidst much pain and tears, and he prayed for my healing. For sure Pastor, God healed me from that day. 2 months later God moved my father and he came looking for me because I had run away from home because of him hating me because of my salvation. We forgave one another and to date he is my best friend.

Pastor, that alone healed me from the ulcers problem. God taught me that unforgiveness, leading to bitterness of heart, is a big opening demons use to inflict sickness and diseases to people. Have ministered to many, and healing just comes by them forgiving those who have wronged them.

**Notice that Pastor did not go in search of his dad to forgive him in order to be healed. The minute the minister told him he needed to forgive his dad, he began to forgive and let it go right there on the spot. **



Unforgiveness is unpardoned by God. Unforgiveness is not the unpardonable sin, but it remains unpardoned until it changes.

You know Pastor had been prayed over many times, hands laid on him by God's ministers and no healing came. God withholds His forgiveness until we forgive others.

UNFORGIVENESS CUTS YOU OFF FROM GOD'S FORGIVENESS, BLOCKS HIS BLESSINGS FLOWING IN YOUR LIFE, BLOCKS YOUR DELIVERANCE AND HEALING.

Eph. 4:32 - And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you (just as God through Christ has forgiven you).

Pastor, God taught me through experience that many people are suffering and not receiving healing though born again and serving God tirelessly, due to bitterness of heart and an unforgiving spirit. I have prayed for many people and no healing was forthcoming and when I asked them to forgive those who have wronged them eventually healing comes. I tell you Pastor many people are living in bitterness and unforgiving spirit and yet they are born again and even ministers of the gospel.

Bitterness and unforgiveness opens doors for many sicknesses and other evils like heart diseases, ulcers, high blood pressure, depression, stress, divorce, suicides, etc. I have a testimony of our Mumias church women's leader called Dorcus. She had been in an unhappy marriage and was full of bitterness because of her husband's mistreatment to her and she was divorcing him. A brother friend referred her to me and after talking, the Holy Spirit revealed she was living in bitterness and unforgiveness. These had led her to develop high blood pressure and high degree of anger. It was not easy but finally she forgave her husband. As we talked, God healed her from high blood pressure, she's happy in her marriage and serving God as a woman leader. I have witnessed God heal many people and I can testify God is a healer and still heals even today.

Heb. 8:12 - For I will be merciful to their unrighteousness (I will forgive their wickedness), and their sins and their iniquities will I remember no more.

Let's be like God and forgive those who hurt us. Jesus was even forgiving those who were crucifying Him and who were mocking and persecuting Him while He hung on the cross. He modeled for us the greatest example of forgiveness, He

forgave them without an apology, without them loving Him, they didn't say they were sorry and showed no remorse, yet He forgave them while they were in the very act of crucifying Him. Let's let it go and please our heavenly Father. Let's be like Jesus.



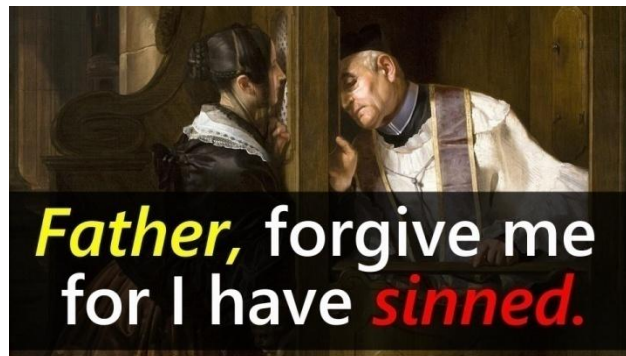
Who does this look like it is hurting? Only the person allowing this anger in.

When we get hurt, we get mad, angry, bitter, offended, embarrassed, etc. What sets in if it isn't forgiven and forgotten? Resentment, bitterness, hatred etc. These are all spirits from satan and he wants to keep you trapped in bondage to all of these and keep you feeding these evil spirits so that he can keep you defeated and sick.



Being unwilling to forgive is like drinking poison...and waiting for the other person to die. The heaviest thing you can carry is a grudge.

James 5:16 - Confess *your* faults one to another (confess your sins to each other), and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much (The earnest prayer of a righteous person has great power and produces wonderful results).



Father, forgive me for I have sinned. We don't confess to a priest seeking his forgiveness or some rituals or things to do that this man says to do. This is man trying to usurp the authority of God. We also don't call people in the ministry "father" (**Matt.23:9**). Remember when Jesus died on the cross the veil separating the Holy of Holies, (where God's presence was,) from the holy place where the priests and levites ministered, was torn from the top to the bottom. That was symbolic to show us that those who have accepted the sacrifice that Jesus made for them, can now go right before the throne of God in prayer themselves. They don't need to find a priest or prophet to pray to God on their behalf.

The passage just in front of this verse is dealing with being in the church seeking prayer for healing and having the elders anoint and lay hands on the person for healing. In that same vein is what is being said here. Just like with Pastor Erustus being prayed over in the church and God revealed to the evangelist that he needed to forgive his father in order to be healed. This is the sense that this passage is speaking. I will not limit the righteous man to only the clergy and elders in the church but that is the general meaning in this passage. Otherwise we don't just go around telling others our sins, we take them to God and ask forgiveness and receive His forgiveness.

Matt.9:28-29 - And when He was come into the house (where He was staying), the blind men came to Him: and Jesus saith unto them, Believe ye that I am able to do this (Do you believe that I can make you see)? They said unto Him, Yea, Lord. Then touched He their eyes, saying, According to your faith be it unto you (because of your faith it will happen).

Do you have faith in God to heal you? Remember when you are seeking to be healed, being a child of God and having faith matters.

CLOSING

This is inspired by Heartlight Ministries.

Proverbs 10:12 - Hatred stirreth up strifes (conflicts / quarrels): but love covereth all sins (all wrongs).

We usually want to repay evil with evil, tit for tat, and not let anyone get anything over on us. God has always wanted His people to be the redemptive influence in the world. Paul reminded the Christians in Rome to *"not repay evil with evil"* ([Romans 12:17](#)). Jesus said, *"love your enemies and pray for those who persecute you, that you may be children of your Father in heaven"* ([Matthew 5:44](#)–45).

Love removes the bite or sting out of difficult situations, while hatefulness turns up the flames of bitterness and spite. We're called to be a different kind of people; It isn't always easy, but it is always powerful. Let's strive to be like Jesus, He's our greatest example.

PRAYER

Thank You Father for Your forgiveness made possible to each one of us through Jesus Christ.

Dear Heavenly Father, when we are wronged it makes us angry and we get tempted to strike back. Please, remove the baser side of our character through the cleansing and redeeming influence of your Holy Spirit and the love your Spirit inspires.

Please fill us up to the top and overflowing with Your Holy Spirit. I pray the fruits of the Spirit would grow abundantly in our lives. Help us to be quick to forgive and to say we are sorry on our part.

It is written in Scripture that Jesus reveals Himself to those that obey. Help us to obey in all points, we want you in our lives and we want to be as close to you as we can get. Please help each one of us to see and hear you better.