

## The Silent Killer within a Believers Life - Unforgiveness

**Main Text:** Matthew 6:14–15 (NKJV) <sup>14</sup>“For if you forgive men their trespasses, your heavenly Father will also forgive you. <sup>15</sup>But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

### **Subtexts:**

Mark 11:25 (NKJV) <sup>25</sup>“And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses.

Matthew 5:23–24 (NKJV) <sup>23</sup>Therefore if you bring your gift to the altar, and there remember that your brother has something against you, <sup>24</sup>leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift.

Ephesians 4:31 (NKJV) <sup>31</sup>Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.

Hebrews 12:14–15 (NKJV) <sup>14</sup>Pursue peace with all *people*, and holiness, without which no one will see the Lord: <sup>15</sup>looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;

Total forgiveness is an act of the will. Until you totally forgive you will be in chains.

### **How do you know you have forgiven?**

#### **1. You don't tell anyone what they did.**

a. Psalm 142,1 Psalm 142 (NKJV) <sup>1</sup>**I cry out to the LORD with my voice; With my voice to the LORD I make my supplication. <sup>2</sup>I pour out my complaint before Him; I declare before Him my trouble.** <sup>3</sup>When my spirit was overwhelmed within me, Then You knew my path. In the way in which I walk They have secretly set a snare for me. <sup>4</sup>Look on *my* right hand and see, For *there is* no one who acknowledges me; Refuge has failed me; No one cares for my soul. <sup>5</sup> I cried out to You, O LORD: I said, “You *are* my refuge, My portion in the land of the living. <sup>6</sup> Attend to my cry, For I am brought very low; Deliver me from my persecutors, For they are stronger than I. <sup>7</sup> Bring my soul out of prison, That I may praise Your name; The righteous shall surround me, For You shall deal bountifully with me.”

b. One of the first responses of unforgiveness is to announce it to anyone who will listen to gain sympathy and support for your cause and to put people against one another.

c. You don't go on Social Media, form a text group or do a zoom call and announce what they did, or try to gain support for you and against them.

## **2. Don't let them be afraid of you**

a. 1 Corinthians 13:1-5 (NKJV) **13** Though I speak with the tongues of men and of angels, but have not love, I have become sounding brass or a clanging cymbal. <sup>2</sup> And though I have *the gift of prophecy*, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing. <sup>3</sup> And though I bestow all my goods to feed *the poor*, and though I give my body to be burned, but have not love, it profits me nothing. <sup>4</sup> **Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; <sup>5</sup> does not behave rudely, does not seek its own, is not provoked, thinks no evil;**

b. For those who have offended you, hurt you and betrayed you; love them through the process of forgiveness. Forgiveness doesn't mean you forget. It means you release, love them and heal through the process of releasing the individual from a debt that they may owe. There must always be restitution. Restitution always begins with asking for forgiveness and then making amends.

c. Love Suffers Long; Is Kind, does not envy or puff up on pride, doesn't behave rudely, not provoked and things no evil. (2 **Corinthians 10:5** (NKJV) casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, )

## **3. Help them to forgive themselves**

a. Romans 8:1-2 (NKJV) *There is* therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. <sup>2</sup>For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.

b. One of our Values at His Presence Church Arizona is "Communication" Lean in, have the hard conversations." One of the main reasons why one can not move beyond what they did is "self condemnation" As a Believer in Christ Jesus, it is your responsibility according to Galatians 6:1-2, is to help someone make it through and receive and apply the love of Christ Jesus that empowers one to overcome in victory

c. Reminder: the vision of HPC: “We exist to create the atmosphere for God’s Presence to MANIFEST in POWER daily, corporately and individually, for victorious living.

d. Condemnation is equal to self centeredness. When one reflects on the negativity themselves and not about Jesus Christ and what he did to reconcile us back to the father, one will always live in, think about and apply Satan’s ideology versus God’s Words, and Jesus Christ actions to reconcile us back to the Father and once applied, gives is peace, exhalation and victory.

#### **4. Let them save face.**

a. 1 Peter 4:8 (NKJV) <sup>8</sup>And above all things have fervent love for one another, for “*love will cover a multitude of sins.*”\

b. Love covers a multitude of sins. The word cover here means to hide, not to expose. As a believer, our job is not to embarrass someone, but to help someone come out of the snare of the fowler (**Psalm 91:1-3 (NKJV)** <sup>1</sup>He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. <sup>2</sup>I will say of the LORD, “*He is my refuge and my fortress; My God, in Him I will trust.*” <sup>3</sup>Surely He shall deliver you from the snare of the fowler *And* from the perilous pestilence.)

#### **5. Protect them from their darkest secret.**

a. Psalm 82:1-4 (NKJV) <sup>1</sup>God stands in the congregation of the mighty; He judges among the gods. <sup>2</sup>How long will you judge unjustly, And show partiality to the wicked? Selah <sup>3</sup>Defend the poor and fatherless; Do justice to the afflicted and needy. <sup>4</sup>Deliver the poor and needy; Free *them* from the hand of the wicked.

b. Deliverance comes when one realizes they are in bondage and are willing to walk out of captivity. The hand of the wicked will always use emotions, past experiences to keep someone emotionally and mentally bound.

**6. It is a life sentence** (Matthw 8:15-20 deals with a brother who has sinned against you and gives specific instructions on how it is to be handled) (2 things at play: 1) the Person who was offended and 2) the one who offended. You are only required to go to the person and tell them and if it can’t be resolved you have been released because you chose to forgive)

a. Matthew 18:21-35 (NKJV) <sup>21</sup>Then Peter came to Him and said, “Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?”

<sup>22</sup> Jesus said to him, “**I do not say to you, up to seven times, but up to seventy times seven.**” <sup>23</sup> Therefore the kingdom of heaven is like a certain king

who wanted to settle accounts with his servants. <sup>24</sup> And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. <sup>25</sup> But as he was not able to pay, his master commanded that he be sold, with his wife and children and all that he had, and that payment be made. <sup>26</sup> The servant therefore fell down before him, saying, 'Master, have patience with me, and I will pay you all.' <sup>27</sup> Then the master of that servant was moved with compassion, released him, and forgave him the debt.

<sup>28</sup> "But that servant went out and found one of his fellow servants who owed him a hundred denarii; and he laid hands on him and took *him* by the throat, saying, 'Pay me what you owe!' <sup>29</sup> So his fellow servant fell down at his feet and begged him, saying, 'Have patience with me, and I will pay you all.' <sup>30</sup> And he would not, but went and threw him into prison till he should pay the debt.

<sup>31</sup> So when his fellow servants saw what had been done, they were very grieved, and came and told their master all that had been done. <sup>32</sup> Then his master, after he had called him, said to him, 'You wicked servant! I forgave you all that debt because you begged me. <sup>33</sup> Should you not also have had compassion on your fellow servant, just as I had pity on you?' <sup>34</sup> And his master was angry, and delivered him to the torturers until he should pay all that was due to him.

<sup>35</sup> "So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses."

a.  $70 \times 7 = 490$  times.

b. Your emotions, your feelings, and your zeal to protect you and family will rise up and you must remind yourself you have forgiven. Now forgiving doesn't mean forgetting. It means you have released someone but you will not give them the same opportunity they had to be tempted to do it again.

7. You bless them.

a. Luke 6:27-28 (NKJV) <sup>27</sup> "But I say to you who hear: Love your enemies, do good to those who hate you, <sup>28</sup> bless those who curse you, and pray for those who spitefully use you.

b. Mark of Spiritual Maturity.

c. Door to bring healing physically, spiritually and emotionally.

d. Spiritual Warfare on the behalf of someone else.

**Conclusion:** Unforgiveness is a silent killer in the Believers Life. We often say we have forgiven but we carry around these thoughts that produce actions and stress in our lives when we see someone, think about what someone did and then we find our selves speaking words out into the atmosphere that brings life

to bondage and past trauma. Today, if this message spoke to you. If you had a thought a picture of someone in your mind, then today you must forgive and release that person or individuals from the debt so you can live and break free and the individual or persons can be release and live in freedom and victory.

Attachment: 8 Steps to Forgiveness

## **8 Steps to True Forgiveness**

### **1. Acknowledge the pain.**

Working through pain can only happen once you admit you've been hurt. And acknowledging this can intensify the feelings. Tears, feelings of resentment and ruminating thoughts are a good indicator that something's wrong. Don't numb yourself or "stuff" the emotion down, as that cuts off the process of forgiving others before it's even begun.

### **2. Think through things.**

Try writing down what happened in a journal, or share with a trusted friend. Admit that what happened makes you feel sad or angry, and be honest about what emotions are rising up in you, even if it epitomizes unforgiveness and you think you shouldn't feel that way.

### **3. Imagine being on the other side.**

Think about a time when you have had to ask for forgiveness; how did it make you feel? When have you wronged another person, and did they extend forgiveness to you, or withhold it? The Bible directs us to do to others what we would have them do to us (Matthew 7:12) and so it can be helpful to put ourselves in their shoes for a moment.

### **4. Remember God's forgiveness**

Reminding ourselves of the debt that God forgave us in Christ when we certainly didn't deserve it, can help us forgive others. If we have been forgiven so much, how then can we hold onto grievances committed against us? This is another step in the process and doesn't mean that you must be ready at this point to voice your forgiveness to your offender. This may not ever be possible, as the person may no longer be living. You can still forgive someone without that forgiveness being accepted.

### **5. Reflect on our Biblical command**

Jesus stressed the importance of forgiving others on many occasions and even included it in the Lord's prayer, "forgive us our trespasses as we forgive those who trespass against us." Pray that this would hit home in your heart and that your decision to obey would force your emotions to catch up.

## **6. Let go of the hurt.**

The devil is an expert at getting a foothold when we have made a choice to forgive but the wound is still sensitive. Don't allow yourself to replay the offense over and over; let go of the pain and determine that you are going to choose to move forward. This is where prayer is essential as on our own we are tempted to wander back to unforgiveness.

## **7. Continue to forgive.**

Forgiveness is more than just saying a prayer and moving on. It's a serious decision that you make over and over again. The process will most likely be uncomfortable and painful, but it will always be worth it in the end.

## **8. Pray for the person who hurt you.**

In Matthew 5:44 Jesus commands us "Love your enemies and pray for those who persecute you." Ask God to reveal his love to your offender in your heart, and for him to dissolve negative emotions. Is there any more powerful witness of God's transforming grace than someone who can display true forgiveness to the "unforgivable"?

With promises found in Scriptures like Philippians 4:13 ("I can do all this through Him who gives me strength") and Romans 12:21 ("Do not be overcome by evil, but overcome evil with good"), we know that we can depend on God to give us the grace to live out forgiveness. Make the right choice – start a journey of forgiveness today, praying for the Lord to equip you for this difficult but eternally rewarding task.

<https://lchristiancounseling.com/articles/learning-how-to-forgive-8-steps-to-true-forgiveness>