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Summary

Join Pastor Jaime as he teaches agape love as a decision rather than a feeling, emphasizing that forgiveness is essential for healing and spiritual health. Using personal experiences, including being wronged in business and having items stolen, to illustrate how unforgiveness acts like a poison that keeps wounds open, he explains that just as physical blood works to heal wounds by fighting infection and rebuilding tissue, the blood of Jesus provides spiritual cleansing and restoration through forgiveness. This message calls believers to actively choose to forgive—taking thoughts captive, stopping rehearsal of offenses, praying for offenders, and doing good to them—regardless of feelings or whether apologies are received.

Top Points Made

1. Love is a decision, not a feeling - Agape love is a choice that must be made regardless of emotions, especially in long-term relationships where feelings fluctuate.
2. Unforgiveness is like poison or bacteria - It infects, wounds, and can eventually kill spiritually and emotionally if not dealt with properly.
3. The blood of Jesus provides cleansing and restoration - Just as physical blood heals wounds by fighting infection and rebuilding tissue, Christ's blood spiritually cleanses and restores our relationship with God.
4. Forgiveness doesn't require an apology - We must forgive whether the offender repents or not, as waiting for validation may never bring healing.
5. Open wounds keep us vulnerable - Unhealed emotional wounds leave us susceptible to repeated hurt and prevent us from moving forward in life.

6. Unforgiveness affects future generations - Unresolved hurt can impact not only our lives but also the lives of our children and relationships around us.
7. Past trauma shapes present reactions - Childhood wounds that were never healed continue to affect how we respond to current situations.
8. Vengeance belongs to God - We are not called to bring vengeance; that is God's role, and seeking it ourselves breeds hate and bitterness.
9. Forgiveness brings freedom - The quickest way to heal from hurt is to forgive, releasing the power that past offenses have over our present.
10. Forgiveness requires active steps - Taking thoughts captive, stopping rehearsal of offenses, praying for offenders, and doing good to them are practical ways to walk out forgiveness.

Quotations

1. "Love is not a feeling. It's a decision."
2. "Sometimes you're going to have to choose to agape people in spite of feelings."
3. "The quickest way to get healed of that hurt is to forgive."
4. "I fell out of love. The honest truth is you fell out of feeling."
5. "There's freedom in forgiveness."
6. "They can't steal from me. I choose right now to give it."
7. "I'm trying to get you from victim to victor. Forgiveness is that missing ingredient. You can't get from victim to victor without forgiveness."
8. "You can't hurt me if I stay in love."
9. "As long as you don't know he's working, he's good" (referring to Satan working in darkness through unforgiveness).
10. "I am not going to let my mind drift and I'm not going to meditate on that hurt and relive that over and over and over."