

Forgiveness

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Ephesians 4:32

The person who hurt you may never say they are sorry. They may be dead or maybe you'll never see them again. Forgiveness is not for them. Forgiveness is for you!! Unforgiveness is like drinking poison, and expecting the other person to die.

Forgiveness is a responsibility and an ongoing process. Christians are commanded to forgive others as God has forgiven them. Jesus said, "Forgive us our debts, as we forgive our debtors" (Matt. 6:12). He also told Peter to forgive someone 77 times.

Biblical forgiveness is not only a responsibility but a pathway to emotional and mental healing, and brings you closer to God. It releases us from the chains of resentment and bitterness as you mirror God's mercy in your life.

Spiritually, unforgiveness can create a barrier between the individual and God. It can hinder one's spiritual growth and block the flow of God's forgiveness and blessings. As *Mark 11:25-26* suggests, if we do not forgive, it can affect our forgiveness from God.

Forgiveness is not forgetting. Forgiveness doesn't mean excusing or forgetting egregious acts. It also does not remove any legal or natural consequences that may arise.