

## Pastoral Counseling Center, Inc.

### Forgiveness God's Ultimate Healing Process

"And when you stand praying, if you hold anything against anyone, **forgive** him, so that your Father in heaven may **forgive** you your sins ..."

Mark 11:25

The act of forgiving can precipitate miracles. Resurrection, restoration, and empowerment ensue as we identify with with Christ by an act of our will, forgiving.

Jesus commands us to forgive one another, and sacrifices his life that all may find forgiveness. Forgiving is not an option!

Forgiveness is God's way of freeing us from the pain, the anguish of unresloved resentment and open the door for Him to work.

While it "feels" like we are somehow benefiting the one we forgive, the true recipient of the benefits of forgiveness is our self.

Paul says in Romans 12:19 "Do not take revenge, my friends, but leave room for God's wrath, for it is written: 'It is mine to avenge, I will repay.' says the Lord."

"Do not seek revenge or bear a grudge against one of your people, but love your neighbor as yourself. I am the LORD. ... Never get revenge. ...  
Leviticus 19:18

It has been said, "Resentment is a poison that destroys the container that carries it."

Carrying a resentment turns us over to the tormentor, who punishes us with it.

The bitterness of a hatred held inside always manages to show itself on the outside.

Unforgiveness wastes your days, saps your energy, and gives you only unhappiness.

The primary reason Jesus came to earth and endured what he did was for us to find forgiveness. Are we to ignore Jesus' life mission?

"By holding onto pain, we create a life of torture for ourselves. This pain then determines the direction and the nature of our lives.

Forgiveness does not mean reconciliation. It may be that being reconciled is not appropriate. Forgiveness provides us with emotional freedom.