

## FLUNDA YOUIL MINISTRIES

### **The Power in Forgiveness**

Have you ever done an inventory on your life to see if there are people that you have never really forgiven? You don't think about them anymore, the memories have been put away and locked away in your mind. Frankly, you are not interested in revisiting those memories or thinking about those people or how their actions have hurt you.

I think it's a great strategy. Why focus on something negative that would bring us pain? I would rather think about a trip to the Caribbean... daydreaming about the sun, beaches, the calm, warm, aqua blue water, and how fun and relaxing the whole experience could be.

Fair enough. There is only one problem with that.

Imagine you or someone you hired cleaned your house. It looks clean, organized, smells fresh, and it's a great feeling walking through your house. However, there is one room that is locked, no one has ever been allowed in because it's always locked. You have the key, but you have decided you will never go into that room.

This is what it looks like inside that room. It's dark, and musty, there is no light, it smells, there are spider webs everywhere on the walls, there are cockroaches running around the floor, you hear crickets, tons of dust is sitting on the furniture, mold is growing on the corners of the room, and it's pretty much a stinky disgusting sight. If anyone entered that room, it would make them so uncomfortable, dirty, and unhealthy that they would want to make a run for it. You get the picture.

So that's how it is with our soul when we have unforgiveness toward someone.

Don't get me wrong, your feelings toward the person can be totally justified, and you may believe they don't deserve your forgiveness, and you are totally right.

However, by holding on to it, there are toxic, harmful, deadly, poisonous substances constantly leaking into the rest of your soul. It is using up real estate in your mind. So by holding onto unforgiveness, YOU are bringing infliction and harm to yourself.

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Let's examine what the Bible has to say on forgiveness.

Ephesians 4:31-32 says "Get rid of all bitterness, rage, and anger brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other just as in Christ God forgave us."

Mathew 6:14-15 says "For if you forgive other people, when they sin against you, your Heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."

Mark 11:25 says "And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins."

So it looks like God commands us to forgive those who have wronged us. Unforgiveness robs us of our joy, peace, and being productive and fruitful. It takes up space in our mind, where happiness should live.

You may either feel like it's impossible to forgive those who have hurt you, or that they're not worthy of being forgiven. Here are some steps to help.

First, pray and ask your heavenly Father to reveal to you who is it that you need to forgive (you may even have unforgiveness toward yourself or even God). Next, humble yourself before God and let Him know you want to do His will and forgive. However, you can't do it on your own. Ask God to change your heart and do the forgiving through you.

So no more excuses thinking even if you wanted to forgive, you just can't. The key is to be "willing" to forgive. If you are willing to forgive, then let the Lord know. He will change your heart. Remember this is to benefit YOU, because as long as you hold onto unforgiveness, there is a hold up somewhere in your life that is robbing you of receiving God's blessings.

Therefore, regardless of how you feel afterward, believe that you have let go of the unforgiveness and you have given the key of that room to the Lord. At one point in your life, your feelings will match up with your decision and you will be surprised to see that you have no more hurt or bad feelings toward that person.

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You will experience a new sense of freedom, joy, and peace.

Now you will find that once you open the locked room, it's no longer dark and filthy but bright, clean, organized, and full of creative ideas, plans for the future, visions, and new goals that will not only bless you but others as well.

So as one minister puts it, "Do yourself a favor and forgive."

*P.S. Please understand forgiving someone does not necessarily mean you let them back into your life. That decision has to be based on wisdom from God. Watch out for people who are not "safe." God loves you and wants you to be protected from anyone who would harm you.*