# **FORGIVENESS**





BY: PASTOR ISAAC T. ADEOLA

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By

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Presented by

Victorious Army Revival Movement Church

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#### **INTRODUCTION:**

One of the thorniest and most difficult things we humans are ever called upon to do is to respond to evil with kindness and to forgive the unforgivable (Matthew 5:44). Study after study shows that one of the keys to longevity and good health is to develop a habit of gratitude and let go of past hurts. Unforgiveness can be subtle and a real challenge to the faith of many believers — and it can lead to hell fire. Unforgiveness is the root of many evils.

BibleText: Matthew 18:21–35

# WHAT IS FORGIVENESS?

Forgiveness is to let go (from the heart) of anything we have or might have against anyone who has offended or done something wrong to us. It is dropping charges or releasing those who have hurt us, such that we no more remember with ill feelings or intention to pay back or rejoice when evil befalls them. (Proverbs 24:17)

#### WHY DO WE NEED TO FORGIVE?

- So that God will forgive our sins and our prayers can be answered. (Mark 11:25–26)
- So that our offerings (gifts and services) can be acceptable. (Matthew 5:21–25)
- So that we can have peace, good health and make heaven. (Hebrews 12:14; John 3:15)
- So that God can avenge us and sustain His wrath upon the enemy. (Proverbs 27:17–18)
- Realising that your enemy is not being harmed by your hatred. Hating him is like drinking poison and waiting for it to kill your enemy.

# **CONDITION FOR FORGIVENESS**

There is no condition for forgiveness.

- We must forgive at all times. (Matthew 18:21–22)
- We must forgive even if the culprit does not plead for it or apologise. (Matthew 11:25)
- We must strive to reconcile and be at peace with all men. (Matthew 18:15–17)

#### **HOW TO FORGIVE**

We should forgive the way our Heavenly Father forgave us. (Psalm 78:35–39; Luke 23:24)

# The following steps will help us achieve this:

- 1. Consider your enemy as someone who has helped you grow and get to your destiny. (Genesis 45:2–8)
- 2. Switch from dwelling on the negative side of your ordeal and consider the positive side of it. Dwell on those. (Romans 8:28)
- 3. Forgive yourself. Stop blaming yourself for any of the actions that have made you vulnerable for your enemy to afflict or exploit.
- 4. Refrain from thinking evil. When the evil actions of your enemy come to mind, send a blessing. (Luke 6:28)
- 5. Stop telling the story. Pray to God to help you to forgive, forget and heal your wound. (Philippians 2:13)

# WHAT TO DO WITH OUR ENEMIES

We must understand that we have two types of enemies, and both must be treated differently:

- The human enemy whom we are commanded to love. (Matthew 5:43–48)
- The devil whom we are commanded to resist. (1 Peter 5:8–9)

# **CONCLUSION:**

Your enemy may not deserve to be forgiven for all the pain, sadness, and suffering purposefully inflicted on your life, but you deserve to be free of this evil. Someone once said:

"Hate is like acid — it destroys the vessel in which it is stored."

Don't let unforgiveness destroy you.

# About the Author

Pastor Isaac T. Adeola is a minister of the gospel with a passion for revival and sound doctrine. He serves as the Lead Pastor of Victorious Army Revival Movement, Lagos.

To invite or contact Pastor Isaac:

