

DANGERS *of* UNFORGIVENESS

Escaping the trap of death

alistar n. chibanda snr

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INTRODUCTION

Many people around the world find it so difficult to forgive when they are wronged. They would rather seek revenge or carry grudges and hatred against the wrong doer for years.

But as a Christian, God expects you to operate with a different set of rules because you are born again and Holy Ghost filled. You are not the same as the rest of the world. You are God's child.

As a result of the sin of Adam we were all born into sin. *"For as by one man's disobedience many were made sinners, so also by one Man's obedience many will be made righteous (Romans 5:19)."*

Jesus Christ took our place and was punished for our sins. He became sin for us so that we would be made the righteousness of God in Him.

"For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him. "(2 Corinthians 5:21)

Therefore, when sin demands justice, mercy says no because Jesus was already punished for our sins. He took our place and died for us.

Jesus had no sin but He took our sins upon Him and died for the whole world. Whether you are a Christian, Muslim, Shintoist, Confucianist, Hindu or Atheist, etc, Jesus died for you.

Jesus died for the whole world. He didn't die for Christians only. In fact when He died Christians were not yet in the world but in His Spirit.

When we become born again, we have the nature of God and the ability to forgive. In the world, people hardly forgive. It is natural for them to seek revenge.

The Psalmist said in Psalm 130:3-4, *"If You, Lord, should mark iniquities. O Lord, who could stand? But there is forgiveness with You that You may be feared."*

God forgives sins because He has the ability to do so. That same ability is the one that He put in us Christians.

We can forgive those who wrong us just as God forgives. But if we choose not to forgive we break God's law of love.

In this book I want you to learn the advantages of forgiving others and the disadvantages of refusing to forgive.

My prayer is that you may be helped through reading this book to forgive anyone you are holding hostage in your heart because of the wrongs they have done against you.

DEDICATION

I dedicate this book to those who have been wounded in one way or the other by relatives, friends, strangers, or by loved ones and are finding it difficult to forgive. Please keep reading to the end and you'll find healing for heart and rest to your soul.

CHAPTER 1

FORGIVENESS

"Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven."

(Matthew 18:21-22 KJV)

Forgiveness means to pardon someone for wrong done or cancel a debt owed. Forgiveness is a character trait of God.

In Psalm 103:2-3 the Bible says, *"Bless the Lord, O my soul, and forget not all His benefits; Who forgives all your iniquities, Who heals all your diseases."*

And in Daniel 9:9 we read, *"To the Lord our God belong mercy and forgiveness, though we have rebelled against Him."*

So we can see that our God is a forgiving God. He doesn't hold grudges against us no matter the wrongs we have done.

In 1 John 1:9 KJV we are told that *"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."*

However, forgiveness does not mean we act as if no wrong has been done; it does mean we recognize that grace abundant has been given to us and that we have no right to hold someone else's wrongdoing over his head.

The Lord did not ask us to forgive but He commanded us to. This means forgiving others is a must, it's a command from the Lord.

Time and again, Scripture calls us to forgive one another. Ephesians 4:32, for example, says, *“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”*

You have to forgive because God commanded you to. As a child of God you have to obey this command.

It is important to recognize that to forgive is not to downplay a wrongdoing or necessarily to reconcile.

When we choose to forgive, we release a person from his indebtedness to us. We relinquish the right to seek personal revenge. We choose to say we will not hold his wrongdoing against him.

However, we do not necessarily allow that person back into our trust. We may not need that person back into our trust yet we have completely forgiven him.

Have you ever met such type of people that no matter how many times you forgive them they will keep on betraying you, cheating on you, stealing from you, lying against you, gossiping, backbiting and doing all sorts of evil against you ?

Most of the times you don't need those people in your circle and in

your trust. Forgive them and let them go. Make sure you hold no grudges against them as they leave.

You don't need someone who keeps on hurting your heart over and over at will to stay close to you because it will be dangerous if you fail to forgive that person.

I heard a story of a great woman of God. She was an Evangelist but her husband was just a member of the church. Her husband was born again but he was a cheat and a liar.

This woman of God caught her husband many times cheating with different women but always she forgave him.

Over the years this woman thought that her husband was going to change, to leave the works of darkness and walk in the light but he didn't. He still went to church with her wife but he had already backslidden.

It happened that one day this woman of God fell sick and was rushed to hospital.

After so many years of preaching the Gospel and saving lives, she had fought a good fight of faith and saved many from hell fire but while in the hospital she died and went to Hell.

At the gates of Hell, a demon caught her roughly by the arms and was about to take her inside the gates of hell when the voice of the Lord said, "*Leave her alone*"

and immediately the demon left her and she got back to life.

Her husband and some of the church members and pastors were beside her bed in the hospital when she died and got back to life.

She wondered why she went to hell and got back. She was a Christian and a faithful Evangelist of God.

But the Lord told her that her heart was harbouring unforgiveness and bitterness against her husband for years. She couldn't forgive him any longer.

In her heart she had developed bitterness and grudges against her husband slowly and slowly for years. She didn't get rid of it and died with it.

Thank God she came back to life by the grace of God and narrated the story and turned to her husband and forgave him. She let go of all the bitterness, grudges and unforgiveness.

You see, we have been given much in the way of forgiveness by the Lord, and much is expected from us in response (see Luke 12:48).

Though forgiveness is often difficult, to be unforgiving is to disobey God and to depreciate the greatness of His gift.

No one will go to Heaven with unforgiveness and bitterness in his heart. You have to forgive and let go.

*"Then Peter came to Him and said,
"Lord, how often shall my brother*

*sin against me, and I forgive him?
Up to seven times?”*

*Jesus said to him, “I do not say to
you, up to seven times, but up to
seventy times seven.*

*Therefore the kingdom of heaven is
like a certain king who wanted to
settle accounts with his servants.*

*And when he had begun to settle
accounts, one was brought to him
who owed him ten thousand
talents.*

*But as he was not able to pay, his
master commanded that he be
sold, with his wife and children
and all that he had, and that
payment be made.*

*The servant therefore fell down
before him, saying, ‘Master, have*

patience with me, and I will pay you all.’ Then the master of that servant was moved with compassion, released him, and forgave him the debt.

“But that servant went out and found one of his fellow servants who owed him a hundred denarii; and he laid hands on him and took him by the throat, saying, ‘Pay me what you owe!’

So his fellow servant fell down at his feet and begged him, saying, ‘Have patience with me, and I will pay you all.’

And he would not, but went and threw him into prison till he should pay the debt.

So when his fellow servants saw what had been done, they were

very grieved, and came and told their master all that had been done.

Then his master, after he had called him, said to him, ‘You wicked servant! I forgave you all that debt because you begged me. Should you not also have had compassion on your fellow servant, just as I had pity on you?’

And his master was angry, and delivered him to the torturers until he should pay all that was due to him.

“So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.” (Matthew 18:21–35)

You see how dangerous it is to refuse to forgive others ? You need to learn to forgive quickly and move on with life.

Harbouring grudges, bitterness and unforgiveness will not do you good but it will place you into the hands of torturers and eventually to hell.

The Bible teaches a lot about forgiveness and unforgiveness. Perhaps the most well-known teaching on unforgiveness is Jesus' parable of the unmerciful servant, recorded in Matthew 18:21-35 I just quoted above.

In the parable, the master of the servants forgives an enormously large debt (basically one that could never be repaid) of one of his servants.

Later, however, that same servant refuses to forgive the small debt of another fellow servant.

The master hears about this and rescinds his prior forgiveness.

Jesus concludes by saying, “This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart” (see Matthew 18:35).

Other passages tell us that we will be forgiven as we forgive (see Matthew 6:14; 7:2; and Luke 6:37, for example).

Do you know how important it is to forgive others ?

Listen, I know that forgiving those who have wronged us is never

easy. But withholding forgiveness is like allowing a disease to spread aggressively through our body while ignoring the necessary treatment to eradicate it.

In your life you can only experience true and profound forgiveness when you extend forgiveness to others.

What past hurts are you presently carrying? Who must you forgive in order to experience the healing your soul desperately longs for ?

Make a list of all the people you must forgive today and go ahead to forgive them. Let them free from your heart.

"If you forgive anyone, I also forgive him. And what I have forgiven - if there was anything to forgive - I

have forgiven in the sight of Christ for your sake, in order that Satan might not outwit us. For we are not unaware of his schemes (methods, devices, and plans)" (2 Corinthians 2:10-11, NIV).

CHAPTER 2

UNFORGIVENESS

*"Then Peter came to Him and said, "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?" Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven."
(Matthew 18:21-22)*

In order to understand unforgiveness, it is first necessary to understand what it means to forgive.

In the Greek, the word forgive means: to free fully, relieve, release, dismiss, let die, pardon, let go, loose, put away, and to set at liberty.

The Bible makes it very clear that we as followers of Christ are expected to forgive the wrongs that others may do to us: *"And when you stand praying, forgive, if you have ought against any."* (Mark 11:25).

As we have seen in our first chapter, to forgive also means to stop being angry or bitter towards somebody or about something.

Now unforgiveness is the opposite of forgiveness and it is a continuous anger and bitterness towards somebody or something.

Unforgiveness robs us of our friendships, it steals our joy, it keeps us focused on the past, and it saps our energy to live in the present.

When someone has hurt or disappointed you, the logical response would be to think that you're hurting them by not forgiving them and holding a grudge.

But the harsh truth is that you're actually causing yourself more pain by holding on to the anger, and the person that you wish not to forgive has the subconscious power to control you.

However, you can get disconnected from the power of control when you forgive.

How many saints do you know who pride themselves on how they avoid adultery, fornication, murder and idolatry, only to fall prey to unforgiveness, bitterness, grudges and lovelessness?

How many relationships, friendships and marriages have crumbled and fallen because of unforgiveness? There are too many to count!

Out of all the things that damage relationships, it's usually the small, seemingly minor attitudes that eat away at the foundations until it is too late.

*"Take us the foxes, the little foxes,
that spoil the vines; for our vines
have tender grapes" (Song of
Solomon 2:15).*

The "little foxes" of unforgiveness
will always spoil the tender fruit of
our relationships!

Most sons and daughters are bitter
against absent fathers or negligent
mothers; wives are bitter against
absent or abusive husbands;
fathers are bitter against their own
abusive fathers, turning their rage
against their own families; women
are bitter against men, and
children are bitter against their
parents.

Everyone is holding unforgiveness
against those who have hurt them,
and the resulting bitterness of
heart is eating them up inside!

We are seeing a whole generation of bitter, angry, hard-hearted people boiling over with silent rage and unforgiveness! This is not right.

Unforgiveness is like a cancerous cell. It will start small but if not removed it will spread to all the body parts and kill the person.

You have to get rid of unforgiveness the moment you detect it. This is for your own good and health.

Who are you helping most when you forgive the person who hurt you? Actually, you're helping yourself more than the other person. This is a fact!

Many people ruin their health and their lives by refusing to forgive others thereby taking the poison of malice, bitterness, resentment and unforgiveness.

"Then his master, after he had called him, said to him, 'You wicked servant! I forgave you all that debt because you begged me.

Should you not also have had compassion on your fellow servant, just as I had pity on you?'

And his master was angry, and delivered him to the torturers until he should pay all that was due to him.

"So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses." (Matthew 8:32-35)

The Bible tells us that if we do not forgive people, we get turned over to the torturers.

Who are torturers ? I believe torturers are those who intentionally cause somebody to experience agony. I believe torturers are demons and devils.

I believe bitterness is a spirit and one of the torturers. People who are bitter are hateful, harsh, cynical, and hostile. They are under the influence of the torturers.

There are many other torturers we will discuss in the next chapter that come because of unforgiveness.

If you have a problem in forgiving others or have ever had one, I'm sure you bear witness with what am saying here.

It's torture to have hateful thoughts toward another person rolling around inside your head.

If you refuse to forgive you live your life haunted, abused and ravaged by torturers.

You have to realize that you are helping yourself when you choose to forgive. You'll feel happier and you'll feel better spiritually, physically and emotionally when you choose to forgive and when you are not filled with the poison of unforgiveness.

When you forgive you are also helping the other person who

wronged you by releasing them so God can do what only He can do.

If you are in the way—trying to take revenge or take control of the situation yourself—God has no obligation to deal with that person.

However, if you trust God and choose to forgive, He will take care of the rest.

The act of forgiving is our seed of obedience to His Word. Once we've sown our seed, He is faithful to bring a harvest of blessing to us one way or another.

But if you allow unforgiveness to enter your heart, it erodes your ability to love, bond and trust, making you cold, bitter and hard.

It kills our ability to develop relationships and fellowship with others - even the Lord God Himself!

"But when ye do not forgive, neither will your Father which is in heaven forgive your trespasses" (Mark 11:26).

Many people hold unforgiveness in their hearts in an effort to hurt the one who first hurt them, not realizing that they are the ones who suffer the most!

However, if we want to continue receiving forgiveness of sins throughout our life then God requires that we completely forgive others like He constantly and completely forgives us!

*"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 you"
(Ephesians 4:31-32, NIV).*

When we are not willing to forgive those who have wounded us then we are not willing to allow ourselves to experience God's forgiveness.

"And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses." (Mark 11:25)

One of the weapons of the devil today is unforgiveness; he makes people harbour bitterness in their

minds so he can truncate their destinies.

Unforgiveness is dangerous; bitterness is deadly. Let it go from your heart.

The longer we exist in this destructive cycle of unforgiveness, the more we punish ourselves for things God has long since forgiven and removed from us.

There may be people who have wounded you to such a degree that it is not healthy for you to be in relationship with them.

These are the people with whom you need to establish boundaries that create a safe buffer between your world and theirs.

Yet, for the sake of your own spiritual and emotional health, it is critical that you forgive those people—even when relational reconciliation is not your goal.

Every unforgiven offense is an opportunity for Satan to bring the bondage of bitterness, anger, criticalness, strife, and hard heartedness to you the offended party.

You have to forgive and let go.

There are so many more benefits of forgiveness. Your fellowship with God flows freely when you're willing to forgive, but it gets blocked by unforgiveness.

Unforgiveness is spiritual filthiness, and you cannot worship God in spirit and in truth with it

so get washed in the water of God's Word to forgive and stay clean.

Forgiveness also keeps Satan from getting an advantage over us (see 2 Corinthians 2:10-11).

The book of Mark 11:22-26 clearly teaches us that unforgiveness hinders our faith from working.

The Father can't forgive our sins if we don't forgive other people. We reap what we sow.

Sow unforgiveness and you'll reap unforgiveness, sow mercy, and you'll reap mercy; sow judgment, and you'll reap judgment. So do yourself a favor—and forgive.

Ephesians 4:26-27 tells us not to let the sun go down on our anger

or give the devil any such foothold or opportunity.

Remember that the devil must have a foothold before he can get a stronghold. Do not help Satan torture you. Be quick to forgive.

There are some people who are angry at themselves because of what happened in the past. They can't just forgive themselves.

Constantly they rehearse bad past events in their minds and get more angry, irritated and eventually blame themselves for wrongs done.

Maybe you have been raped, abused, tortured, falsely accused or wronged in any way or the other and still you are hurting inside.

I am sorry for the bad things that happened to you but you don't have to blame yourself anymore for the past events. Forgive yourself and move on with life. You cannot change the past.

Maybe you want revenge so that you'll feel that justice is served. Let God revenge for you.

The Bible says, *"Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord.*

Therefore "If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head." (Romans 12:19-20)

Also there are those who are angry with God. They feel God let them down or God didn't answer their prayers in time and they got so mad at God.

You have to forgive God if you are angry with Him because your life didn't turn out the way you thought it should.

God is always just. He is never wrong. You are the one who thinks He is wrong but the Bible shows us that He is always right. After all He is a holy and a righteous God.

There may be things you don't understand now, but God loves you, and people make a serious mistake when they don't receive help from the only One who can truly help them.

You have to forgive yourself, and you have to forgive God. Do you think God who sent Jesus to die for you will let you down or wrong you ? No, He won't. God is absolutely perfect in all His dealings.

Jesus was nailed to the cross not for anything He did, but for our sins. Yet He cried out, "*Father, forgive them, for they know not what they do.*" (Luke 23:34).

You see, He loves us. He will not let us down. Satan wants you to believe that God let you down when you needed Him the most.

But the fact that you are reading this book is another proof that God didn't let you down.

Unforgiveness always boasts of its own record.

In Luke 15:29, the older brother of the prodigal son says "*These many years I have never done wrong.*" An unforgiving heart always says that I always do good and others do bad.

An unforgiving spirit keeps us from God's best for us. It robs you of many blessings.

I have a friend who was betrayed and robbed of most of his blessings by Satan. He got so angry with God and started to blame Him for his ills.

He said God allowed his material blessings to be stolen and destroyed by the enemy.

For a long time my friend refused to pray, or to fellowship with God. According to him, God was wrong in His dealings with him.

But I had a different opinion. I didn't think God allowed my friend to go through a hard time that he went through. I believed he set himself up and opened a door Satan for rob him of his blessings.

Imagine the case of Job. He lost everything, all his wealth and children but He didn't blame God for it.

Job didn't understand much but he didn't get angry of God for what happened to him.

In Job 3:25-26 we see that Job himself opened the door for Satan to buffet him through fear.

I showed my friend that even though you have lost all your material blessings, he still got his family and intangible wealth (wisdom, ideas, plans, vision, skills, spiritual gifts, etc...) with him.

With intangible wealth you can create even more material blessings than those that the enemy stole from you. (Read my book called "REAL WEALTH" for more light on intangible wealth).

Family is important and we must all be thankful to God for it. My friend had his family and he had every reason to thank God for his wife and kids than to blame God for the ills He didn't do.

Furthermore, do you also know that unforgiveness is always envious, jealous and angry at someone who gets blessed ?

If someone who has hurt you gets a blessing, it grates on you...at least it did for me until I learned how to forgive.

Forgiveness is a decision—not a feeling. You have to always and constantly choose to forgive even before you are wronged.

When you pray for people who have hurt you, it's a choice. But there's healing in that for you.

The Bible says, "*Bless those who persecute you; bless and do not curse.*" (Romans 12:14)

"Bless and do not curse them" means to speak well and not evil of them when that person is not around. And be good to them in various ways as wisdom allows.

CHAPTER 3

DANGERS OF UNFORGIVENESS

*"For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses."
(Matthew 6:14-15)*

Lets now discuss about the dangers of unforgiveness before we

talk about how to be delivered from the spirit of unforgiveness in the next chapter.

Many people are hurting, angry, bearing grudges, keeping malice, backbiting, walking in bitterness, et cetera because they have been offended by someone.

If someone has hurt you, don't spend years of your life hurting yourself by hanging on to that offense. Most likely, that other person isn't even thinking about you, while you dwell on the incident for years. That only hurts you.

Many who have been wronged have made statements like, "I will never forgive", "Over my dead body", etc.

The dangers and consequences of this kind of statements is the subject of this chapter.

I have to let you know that back in the early days of our marriage, when my wife and I were fussing and fuming at each other over every silly and small thing, I would bring up stuff that happened years before we even got married and my wife would say, "Where do you keep all that stuff?"

Well, I kept all that in my heart and it was all in there eating me up.

And every new thing my wife did wrong would get added to this list, and it kept growing until it became a bitter giant in my heart.

That evil giant was to open the door for other tormenting spirits as well! You can see that it's not just about relationships, but about your spiritual and natural health as well!

When you do not forgive, your prayers go unanswered.

If God does not forgive us, how will our prayers be answered and worse still, how do we make it to heaven?

If you do not forgive your love grows cold, your spirit becomes darkened, and every sin you commit goes unforgiven by God until you forgive! Now tell me, Beloved, is it really worth it?

You must learn to forgive quickly. Be it your wife, your friends,

relatives or strangers who hurt you, forgive them today. Don't delay.

Jesus Christ sets no limit to the extent of forgiveness. He admits that there is no wrong so gross or so often repeated that it is beyond forgiveness as we see in Luke 17:4-5,

"Take heed to yourselves. If your brother sins against you, rebuke him; and if he repents, forgive him. And if he sins against you seven times in a day, and seven times in a day returns to you, saying, 'I repent', you shall forgive him"

He also addressed this issue in His response to Peter's question as to how many times will my brother sin against me and I forgive him?

"Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven." (Matthew 18:22).

In Galatian 6:7-8 we are told, "Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap."

Unforgiveness is a seed. When it is sown, it will bear fruits. Usually, the harvest of any seed is more than the seed sown.

Bitterness and spiritual death are lurking around the lives of those who harbour unforgiveness.

If we refuse to forgive, we can expect to go through painful consequences. Negativity will begin to affect other areas of your life, such as relationships, emotions,

attitudes, and even physical health.

Many cases of suicide are as a result of unforgiveness.

Some people refuse to forgive themselves after God has forgiven them. Get rid of it today as tomorrow may be too late. To obey God is better than sacrifice.

Now, let me give you some of the dangers of unforgiveness point by point:

1

*Unforgiveness Attracts
The Ministry Of Tormentors*

Many people are being tormented today because of unforgiveness.

Unforgiveness is a demon. It is a tormentor. Another version of Matthew 18 verse 34 above says *"and His Lord was wrath and delivered him to the tormentors"*.

It's evident that unforgiveness attracts the ministry of tormentors.

Thousands of Christians around the world open the door for Satan to torment them and others through unforgiveness.

Menaces of unforgiveness are very disastrous and needs to be cast out of our lives.

If you do not forgive, you have given yourself to the tormentors to torment you with sickness.

There are so many diseases and sicknesses that come because of unforgiveness.

You have to know the trend. Unforgiveness breeds bitterness and bitterness opens up doors to sicknesses and diseases. You see, it's a process you have to cut.

Hebrews 12:14-15 says,
"Pursue peace with all people, and holiness, without which no one will see the Lord: looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled."

The root of bitterness will cause trouble such as sickness and diseases like cancer, arthritis, ulcers and other different afflictions.

Pain-inflicting demonic spirits are attracted to the one who does not forgive.

I pray for you that it will never be your portion in Jesus' Name.

Forgiveness can destroy sickness while unforgiveness can attract afflictions.

Matthew 18:34-35, says, *"And his master was angry, and delivered him to the torturers until he should pay all that was due to him. So my heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses."*

Some are sick of undetected diseases because they bear grudges and keep malice.

Why die before your time? It is time to let go and let God have His way and heal you.

From my studies and experience, I attribute about 20% of diseases and syndromes to the general effects of our fallen world, such as genetics or environmental factors.

But what is the cause of the other 80% of diseases? I believe they have a spiritual root - Satan and his demons.

Eighty percent is a very big number that shows you that a big chunk of all diseases and syndromes are spiritually related. Therefore, there are 20% that are not.

Our biggest problem is that people want to be healed without getting rid of the sins, such as unforgiveness, that are at the root of the disease.

Forgiveness has to come first. Don't hold on to the wrongs committed by others. Be a doer of the Word. Be a forgiver.

If you don't forgive you will never be healed from that ailment.

A man sick of palsy was brought to Jesus. Jesus looking at him, said the unusual, “...son, *be of good cheer, thy sins be forgiven thee.*”
(*Matthew 9:2*)

The forgiveness of his sins preceded his healing.

In Matthew 6:15, Jesus said, *"But if you do not forgive men for their sins, neither will your Father forgive your sins."*

Forgiving others is one of the major keys to receiving from God.

There was a testimony I read about a woman who was sick and scheduled by his doctor for an operation; the Holy Spirit revealed to the doctor that this woman has refused to forgive someone.

She was confronted by her doctor on this issue. She owned up, repented and forgave those who offended her and immediately she was healed miraculously without the operation. Praise the Lord!

If what is keeping you from your healing is a sin of unforgiveness

wouldn't you want to confess it and move on to a life of wholeness and health? I know you would.

#2

*Unforgiveness Leads
People To Eternal Damnation*

Unforgiveness is a highway to hell fire.

1 John 3:14-15 put it this way,

"We know that we have passed from death to life, because we love the brethren. He who does not love his brother abides in death.

Whoever hates his brother is a murderer, and you know that no murderer has eternal life abiding in him."

One who hates his brother is called a murderer and no murderer has eternal life.

Forgive the person who badly hurt you long ago and also the stranger who did you harm. Forgive quickly. The quicker you do it, the easier it is.

Forgive freely. Matthew 10:8 (AMPC) says, *...Freely you have received, freely give.*

You don't need to be called a murderer just because you are continually holding on to grudges and unforgiveness.

To forgive means "to excuse a fault, absolve from payment, pardon, send away, cancel, and bestow favor unconditionally."

My counsel is, make up your mind never to live in unforgiveness. Receive the grace to forgive people their offenses.

I strongly believe that unforgiveness is one of the sins that lead to death, especially spiritual death. This is because no one enters Heaven with the gall of bitterness and unforgiveness in his heart.

1 John 5:16 says, "If anyone sees his brother sinning a sin which does not lead to death, he will ask, and He will give him life for those who commit sin not leading to death. There is sin leading to death. I do not say that he should pray about that."

The Bible says there is sin leading to death. If unforgiveness brings all those sicknesses and diseases then it leads to death.

"All unrighteousness is sin, and there is sin not leading to death." (1 John 5:17)

Unforgiveness is so deadly. Keeping it in your heart is walking in the highway of death and hell fire.

#3

*Unforgiveness Prevents
Answers To Prayers*

Remember in Matthew 18:35 Jesus said, If you refuse to forgive, your heavenly Father will not forgive you also.

How can God answer your prayer when He has not forgiven you ?

Luke 11 vs 4 says, "*Forgive us our debts as we forgive our debtors*".

You must not continue to refuse to forgive. No matter how big the offence is you have to forgive.

Even if the person who has wronged you has killed your family, forgive. You are not doing it for them *per sé* but for yourself.

If you don't forgive then you are in trouble.

In Matthew 6:14-15 Jesus says, "*For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins,*

your Father will not forgive your sins."

This is very instructive and commanding. God is not begging or pleading with us to forgive. It is a command.

If you refuse to forgive it means God will not forgive you. This is very dangerous for us believers because if God does not forgive our sins we will lose Heaven.

Beloved Heaven is too precious to lose because of temporary emotional dissatisfaction and hurt.

"Pursue peace with all people, and holiness, without which no one will see the Lord." (Heb 12:14)

Moreover, when you stand to pray, first make sure you forgive those

who have offended you; otherwise your prayers will not be answered.

Jesus also said, "Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be reconciled to your brother, and then come and offer your gift." (Matt 5:23-24)

We can see that there are so many people, who are making noise saying they are praying. Why? They are walking in unforgiveness and as a result their prayers do not go beyond the roof.

Why waste precious time praying when your prayers cannot be answered because you have not fulfilled God's condition ? It's time to let go, to forgive and live right.

#4

*Unforgiveness
Brings Discord And
Breakdown Of Relationships*

In Matthew 18:15, Jesus said you are the offended person go even farther to seek to bring the wrongdoer to repentance.

“Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother.

But if he will not hear, take with you one or two more, that ‘by the mouth of two or three witnesses every word may be established.’

And if he refuses to hear them, tell it to the church. But if he refuses even to hear the church, let him be to you like a heathen and a tax collector." (Matthew 18:15-17)

You are to carry out your pursuit to the point of making every reasonable effort to win the wrongdoer, with the objective of gaining him for the Kingdom.

Jesus doesn't want anyone to perish. If it is possible and if it's wise then seek to restore your relationship with the wrong doer and win such to Christ.

This is the extent to which God goes to win a soul, by sending His only begotten Son, Jesus Christ to die for our sin to reconcile us back to Him.

There are so many marriages that broke down because of unforgiveness. Everywhere people are divorcing because of unforgiveness.

You can now see that unforgiveness is that little unseen demon that has crept into houses and destroyed them.

Suddenly the wife doesn't want to stay anymore with the husband because of what he did. She cannot forgive him for it and she has made up her mind to leave, and the home is finally wrecked off.

Who will suffer when the marriage breaks down ? All the family members, the husband, the wife, and the kids and even the relatives

will all suffer emotionally, and even physically.

Who caused this divorce ? The little foxes, the little demons of unforgiveness.

Marriages will be great if both parties learn to live by the Word of God and to forgive one another even seventy times seven per day!

#5

*Unforgiveness
Can Lead To Backsliding*

If you refuse to forgive this can lead you to fall short of the grace of God.

When you fall short of God's grace it means that backsliding has set in. This can be very dangerous.

The Bible says, "Pursue peace with all people, and holiness, without which no one will see the Lord: looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled." (Hebrews 12:14-16)

The root of bitterness leads to malice then hatred and finally to revenge. A classical example is Cain with Abel in Genesis 4:1-9.

Cain was bitter against his young brother and he killed him.

But despite being the victim of jealousy, evil intentions, malicious plotting, and selfish disregard, Joseph had an attitude of

forgiveness that is uncommon and hard for many of us to imagine.

"When Joseph's brothers saw that their father was dead, they said, "Perhaps Joseph will hate us, and may actually repay us for all the evil which we did to him."

So they sent messengers to Joseph, saying, "Before your father died he commanded, saying,

"Thus you shall say to Joseph: "I beg you, please forgive the trespass of your brothers and their sin; for they did evil to you." ' Now, please, forgive the trespass of the servants of the God of your father." And Joseph wept when they spoke to him.

Then his brothers also went and fell down before his face, and they

said, "Behold, we are your servants."

Joseph said to them, "Do not be afraid, for am I in the place of God?"

But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive.

Now therefore, do not be afraid; I will provide for you and your little ones." And he comforted them and spoke kindly to them." (Genesis 50v15-21)

Joseph was now the Prime Minister of Egypt. He had all the power to revenge what his brothers did to him.

But by responding politely to them, he demonstrated that he was a Godly man who understood how to let go of resentment and grab hold of forgiveness.

Joseph kept on with God and even reconciled with his brothers who sold him to Egypt as a slave. He had a forgiving heart.

#6

*Unforgiveness Causes
Your Offerings To Be Rejected*

The condition for God to accept our offering is a forgiving heart.

"Therefore if you bring your gift to the altar, and there remember that your brother has something against you, leave your gift there before the altar, and go your way. First be

reconciled to your brother, and then come and offer your gift." (Matthew 5:23-24)

God is more interested in our life than in our offerings.

According to this passage in Matthew 5:23-24 above, the Lord Jesus said before you bring your offerings to God make sure you have settled all issues of offense and reconciled; otherwise that offering is just a waste.

I see many believers struggle financially even though they give. They pay their tithe fully, and serve in the house of God but still struggle financially.

Most of them are struggling financially because they refuse to forgive. All their offerings are as if

they are putting it in a basket with holes in it.

There are no returns on their seed sown because their offerings have been rejected.

They need to forgive first and have an acceptable heart.

#7

Unforgiveness Causes Sicknesses And Diseases

Unforgiveness is when you are unwilling to forgive someone for hurting, betraying, breaking your trust or causing you intense emotional pain.

Many have found themselves in this state. They don't want to forgive and they think by refusing

to forgive they are punishing the one who wronged them.

But the truth is refusing to forgive is detrimental to your health. It causes diseases and sicknesses.

Forgiving is highly recommended, as there are various researches that have been carried out which shows that unforgiveness causes health issues including:

Cancer - 61% of cancer patients have forgiveness issues. They keep asking God for healing yet they don't want to forgive. It won't work that way.

Anger issues - Anger is a strong feeling of displeasure, hostility or antagonism towards someone or something, usually combined with an urge to harm.

Unforgiveness makes one to always stay angry. People who often get angry for any reason have issues associated with unforgiveness and they usually suffer from Blood Pressure and heart diseases.

Low self-esteem - lack of self-love stems from not forgiving your self or self-acceptance.

Bitterness - those who cannot forgive will get bitter and bitter and increase the risk of depression, BP, Heart attack, cancers, and other various types of diseases associated with it.

Also those with the issue of harbouring unforgiveness in their hearts sometimes they live in constant worrying and increase

the risk of sleep deprivation and anxiety.

An unforgiving person will always attract dangerous evil spirits that will damage his life, relationships and health system.

CHAPTER 4

FORGIVE

"Take heed to yourselves. If your brother sins against you, rebuke him; and if he repents, forgive him. And if he sins against you seven times in a day, and seven times in a day returns to you, saying, 'I repent,' you shall forgive him."
(Luke 17:3-4)

I know that to many people especially Christians, forgiving others is a difficult thing to do. But I want you to know that it is possible.

In chapter one we saw how a certain master forgave his servant ten thousand talents and the same servant refused to forgive his fellow servant only one pence.

We also saw how Jesus commanded that we should forgive seventy times seven ($70 \times 7 = 490$ times).

Jesus told us to do it because He knew we can. He knows we have the Holy Spirit in us who can help us to release people from our hearts and forgive them.

Make up your mind to always and easily forgive and forget every little offence.

Train your heart to always reject hatred and bitterness and to retain forgiveness.

Learn to pray fervently for the one you find difficult to forgive. Job prayed for his friends (turned enemies) before God could turn his captivity. (Job 16:20)

Also learn to say sorry and take sorry for offence committed against or by you.

Ask God to forgive you also. We sin if we do not forgive others.

The spirit of unforgiveness is a cheat. It will short-circuit God's blessings in your life and harms

your relationship with God and others.

My friend you owe it to Jesus to forgive.

Why not make a bold step to forgive that fellow who offended you so that doors of breakthrough, good health, fruitfulness etc will be opened to you.

If you ask me, I think forgiveness actually gives one peace of mind.

It's not an easy task trying to keep up with being angry at someone. It's a hell of a job, and the energy wasted in such can be used in more useful and productive endeavours.

You should forgive people today so that you will enjoy answers to your

prayers, freedom from tormentors, freedom from demonic oppression in dreams, diseases and sicknesses.

If you forgive you'll not be called a murderer, but you kill the attitude of hatred, you stop sinning, and you'll make Heaven.

Do you know that there many people who look successful to the world, but deep inside, Christ's peace is absent ?

They are hurting and struggling with unforgiveness. They have been robbed of joy and contentment by the spirit of unforgiveness.

How do you know if you need to forgive?

My friend you need to forgive if you find ourselves thinking about an offense with no outside prompting. In other words, you bring up the subject to others or to yourself for no apparent reason.

If you are like that you need to forgive because the spirit of unforgiveness is oppressing you.

You don't need anyone to deliver you. The moment you forgive that spirit of unforgiveness will leave you.

You know forgiveness has taken place in your life when you no longer dwell on the offense and when you stop bringing up the offense to the offender, others or yourself.

1 Corinthians 13:4-5 (CEV) says,
*"Love is kind and patient, never
jealous, boastful, proud, or
rude. Love isn't selfish or quick
tempered. It doesn't keep a record
of wrongs that others do."*

I have studied materials by
authors like Dr Kate Megase,
Joyce Meyer, InTouch Magazine,
SteemIt, etc and discovered that
for one to fully forgive there are
steps to take.

*Step # 1
Decide*

When you feel that you have been
hurt intensely by someone close to
you, it's very hard to even begin to

consider forgiving them, as you want them to feel the pain.

However, the first step is to release the emotional pain by making a conscious decision to forgive and let go.

This process may take time, due to different emotions that you have to process.

Letting go of the baggage is what you must decide to do.

True forgiveness is when you forgive and forget. Even if it is a struggle to forget, it's very important to forgive by letting go of the emotional pain that has been caused. Take responsibility for that part that you played.

If we have really forgiven someone, or covered it in love, we will not brood about it. Forgiving is a type of forgetting.

Jeremiah 31:3...declares the Lord, *“for I will forgive their iniquity, and their sin I will remember no more.”*

Isaiah 43:25 *“I, even I, am the one who wipes out your transgressions for My own sake, And I will not remember your sins.*

You can never control anyone, the only person that you can control is yourself.

Taking responsibility for how you allowed someone to hurt you, enables you to set boundaries so you don't put yourself in the same situation again.

Step #2
Forgive Yourself

It's easier to forgive others when you learn to forgive yourself.

No one can truly hurt you deeply unless you allow them. Sometimes it's easier to blame others for causing you pain.

However, the depth of the pain depends on the boundaries that you set within all your relationships.

Forgive yourself for allowing others to treat you with disrespect or emotional pain.

Step #3 *Awareness*

Be aware of the negative emotions that you feel towards the other person including anger, bitterness, hurt, hatred, and jealousy.

Awareness will help you to acknowledge the need to forgive.

Holding on to the negative emotions is highly toxic and not good for your health.

Step #4 *Acceptance*

You don't need to make excuses for the person that hurt you. Even if you don't want them back in your life, it's essential to accept

how you feel and the fact that you can't change the past. Learn from the experience and move on.

Sometimes we have to go through negative and painful experiences to learn some life lessons, which helps to develop ourselves.

In every negative experience, it's very important to ask yourself, what lessons you have learnt. This will enable you to avoid repeating the same thing over and over again.

If you keep doing the same thing and don't learn from the painful experiences then you will experience the same thing (pain) in your life.

Life is like a classroom and people are teachers, and they come into

our lives to teach certain things about ourselves. So take the time to learn the lessons regardless of how painful it may be.

Step #5
Talk About It

When you feel ready to forgive, make arrangements to contact the person that has hurt you and express yourself. Talking things over helps you to let go.

If you have decided that you no longer want to have the person that has hurt you back in your life, then that is fine. You can call or write a letter to that person and let them know.

If the person doesn't want to hear from you anymore, just write the letter and burn it. Writing helps to get rid of any negative suppressed emotions.

Once you have done all that begin to bless and do not curse them (Romans 12:14) .

In the Greek to bless means "to speak well of" and to curse means "to speak evil of."

You can't walk in forgiveness and be a gossip. You must stop repeating the offense.

You can't get over it if you continue to talk about it. Proverbs 17:9 says that he who covers an offense seeks love.

God will help you to forgive anyone who wronged you if you ask Him. The steps above are useless if God is not involved.

1. Ask God to deal with every root of bitterness in your life.
2. Decide to forgive everyone who has offended you.
3. Develop the habit of forgiving everyone even before the offence is committed.

In conclusion, I want to encourage you to make a decision to start living a lifestyle of forgiveness and refuse to be offended.

Offenders will always come as long as you are in this earth so you have to constantly refuse to be offended.

Live a forgiving lifestyle that helps you to become more like Christ.

As you learn the importance of forgiveness and begin to practice forgiving others, your heart will heal from bitterness, and your personal growth will lead you to the promotions God has planned for you. Amen!

Thank you for reading this book. I believe it has helped you to forgive and forget.

God bless you!