

Remnant Life Church  
June 9, 2013  
Luke 7:41-50

## Unforgiveness – Unnecessary Chains

### The Heart of the Matter

Freedom from the hurt, woundedness and pain of the past can only come when I learn to accept, embrace and offer forgiveness.

### **3 elements of forgiveness – (numbers matter to God)**

1. God's forgiveness – **accept**
  2. Forgive myself – **embrace**
  3. Forgive others – **offer**
- We are comprised of three primary components – body, soul (mental/emotional) and spirit
  - They are separate while at the same time interconnected

Unforgiveness impacts –

1. **physiology**
2. **mental**
3. **spiritual** - (Keep this verse in mind...)

*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.*

**Matthew 6:14-15**

As Christians we **MUST** come to the place of understanding that forgiveness is **NOT** an option that we can choose or reject.

How is it that unforgiveness impacts us so negatively?

- It keeps us in a time, a place or at an event in our lives and never allows us to leave.

- i. Two places where the greatest wounding occur are the **home** and the **church**
- ii. If we remain there, we can never fully come into the present preventing us from being all that God wants us to be.
- iii. We also continue to relive the moment (movie screen in our minds) increasing its hold in our lives. (*Eagle's claws*)
  1. The body reacts to the unforgiveness and can set us into places of sickness
    - a. Fight or flight
    - b. Adrenal gland – located atop the kidneys secretes adrenaline
      - i. Elevates the heart rate
      - ii. Increased blood pressure
      - iii. Muscles are energized
      - iv. A constant state of this over time is harmful to the body
  2. The mind is affected
    - a. Lowers the cognitive brain function
    - b. Problem solving effected
  3. The spirit is in disobedience when not forgiving and the enemy keeps it enflamed (how?)
- iv. Satan tries to keep us there by telling us:
  1. You should not still be making such a big deal about this – get over it! (Shame)
  2. You are the only one that is struggling with this. Everyone else knows how to “forgive and forget.” (Weak)
  3. If you forgive, you may be vulnerable and it will happen again. (Isolation)
  4. You deserve your revenge. (Disobedience)

- The length of time in my past that the event occurred does not lessen the hold it has over my life. (time does NOT heal all wounds)
- **Unforgiveness acts as a place of holding for fear, anger and immaturity.**

- Holding on to unforgiveness is like you **drinking poison** in the hope that your enemy will suffer and die.

### Why is forgiveness so difficult even for Christians?

- Man's forgiveness is a conscious act with deliberate intent based on "what's fair?" (Equal injury; eye for an eye...Ex., Levit., Deut.)
  - i. Our entire legal system is based on this question
  - ii. Even in "victory" the root of the issue is not resolved – *getting even is NOT forgiveness*
  - iii. True forgiveness eliminates the question of fairness
- BUT...God's very nature is forgiveness
  - i. Demonstrated by Jesus in **Luke 7**
    1. Simon and the woman wiping Jesus' feet
    2. 2 men owing more than they can pay
  - ii. **John 8:3-11**
    1. The woman caught in adultery
    2. Jesus knew the hearts of the accusers
  - iii. We need to understand that God's definition, capacity and desire to forgive is not the same as ours.
    1. **Matthew 18:21-35** – Peter asks how many times he should forgive.
    2. V. 35 – *"This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart."*
- Forgiving someone does not "let them off the hook" or absolve them of the consequences
- Forgiveness is not just saying the words "I forgive you"
  - i. It must be walked out every day
  - ii. It is nurtured by my feelings, thoughts and actions

### How do I break free?

- **Humble myself** – admit my need for Him in my life (**Jas. 4:10**)  
*"Humble yourself before the Lord and He will lift you up."*

**Jas. 4:6** “God opposes the proud but gives grace to the humble.”)

- **Confess my sin and repent** (I **John 1:9** “If we confess our sins...”) – this is about me and my choices
- **Believe God’s promises** (**John 10:10** – “I have come that you may have life and have it to the full.”)
- **Change the way I live my life to reflect what God has done** (**John 13:34-35** - “A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”)

***Accepting God’s forgiveness is the only thing that can enable me to embrace it for myself and then offer it to others.***

### Final Thoughts

- It must be given freely and willingly
- Is an act of biblical obedience (earlier verse)  
*<sup>14</sup> For if you forgive other people when they sin against you, your heavenly Father will also forgive you. <sup>15</sup> But if you do not forgive others their sins, your Father will not forgive your sins.*  
**Matt. 6:14-15**
- It takes walking through and out of – the enemy will continue to tell you the lies that have kept you bound
- It WILL free you from the bondage of the past.

Heavenly Father, today I want to be free from the bondage of unforgiveness. I confess my sin and my part in this to you and I ask for your forgiveness. And now, through the power of the Holy Spirit and by the shed blood of Jesus Christ I forgive and release \_\_\_\_\_.

I lay down every hurtful thought, every painful memory every thought of vengeance at the foot of the cross. I will **never** pick it up or bring it into my life again. I ask you to guard my heart and my mind protecting me from the lies of the enemy. I pray blessing not cursing over them. I pray abundant life for them. I pray your grace and mercy over their lives. And I am leaving this place today FREE from the bondage of unforgiveness ready to be used of you as a clean vessel to your glory and honor. Thank you for setting me free! In Jesus mighty name I pray. AMEN!