

## **FORGIVE FOR GOOD**

To Forgive Divine - Part 6 of 6

Sharon Meade 2/20 & 2/21/10

*“Hear my cry, for I am very low. Rescue me from my persecutors, for they are too strong for me. Bring me out of prison so that I can thank you.”*  
Psalm 142:6-7 (LB)

### **BENEFITS OF UNLEASHING UNFORGIVENESS**

#### **I. Unleashing Unforgiveness Free's Me Emotionally.**

*“Mary arrived where Jesus was, and as soon as she saw him, she fell at his feet. “Lord,” she said, “if you had been here, my brother would not have died!” Jesus saw her weeping, and he saw how the people who were with her were weeping also; his heart was touched, and he was deeply moved...and Jesus wept.”*  
John 11:32-35 (GN)

*“Resentment kills a fool, and envy slays the simple”* Job 5:2 (NIV)

#### **II. Unleashing Unforgiveness Free's Me Relationally.**

*“Then the Lord God said, ‘It is not good for man to live alone. I will make a helper suitable for him.’”*  
Genesis 2:18 (NIV)

*“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”*  
Ephesians 4:32 (NIV)

*“Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.”*  
Colossians 3:13 (NIV)

*“A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another.”*  
John 13:34-35(NIV)

#### **III. Unleashing Unforgiveness Free's Me Physically.**

*“A heart at peace gives life to the body...”* Proverbs 14:30 (NIV)

##### *Stanford University Study*

- A recent study showed that giving up grudges can reduce chronic back pain.
- Another found that forgiveness limited relapses among women battling substance abuse problems.
- A more intriguing project explored how just thinking about empathy and reconciliation sparks activity in the brain's left middle temporal area suggesting we all have a mental forgiveness center just waiting to be tapped.
- It also stated that letting go of a grudge can slash one's stress level by up to 50 percent.
- Volunteers of that study have shown improvements in energy, mood, sleep quality and overall physical vitality.

*“Therefore confess your sins to each other and pray for each other so that you may be healed...”*  
James 5:16 (NIV)

#### **IV. Unleashing Unforgiveness Free's Me Spiritually.**

*“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 (NIV)