

# Power to forgive

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## Power to Forgive

1. Why is it important to forgive?

It is killing us!!!

**Karl Menninger, the famed psychiatrist, once said that if he could convince the patients in psychiatric hospitals that their sins were forgiven, 75 percent of them could walk out the next day!**

"He who opts for revenge must first dig two graves."

## Power to Forgive

### 2. What are some of the results of unforgiveness?

#### 1. It affects us physically.

It can cause physical sickness like headaches, stomach aches, back pain, arthritis, affects the blood flow to your heart, and digestion, you become more vulnerable to infections, diseases and malignant tumors.

It causes confusion, memory loss and the inability to think clearly to make good decisions.

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## Power to Forgive

### 2. What are some of the results of unforgiveness?

#### 2. It affects us emotionally.

- We dwell on the negative events, and negative images of the person...
- We may feel compelled speak of the conflict
- We can become bitter, and depressed
- We withdraw from others... and get angry and upset easily

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# Power to Forgive

## 2. Results of unforgiveness?

### 3. It affects us spiritually.

- We feel separated from God and it is difficult for us to hear God's voice our prayers may not be answered
- We are plagued with spiritual pain and anguish and feel isolated from others.
- We withdraw from others... and get angry and upset easily
- When we judge others the judgement that we make causes us to fall under a curse... The curse brings torment and suffering. "Judge not,...) Dad
- When we do not forgive we become joined to the other person spiritually and this causes us to become like them.
- We are held back from understanding and walking into our destiny

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## 3. What is the reason forgiveness is so hard?

### 1. Only God can help us to forgive...

- To err is human; to forgive, divine. ([Alexander Pope](#))
- We are not able to forgive on our own strength...

You can say that you forgive all you want but saying it, thinking it or even trying to believe it will not necessarily enable us to forgive. All forgiveness comes from God

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## Power to Forgive

### 3. What is the reason forgiveness is so hard?

#### 2. When we are hurt because of the actions of others we experience emotional pain. This pain then controls and drives our feelings...

When we have negative experiences they cause wounds. These wounds cause trauma. Trauma creates a cycle of pain.

The problem with Trauma is that I can try all I want to forgive but if I have emotional pain, I will have a very difficult time doing it...

It is helpful to look at how trauma affects us...

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## Power to Forgive

创伤的定义...

希腊文 - *traûma* = 伤口

是一种“心灵的伤口，不愉快的经历，这会导致异常应力”

任何严肃的对身体造成伤害，往往导致暴力或意外。

导致心理伤害的情感伤痕。

事件造成了很大的困扰。

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Definition of Trauma...

Greek traûma wound

It is a "psychic wound, unpleasant experience which causes abnormal stress"

- Any serious injury to the body, often resulting from violence or an accident.
- An emotional wound leading to psychological injury.
- An event that causes great distress.

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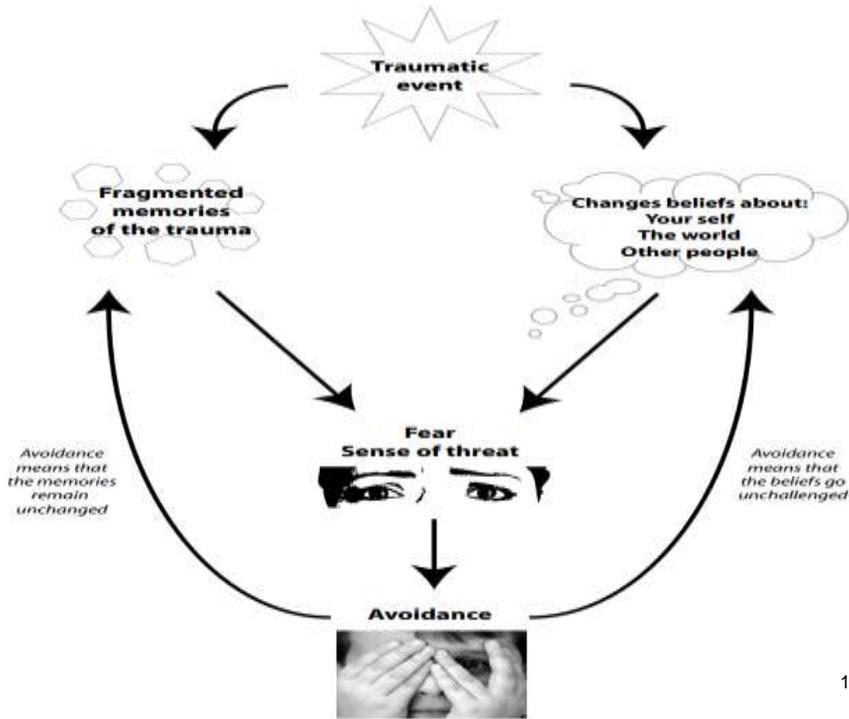
# Power to Forgive

To understand how emotional pain works it is helpful to look at PTSD - Post Traumatic Stress Disorder

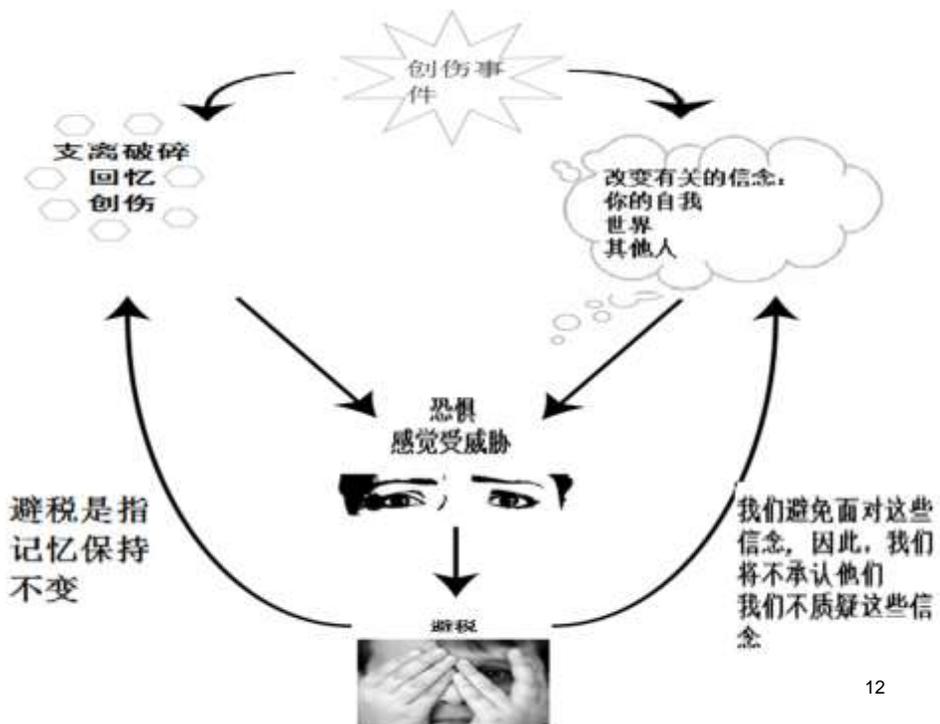
创伤后应激障碍，可以帮助我们了解创伤

创伤后应激综合征

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## Power to Forgive

触发事件：

创伤→恐惧焦虑→控制→失去控制的恐惧→恐慌→创伤。

Trauma → Anxiety → Fear → Control → The fear of losing control → Panic → Trauma.

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## Power to Forgive

Your present becomes your past, which is called post-traumatic stress syndrome

This means that something triggers your memory and you relive the trauma in the form of recurring memories, flashbacks or nightmares known as re-experiencing...

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## Power to Forgive

- 1. We get power to forgive by receiving Christ's forgiveness...**



## Power to Forgive

以賽亞書 53:4 他诚然担当我们的忧患，背负我们的痛苦；我们却以为他受责罚，被 神击打苦待了。5 哪知他为我们的过犯受害，为我们的罪孽压伤。因他受的刑罚，我们得平安；因他受的鞭伤，我们得医治。6 我们都如羊走迷；各人偏行己路；耶和華使我们众人的罪孽都归在他身上。

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## Power to Forgive

Yet it was our weaknesses he carried; it was our sorrows that weighed him down. And we thought his troubles were a punishment from God, a punishment for his own sins.

5 But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.

6 All of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the Lord laid on him the sins of us all.

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Praying for this Session on forgiveness...

Release the Spike...

A spike is a sharp pointed piece of metal...



- Let's return to the theme of our message today...
- Trauma is a wound... More than 2000 years ago Jesus died on the cross.
- There is no pain that you experience that Jesus did not experience... People rejected Jesus, they abandoned Jesus, they mocked him, they betrayed him... Jesus knows the wounding of your heart and the pain that you feel in your spirit.

- However Jesus did more than that... He did something to solve our pain. He took all our wounds and pain on the Cross.
- He was wounded for you and me... The spikes that were driven into his hands were meant to bring death, but they became instruments of the salvation of all mankind...

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## Power to Forgive

When Jesus died on the cross not only did he die for you and me but he imparted to each person who receives him the power and authority to forgive those that have hurt us...

When we forgive others we stop being a victim and we begin to become a victor...

Instead of being a loser we become a winner.

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## Power to Forgive

We don't have the strength to forgive but when I accept Jesus he lives inside of me and gives me the power to forgive...

以弗所書 1:7 我们藉这爱子的血得蒙救赎，过犯得以赦免，乃是照他丰富的恩典。

**Eph. 1:7** In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace

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## Power to Forgive

**What are the steps to forgiveness:**

**First step is to ask Jesus to come into your heart and ask him to forgive you your sin...**

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約翰一書 1:8-9 我们若说自己无罪，便是自欺，真理不在我们心里了。<sup>9</sup> 我们若认自己的罪，神是信实的，是公义的，必要赦免我们的罪，洗净我们一切的不义。

**1 John 1:8-9** If we claim we have no sin, we are only fooling ourselves and not living in the truth. <sup>9</sup> But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

*Pray with me now to receive Jesus...*

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## Power to Forgive

**The next step in forgiveness is to let Jesus come and heal your heart and bring his truth to your painful experience.**

**We are not healing the memory... We are asking God what the real truth is about the experience that we had.**

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During the next several moments I would invite you to ask Jesus to come into your life and forgive your sins.

As we do this God is going to reveal to you people that you need to forgive.

I am going to pray and ask God to bring back the memories of the painful experiences

As God does this we are going to ask you to

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## Power to Forgive

1. We allow ourselves to experience all the emotions of the moment. We are not reliving the memory we are remembering it.
2. We express our pain and hurt to God.
3. We ask Jesus to reveal the lies
4. We repent of any sin and ask Jesus for His truth about the situation.
5. We are then set free to forgive the other person.

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# Power to Forgive

Lord, thank You for speaking to my heart about getting rid of bitterness, unforgiveness, and offense. I know from experience that these attitudes will kill my spiritual life.

When I am filled with bitterness and unforgiveness, I become a sour hostage to my memories. When I am consumed with offense, I lose my joy and peace and my relationships with other people are horribly affected.

I thank You for giving me all the faith I need to deal with this issue, Lord. Today I am asking You to help me start the process of ripping those foul roots out of the soil of my heart and soul.

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## PRAYER FOR TRAUMA:

Lord Jesus I ask that by the power of the Holy Spirit you would remove from my body all natural shock, trauma, fear and terror from:

The cells of my body

My skin

My organs

My muscles, ligaments, tendons, joints, cartilage, bones and bone marrow

My blood stream and my DNA

My nervous system from the stem of my brain to my nerve endings. I ask the Lord Jesus that you would pour your oil of healing into my nervous system

My mind, on the conscious level, the subconscious level and the unconscious level

My emotions, my will, my identity, and my spirit

All non-cognitive and pre-verbal memories

All cognitive and verbal memories associated with this shock, trauma, fear and/or terror.

I ask Lord Jesus that you would receive all the silent screams from my body. I ask that you would turn off the fight and flight response that has been activated by the shock and trauma from this event and that you would restore the fight and flight response to your original design within me.

I ask Lord Jesus that you would restore my brain to its natural homeostasis<sup>3</sup> and that you would establish new neurological connections within me to the joy center.

Lord Jesus I ask that you would fill my cells with your peace, your love, your joy. I invite your presence. Please bring my body to a place of rest and fill these areas that you have cleansed with your Holy Spirit. I ask all of this in Jesus holy name, amen.