

We Are a 3-Part Whole



We are **spirit**, have a **soul** and live in a **body**

Dear people of God,

All of us daily go through offences, anger and unforgiveness against our family members, Church members and friends from office, ministry, people we have a relationship etc.

Most of us carry these offences till we die and don't even recognize that unforgiveness that stems from offences and anger is an emotion within our souls. A very strong emotion which unaddressed and confessed to God-causes wounds in our souls. These wounds secrete a spiritual puss which then flows through the Central nervous system in to almost every organ in our body part, tissue, ligaments, muscles, nerves, vertebra, skin bone, cells ,sexual organs and cause havoc and body afflictions such as cancer, arthritis, Parkinson's , migraines ,strokes and even the immune system to crash. (the common cause for the Covid virus to invade our bodies and life)

Unforgiveness is the key to inner healing and goes hand in hand with repentance. I pray this study, which I will present in two parts, will help you to address your offences, anger, bitterness and find inner healing, life and a new chapter in your lives.

Gods Blessings

Ps Hilda

Healing is possible when emotional wounds and soul wounds like unforgiveness is addressed, surrendered to Jesus Christ and end the journey of afflictions one experiences.

HOW DOES ONE FORGIVE?

1. To be able to forgive let's understand what forgiveness all is about. Forgiveness has many facets like the facets of a diamond.



If you can picture forgiveness just like this diamond (metamorphically) – it has many facets. Some of these are: Kindness, meekness, humbleness, compassion, mercy, self-control, thankfulness, gratitude, patience, long suffering, peace, contentment, and LOVE. I will attempt to give you a glimpse of each of these facets in one sentence or two. Meditate and apply one by one of these into your soul and forgiveness will just begin to flow, to have and to hold. Here are some facets:

KINDNESS: Is the quality of being warm hearted and considerate, humane, and sympathetic.

MEEKNESS: Is to be gentle, kind humbly patient or docile under provocation from others.

HUMBLENESS: Is having or showing a modest or low estimate of one's importance.

COMPASSION: A feeling of deep sympathy. Empathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.

MERCY: Compassionate treatment, especially of those under one's power; clemency.

SELF CONTROL: Is the ability to regulate one's emotions, thoughts, and behaviour in the face of temptations and impulses.

THANKFULNESS: Is expressing gratitude and relief. Inventory of all what you have/be blessed with.

GRATITUDE: The quality of being thankful; readiness to show appreciation for and to return kindness. It helps overcome shortcomings from others.

PATIENCE: The capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious.

LONG SUFFERING: Is - patiently enduring lasting offense or hardship.

PEACE: Peace is a concept of societal friendship and harmony in the absence of hostility and violence. Enables to extend love.

CONTENTMENT: a state of happiness and satisfaction that can extend shortcomings of others.

LOVE: Love is considered to be a positive with its virtue representing human kindness, compassion, and affection. Bearing, overcoming, overlooking all wrong.

2. It helps when there is a motivation. In my case my ultimate level of forgiveness to be able to want to erase all memories, love and bless the person who caused grief, pain of mind and anger began with a journey that involved my deep love for my grandson.

3. Recognise that it takes two people to create or bring about a situation of strife. Which ultimately damaged you and has this unforgiveness within you. Nevertheless, you must accept you had a part to play in being involved with the person who has caused you pain of mind.

4. First forgive yourself for giving this chance of being hurt. Perhaps you were too kind, perhaps you expected something in return for your kindness, perhaps it could be your confrontation and using words that could have offended the other person to work against you, defile you or cause brokenness. Address the victim spirit that torments you. Holding a grudge, refusing to let go of bad feelings, constantly thinking about and seeking revenge for real or perceived harms exacts a tremendous toll, physically, emotionally, and spiritually. On the other hand, when we release the baggage of negativity and forgive others, we're set free from that toxicity. Feelings of hurt, helplessness and anger naturally dissipate – whether the person forgiven forgives in turn or even knows they've been forgiven.

5. Then go to God and cry out your pain. If you are unable to go to God directly yourself, approach a friend, councillor, Pastor or a ministry of reconciliation-talking/sharing brings healing. Writing down the hurtful experience also helps.

6. The healing power of forgiveness is the key to peace, health, and happiness. Certain people deemed "unworthy" of forgiveness such as murderers, rapists, ex-spouses, parents, bad children, etc. are often excluded as candidates for unforgiveness. But **No person is innately bad in the sight of God.**

7. Healing Yourself is all about: Forgiving others for your own good. Stop allowing yourself to be the victim. Repeat positive affirmations to yourself.

Express your feelings. Revisit the past for positive reasons and journey to bless the offender.

8. Find a way of not re-living, remembering, revivifying the words, the incidents, the offences over and over again in your mind. Stop talking about it to others. This only helps to open the gates of the demons of unforgiveness to re-enter, rob, steal and destroy your peace and happiness.

9. Let go of resentment- What is resentment? a feeling of indignant displeasure or persistent ill will at something regarded as a wrong, insult, or injury. So how do we let go?

Obey the commandments of being non-judgemental, critical, forgiving, blessing the offender.

● Engage in some physical activity like exercise to release you from stress and anxiety.

10. **Unforgiveness is a strong negative emotion** which causes damage only to you. You actually inhale the poison and hope the enemy would die. Identify the poison within you and seek inner healing -specially of memories. Not only from the conscious mind but unconscious mind where memories are buried. Apply the blood of Jesus to all areas of your mind

11. **When you love God, you will want to please Him.** Forgiveness and above this to LOVE the offender and bless them abundantly as this pleases God. It is a commandment that encompasses the first and second profound commandments He has given us through Jesus Christ. It opens supernatural doors and a fountain of miracles.

12. Write a letter to the person who hurt you: 1) tear the letter and burn it. The process is cathartic.2) or place the paper in the Bible for the Lord to take over.3) wait on the Lord & write down what is on the mind and of hurts and offences. Listen to promptings for solutions.

13. Finally, I take all those who have hurt me to the Throne of Grace. Forgiveness helps the offence to have no power over you.

Forgiveness sets me free and stops me from being captive to my hurtful thoughts and hurts.

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