

## Freedom from Self-Unforgiveness - Part 2

### Part 1

#### A. Forgiving Others and Yourself Brings Freedom.

1. Matt 6:14-15 says, “<sup>14</sup> For if you forgive men their trespasses, your heavenly Father will also forgive you. <sup>15</sup> But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”
2. Luke 6:37 says, “Forgive and you shall be forgiven.”
3. Mark 11:25-26 (AMPC) says, “<sup>25</sup> And whenever you stand praying, if you have anything against anyone, forgive him and let it drop (leave it, let it go), in order that Your Father who is in heaven may also forgive you your [own] failings and shortcomings and let them drop. <sup>26</sup> But if you do not forgive, neither will your Father in heaven forgive your failings and shortcomings.”
4. Therefore, sow forgiveness and reap forgiveness.
  - a. Do not sow unforgiveness so you will not reap unforgiveness.
  - b. The Parable of the Sower (in Matt 13:18-30) teaches to sow good seed to reap good fruit.

#### B. Avoid the Bondage of Unforgiveness

1. Unforgiveness is sin, which hinders your prayers. 1 Peter 3:7; Col 3:19
2. Unforgiveness can result in being kicked out of the church away from God’s protective covering into the devil’s realm. Matt 18:16-20
3. Unforgiveness can cause the person to be turned over to satan for the destruction of the flesh. 1 Cor 5:5
4. Unforgiveness and Self-unforgiveness brings tormentors. Matt 18:35
 

a. Self-injury	g. Self-hatred
b. Self-deception/denial	h. Self-rejection
c. Self-justification/defensiveness	i. Self-condemnation
d. Self-esteem/unworthiness	j. Self-neglect
e. Self-centeredness	k. Self-sabotage/opposing myself
f. Selfishness	l. Self-punishment

#### C. The Importance of Forgiveness

1. If you confess your sins, [God] forgives you of all sins. 1 John 1:9
2. Forgiveness restores relationships. Matt 18:15(AMPC)
  - a. If your brother wrongs you, go and show him his fault, between you and him privately. If he listens to you, you have won back your brother.
3. Forgive 70 times 7 and debts will be forgiven. Matt 18:21-35
4. When forgiven, forgive others from your heart. Matt 18:23-36
5. Forgiveness is the prerequisite to healing. Matt 9:5; Ps 103:3
  - a. The paralytic received forgiveness and got healed. Mark 2:1-12

6. Eph 4:31-32 says, “<sup>31</sup> Let all **bitterness, wrath, anger, clamor (shouting), and Evil speaking** be put away from you, with all malice. <sup>32</sup> And be kind to one another, tenderhearted, **forgiving one another**, even as God in Christ forgave you.”

### **PRAYER TO FORGIVE OTHERS**

Heavenly Father, in the Name of Jesus, I confess and repent of the sin(s) of: \_\_\_\_\_ (Example: *Being offended, being in unforgiveness, saying negative things, being angry or upset, etc.*) In the Name of Jesus, according to First John 1:9, thank You, Lord, for forgiving me and cleansing me of all unrighteousness and helping me not to do this sin(*or these sins*) again. In the Name of Jesus, I forgive \_\_\_\_\_ (Person’s name), from my heart, for \_\_\_\_\_ (Example: *offending me, hurting me, saying negative things to me or about me, getting angry and upset at me, etc.*). In the Name of Jesus, I receive forgiveness; and I bless him/her. I love him/her with the love of the Lord. I thank You, Lord, for covering me with the Blood of Jesus. Holy Spirit, please fall fresh upon me and remain on me; and help me to walk in the Fruit of the Holy Spirit and forgiveness so that I will not become offended anymore, in the Name of Jesus. Amen.

### **PRAYER TO FORGIVE MYSELF**

Heavenly Father, in the Name of Jesus, I confess and repent of the sin of not forgiving myself for \_\_\_\_\_ . (Example: *Self-hatred, Self-rejection, Self-condemnation, Self-neglect, Self-sabotage/opposing myself, Self-punishment, Self-injury, Self-deception/denial, Self-justification/defensiveness, Self-esteem/unworthiness, Self-centeredness, Selfishness, etc.*) In the Name of Jesus, according to First John 1:9, thank You, Lord, for forgiving me and cleansing me of all unrighteousness and helping me not to do this sin(*or these sins*) again. In the Name of Jesus, I forgive myself from my heart. In the Name of Jesus, I receive forgiveness and I bless myself. I love myself with the love of the Lord. I thank You, Lord, for covering me with the Blood of Jesus. Holy Spirit, please fall fresh upon me and remain on me; and help me to walk in the Fruit of the Holy Spirit and not to walk in self-unforgiveness so that I will not oppose myself anymore, in the Name of Jesus. Amen.

### **Recommendation - Affirm This Once a Day Looking in the Mirror:**

In the Name of Jesus, I love myself with the love of the Lord.  
I have great peace because I love [God’s] law; and with the Holy Spirit’s help, nothing causes me to stumble or become offended.  
(Psalm 119:165)

## Part 2

### D. What is Torment?

1. There are three definitions of the noun (Merriam-Webster):
  - a. Extreme pain or anguish of body or mind: agony.
  - b. A source of vexation or pain.
  - c. The infliction of torture (as by rack or wheel).
2. The definition of the verb (Merriam-Webster):
  - a. To cause severe, usually persistent, or recurrent distress of body or mind.

### E. The Path to Freedom from Self-unforgiveness.

1. Get Set Free of What Has Been Tormenting You.
  - a. Matthew 18:33-35
    - KJV 32 Then his lord, after that he had called him, said unto him, O thou wicked servant, I forgave thee all that debt, because thou desiredst me: 33 Shouldest not thou also have had compassion on thy fellowservant, even as I had pity on thee? 34 And his lord was wroth, and delivered him to the **tormentors**, till he should pay all that was due unto him. 35 So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses.
    - The Message Bible 32-35 “The king summoned the man and said, ‘You evil servant! I forgave your entire debt when you begged me for mercy. Shouldn’t you be compelled to be merciful to your fellow servant who asked for mercy?’ The king was furious and **put the screws to the man** until he paid back his entire debt. And that’s exactly what my Father in heaven is going to do to each one of you who doesn’t forgive unconditionally anyone who asks for mercy.”
  - b. Colossians 3:13 bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.
  - c. 1 John 4:18 There is no fear in love; **but perfect love casts out fear**, because fear involves **torment**. **But he who fears has not been made perfect in love**.
  - d. Acts 5:16 Also a multitude gathered from the surrounding cities to Jerusalem, bringing sick people and those who were **tormented by unclean spirits, and they were all healed**.
    - i. Strong’s Concordance = G3791 = Greek “ochleo” = “tormented or harass.”
    - ii. Strong’s Concordance = G169 = Greek “akathartos” = “unclean or unpure” (demonic) thought or life.
    - iii. Strong’s Concordance = G2323 = Greek “therapeuō” = “to heal, to cure, to restore to health, to worship, to adore.”

2. Sin can cause blockages to your prayers, especially unforgiveness, self-unforgiveness, and all fears.
  - a. Through many years of ministry, the Holy Spirit has shown me that unforgiveness, self-unforgiveness, being offended, offending others, bitterness, resentment, grudges, can cause all diseases, such as, cancer, heart attacks, high blood pressure, diabetes, anxiety, stress, depression, mental health, and challenges in every area of your life: finances, job, relationships, especially your relationship with God.
  - b. Self-unforgiveness can also cause many specific challenges, such as autoimmune disorder, histamine allergies and intolerances, leaky gut, ulcers, gastrointestinal and digestive diseases, etc.
3. Analyze if you have challenges in any of these specific areas that God can heal and restore you to health physically and mentally:
  - a. Self-injury – Hurting yourself accidentally or intentionally.
  - b. Self-deception/denial – Refusing to confront the truth, convincing yourself that something is good when it's not.
  - c. Self-justification/defensiveness – Making excuses/defending yourself by countering with criticism of the aggressor and quarreling.
  - d. Self-esteem/unworthiness – Undeserving, worthless, devalued.
  - e. Self-centeredness - Concerned solely with one's own desires or needs.
  - f. Selfishness – Proudful, egotistic, narcissistic, vain, a concern for one's own welfare or advantage at the expense of or in disregard of others.
  - g. Self-hatred – Hatred, disdain, or loathing against oneself.
  - h. Self-rejection – Non-acceptance or impeding oneself, self-disapproval.
  - i. Self-condemnation – Self-guilt or blaming oneself.
  - j. Self-neglect - Give little attention or respect to yourself.
  - k. Self-sabotage/opposing myself - Destructive or obstructive action of oneself.
  - l. Self-punishment – Cause suffering, pain, or loss to oneself or subversion.
4. Your Faith Action Plan for freedom from self-unforgiveness:
  - a. Pray to confess and repent of your sins after analyzing them.
  - b. Promptly pray to forgive others and forgive yourself.
  - c. Stop beating yourself up with regret and self-condemnation.
  - d. Choose to remember offences no more and forget about the occurrence.
  - e. Let go of the negative thoughts and bad feelings & release the offender.
  - f. Stop reviewing the past and look towards your future.
  - g. Re-establish the Kingdom of God and stay in the Fruit of the Holy Spirit.
  - h. Bind the DDE's attacking & do Spiritual Cleansing (only if a HS3 graduate).
  - i. Bless the person who offended you and bless yourself.
  - j. Decide to love the offender and love yourself with the Love of the Lord.
  - k. Do frequent affirmations: USPs & I love myself with the Love of the Lord daily.