

**ADU MENSAH**



**FORGIVE &  
FORGET**

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## **INTRODUCTION**

In these days of lawsuits and demand for legal rights, it sounds almost impossible to forgive anyone who offends us, yet the Bible commands that we should forgive. However, it is sad to say that many sons and daughters of God are still dwelling and holding on to the painful memories of the past.

Although, one of the inevitable issues in life is our reaction to the action of others, in the forms of anger, unforgiveness, and bitterness, etc. Many are finding it difficult to forgive, and this has graduated into bitterness, thereby, hindering them from fulfilling destiny. Yet, it is our responsibility to learn to overcome it, and ensure it does not get out of control.

It is imperative to understand that unforgiveness causes far more damage to us more than to the person who has offended us. It has been confirmed medically that forty percent (40%) of diseases are unforgiveness and anger related. We are commanded by our Maker to forgive anyone who offends us, and the first mark of maturity is the day you say, *“it is not what I see, feel or hear that matters, but the will of God.”*

Forgiveness is not something you can demand of someone else; it is something we just voluntarily do, by choice. This message is specially designed to make a difference in your life, by releasing you from the bondage of unforgiveness. Shalom!

## **CHAPTER 1: WHAT IS FORGIVENESS?**

The Oxford Dictionary defines forgiveness as “to remit, let off, ease, to resent, and pardon.” When we forgive, we choose to set free the person, who offended us. It is like making a decision to choose to cancel the debt the other person owes you. When we forgive, we let go of our plans for retaliation and vengeance – both are cancelled!

Christianity, in one word, is simply forgiveness, and this is because Calvary is all about forgiveness.

Robert Browning once said,

*“It is good to forgive, but best to forget.”*

Too often, we are willing to forgive, but not eager to forget. As long as we hold on to the painful thoughts in our minds, it means our hearts have not forgiven. Forgiveness is the key to blessing, as it opens our hearts and

allows the river of God's love to flow in our hearts. We need to have a revelation of how we can forgive and walk in love.

It is imperative to forgive everyone who has hurt you. If you don't learn to forgive, you are saying that you know better than God who said "*Vengeance is mine*". As long as you are not willing to forgive, it means that you are placing yourself in a higher position of judgement than God, who is the final and universal Judge.

### **ROMANS 12:17-21 (Life Application Study Bible)**

*Never pay back evil with more evil. Do things in such a way that everyone can see you are honourable. Do all that you can to live in peace with everyone. Dear friends, never take revenge, leave that to the righteous anger of God. For the scripture says, I will take revenge; I will pay them back, says the Lord. Instead, if your enemies are hungry, feed them, if they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads. Don't let evil conquer you, but conquer evil by doing good.*

Friends, forgiveness is a decision you need to make on a daily basis. Mark 11:25-26 clearly stipulates;

*And whenever you stand praying if you have anything against any one, forgive him, that your father in Heaven may also forgive you your trespasses. But if you do not forgive, neither will your father in heaven forgive you your trespasses.*

If you will be sincere and can painstakingly examine yourself, you would find an iota of unforgiveness or bitterness in the corner of your heart. This, in most cases, makes it difficult for God to answer the prayer of our needs.

As stated in *Mark 11:25-26*, you cannot stand praying when you harbour bitterness or unforgiveness in your heart. When there is disagreement or conflict, and you do not deal with it, it stands to rob you of the power of prayer, and its efficacy; hence your desires may not be met. George Herbert

once said, “*He that cannot forgive others breaks the bridge over which he must pass himself. For every man has need to be forgiven.*”

Friends, you must be determined to deal with any disagreement, any anger, hatred, and unforgiveness. Strike it out, or else, it would defile your destiny. Sometimes, unforgiveness and bitterness cause far more damage than the wrong. Never allow the painful memories of the past hinder you in fulfilling your destiny.

The truth is, someone might hurt you deeply, and that person might not be a stranger. In the case of Jesus, Judas who betrayed him was His disciple, a close friend of His. The person that is closer to you is most likely to be the ultimate offender, not a stranger.

The likelihood is that, your parents, siblings, friends, colleagues, etc., may hurt you, but if you have not learnt to deal with it by reciprocating it with forgiveness, you might attract and assist the devil to destroy your life.

Hurt has roots, which go deep anytime you are hurt, and it metamorphoses into anger. This also goes deeper and culminates into bitterness, and when bitterness settles in you, you are defiled according to:

### **HEBREWS 12:15**

“*Look carefully lest anyone fall short of the grace of God lest any root of bitterness springing up cause trouble and by this, many become defiled.*”