

Unforgiveness Can Create Chronic Pain

I have often wondered, Why do we see much more rheumatoid arthritis occurring in women than in men? I began to pay close attention to the studies showing that men are usually able to express their anger, whereas women tend to hold it in and become depressed. I recalled the scripture, “A broken spirit drieth the bones” (Prov. 17:22, KJV).

Could it be that a “broken spirit” in some women is causing rheumatoid arthritis? Is it causing the joints and bones to be inflamed and weakened?

The person who continues to seethe over some unresolved issue is not only destroying a personal relationship and harming his or her own body but also blocking communication with God. A bitter person no longer has the desire to read the Word of God or pray. Bitterness is costly.

What should your plan of action be? At the first sign of anger or bitterness, go immediately to the person involved and deal with it—regardless of who is at fault. You will feel a wave of freedom sweep over you as you forgive.

On more than one occasion I have seen an individual healed of arthritis when he or she released bitterness and anger through total repentance. The person was first set free spiritually, then emotionally and physically. Don't let deadly emotions rob you of life and health; forgive and be healed.

Don Colbert, M.D., *is board-certified in family practice and in anti-aging medicine. He also has received extensive*

training in nutritional and preventive medicine, and he has helped millions of people discover the joy of living in divine health.