

Is THIS the Secret to Your Sickness?

Is there something deeper to your physical sickness?

In a recent interview on Daystar, Dr. Don Colbert revealed a solution that could be highly effective in solving many of our health problems: the issue of forgiveness.

Colbert emphasized how holding grudges can affect your physical health, specifically linking unforgiveness to conditions like psoriasis. As Colbert explains, God's love is essential to help believers love others, even those who have hurt them.

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"We as Christians have got to exercise it, but how do you exercise love?" he asks. "You have to exercise the qualities of love, but you also have to forgive. You have to walk in appreciation and you have to do what Jesus told us to do in Matthew 25:35: 'I was hungry and you fed me. I was thirsty and you gave me drink. I was in prison and you visited me. I was naked and you clothed me.'"

Forgiveness, according to Colbert, is a form of protection from spiritual and emotional torment. "If you don't forgive, you literally unleash the tormentors," he says.

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Finally, Colbert encourages believers to follow the apostle

Paul's example. Despite enduring hardships, Paul chose to forgive and forget. "Forgetting those things that are behind," Colbert quotes Philippians 3, "I press toward the goal to the prize of the high calling of God in Christ Jesus," (Modern English Version).

Dr. Colbert's message serves as a powerful reminder that forgiveness is more than a spiritual principle—it's a key to physical health. When we choose to release bitterness and walk in love, we free our bodies from the damaging effects of stress, bitterness and resentment. Unforgiveness can open the door to physical ailments, while forgiving others can lead to healing and restoration. Letting go of past hurts is not only an act of obedience to God but also a step toward emotional freedom and physical vitality.

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