

Let Go of Unforgiveness

I experience a nagging feeling in my chest from time to time. I don't take over-the-counter medicine or prescription drugs for the problem because I won't feel any relief. The discomfort I feel in my heart is the Holy Spirit's conviction in my life.

During prayer time yesterday, I was forced to come clean with God about what ails me. I asked Him for the first time in years to help me let go of the unforgiveness I had for someone who did me wrong back in college. I had been holding on to the offense because it was "my right." But guess who felt as if she was in jail?

Unforgiveness is a weight that keeps you anchored to the past. If you don't release the burden, you can get stuck there, unable to move forward into God's best for your life. You lose your joy. You get upset. Bitterness eventually sets in. The person you refuse to forgive is not bound

—you are!

We can't fully love God and live life freely if we have unforgiveness in our hearts. Because His Son is the epitome of forgiveness, we are to follow His example. Remember the words of our Lord: "'And whenever you stand praying, if you have anything against anyone, 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 your trespasses'" (Mark 11:25-26, NKJV).

I can't say with assurance one prayer has freed me from the unforgiveness I've harbored all this time. But I'm grateful for the work the Holy Spirit is doing in me. He is the

revealer of truth and time will tell.

If you have the same symptoms as me-discomfort in your heart, spiritual unrest, stubbornness, lack of joy-you could be holding onto unforgiveness. I suggest you repent and ask the Father to help you break free.