

Unforgiveness: A Deadly Poison

Have you ever said, "I can never forgive that person because of what they have done to me?" Many of us have.

We've either uttered those words or held on to those thoughts. When we entertain those deadly thoughts, we forget how much Jesus Christ has forgiven us. If we understood the seriousness of our unforgiveness, we would learn to be quick to forgive others. Eventually, it will cause physical harm to our bodies, pollute our soul and possibly jeopardize our eternal destination.

So many Christians are walking around today holding a grudge against someone who hurt them. Perhaps they were the victim of a horrific crime or abuse. Perhaps it was a trusted person like a parent or close friend. No matter who the offender, or what they have done, it only harms us when we keep that unforgiveness buried in our heart. When we do this, we are yielding to a dark emotion, which will eventually damage us on many different levels.

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God commands us to love one another. Why would He require that we love someone who may have hurt us? Because love produces joy in our lives and joy is health to our bodies. Proverbs 17:22 says, "A merry heart does good like a medicine." It's hard to experience joy when we harbor unforgiveness, bitterness and anger. Our bodies will eventually break down.

Forgiveness is a choice for each of us everyday. If we don't forgive, we invite sickness and disease, we won't enjoy peace in our heart, and we won't experience a healthy mind and body.

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Jesus said in Mark 11:25-26, "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." Jesus was talking to his disciples. He instructed them and us to forgive, no matter what anyone has done to us. If we don't, the Father will not forgive us.

An important question to ask ourselves is, "Can we enter heaven if we have not been forgiven?" No, we can't. That is why Jesus paid such a high price on the cross, when He bore our sin and shame to purchase our forgiveness with His own blood.

Since we have been forgiven for so much by God Himself, how could we not forgive what others have done to us? Forgiveness is actually a gift we have been given. It protects us from evil, produces peace in our hearts, and assures us of God's acceptance towards us. Don't neglect to offer forgiveness immediately to anyone who has wronged you, ask God to help you to let go of any bitterness, and live your life free from the bondage that unforgiveness brings.

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Bill Wiese is the author of New York Times best-selling book, *23 Minutes In Hell*, the story of his life-changing visit to hell in 1998. Bill has since authored six additional books, and continues to share his experience around the world. He and his wife Annette founded Soul Choice Ministries in late 2006

and have dedicated their lives to reaching the unsaved. For more information about Bill Wiese and Soul Choice Ministries please visit us at:

You can find more of Bill's teachings at: