

## Fruit of Humility - Forgiveness

**Overview:** Unforgiveness is born out of pride and self-righteousness which attempts to create a spiritual state wherein the person's soul and emotions are crippled and hisr prayer life is destroyed. If left unchecked, the fruits of unforgiveness will extend into the body, producing therein the same results of paralysis and eventually death.

### A. The Enabling Sins.

1. Pride: Only by pride comes contention. Prov 13:10; James 4:1-3
2. Self-righteousness:
  - a) Awake to righteousness and sin not. 1 Cor 15:34
  - b) Esteem others greater than yourself. Phil 2:3

### B. The Initiating Sins.

1. Giving offense.
  - a) Real: Woe to him by whom offense comes. Matt 18:7
  - b) Perceived: If your brother has anything against you. Matt 5:23
2. Taking offense.
  - a) Blessed are you when men shall revile you. Matt 5:11
  - b) Bless them that curse you. Matt 5:44
  - c) Turn your other cheek to him who slaps your face. Matt 5:39,38
3. Anger is the seed of unforgiveness.
  - a) Do not let the sun go down on your wrath. Eph 4:26

### C. The Maturing Sins.

1. Anger overnight becomes unforgiveness. Eph 4:26
2. Unforgiveness grows into bitterness. Col 3:19; Heb 12:14-15
3. Internalized bitterness can produce depression which can lead to suicide.
4. Externalized bitterness can produce rage which can lead to violence.

### D. The Deceptive Sins.

1. Mental forgiveness.
  - a) You forgive but don't forget.
  - b) You say that you forget but you avoid the person.
  - c) Sin is that you deceive your heart.
2. Natural wisdom.
  - a) You avoid the person because s/he is a sinner.
  - b) You avoid the person to prevent recurrence of the incident.
  - c) Sin of doubt; anything, not of faith is a sin. Rom 14:23

**E. Attitudes of Forgiveness.**

1. We wrestle not against flesh and blood. Eph 6:12
2. Father, forgive them for they know not what they are doing. Luke 23:34
3. Love covers a multitude of sin. 1 Pet 4:8
4. We forgive from the heart by faith; so **spiritually**, we know that we receive when we pray. Therefore, we know that in the spiritual realm we have forgiven the person when we end the prayer. However, how do we know when the prayer has actually manifested in the natural realm where it can be perceived by ourselves and by other people?  
In other words, how do **you** know when **you** have actually forgiven the person?
  - a) The memory of the incident is no longer brought back to your mind, for there is no benefit to the devil for bringing it back to you for it no longer has power over you and you do not react to it.
  - b) You greet the person in exactly the same way as you did before the offense.
  - c) There is no reluctance to shake hisr hands, to hug himr or to kiss himr.
  - d) There is no driving urge to keep himr out of your comfort space (i.e., the area immediately surrounding where you are currently standing or sitting).
  - e) The acid test is that you treat himr and react to himr exactly the way you would before the offense occurred.

**F. Breaking the Curse of Unforgiveness**

1. Identify – then CRRB every incident.
2. Forgive them from your heart. Matt 18:35
3. Forgive them by faith. Remember that when you forgive by faith, Mark 11:24 the goal is to receive the natural (physical) manifestation.
4. Esteem them better than yourself – value their attitudes, intentions, desires and well-being greater than your own. Phil 2:3
5. Bless them from your heart. Matt 5:44  
look for practical ways to be a blessing to them.
6. Spend extra time in prayer for them. Matt 5:44
7. Allow the love of God in you to love them with agape love. I Cor 13:4-8
8. If a memory of the offense returns, treat it as a sin and CRRB it, cast down imaginations and bring it under the obedience of Christ. Keep doing this as necessary until the thought does not return. 2 Cor 10:5  
This process is the spiritual warfare during the time from when you say “Amen” until you see the manifestation, which is that the thought and memory do not return and you can treat the offender as you did before the offensive incident occurred.