



## **LET GO OF THAT DEBT.... AND YOUR LIFE WILL BE MUCH MORE PEACEFUL !**

While going through life, many of us are sadly dealing with disappointments, betrayals, hurt and pain.

We're broken and we're hurt, and if we don't know how to get healed of that hurt, it can turn into bitterness and wrath. And letting unforgiveness and

offense get into our hearts can create havoc in our lives.

Forgiveness is a choice, not an emotion. It doesn't mean you forget, and it doesn't mean you ever have to get friendly with them or trust them again.

I heard many times, « You haven't forgiven until you forget. » However there are some things you cannot forget as if you suffered from amnesia or memory loss. People who have been damaged deeply through a divorce, or abused while they were children, can you tell them they have to forget ? But you can forgive even if you cannot forget, because to forgive is to release people of debt.

True forgiveness acknowledges that a debt exists because wrongs create an obligation.

Maybe you have been beaten up, abused, betrayed, and it still hurts and it will take time to work through these issues, but you can release that person of the debt, meaning you are not going to seek vengeance or hate them in your heart....

Instead, you release them to God who is the just and righteous Judge, and you can know without a doubt that they will be judged. One day, they will stand before Him and give an account of what they did to you.

Our heart was not designed by God to carry offense and unforgiveness, bitterness or anger. When we do, it damages us on the inside, it defiles our soul, and it can also affect our health.

Many people are all messed up, and they blame other people instead of realizing that their own unforgiveness has opened the door for their mess. Some people have been badly hurt but they are functional and happy and productive, because they forgave and released others of the debt.

Paul was telling us in Romans 12 : 17-21 : « *Do not repay anyone evil for evil... Live at peace with everyone. Do not take revenge, my dear friends, but leave room for God's wrath, for it is written, 'It is mine to avenge; I will repay,' says the Lord... Do not be overcome by evil, but overcome evil with good.* »

Everybody may not be at peace with you, but you can be in peace with everybody, with no unforgiveness nor bitterness nor anger in your heart, if you chose to forgive everybody of everything.

Offenses knock on our door every day, so we have to learn to be quick to forgive. On top of it, when we forgive, it is not for the sake of the person who hurt us, it is for our sakes. When we don't forgive, a root of bitterness springs up in our heart and causes us trouble !

If somebody hurt you, say to God: "Dear Father, You know what this person did to me and the effect it has had on my life. I trust You to settle the score with them. I want to be free so that I can get on with my life. Help me to let go of this offense. Today I forgive this person of what they did to me. » And when you are tempted to relive those hurts, remember that decision.

And last but not least, remember what the Lord told us in Matthew 6 :15 : « *If you do not forgive others their sins, your Father will not forgive your sins.* »

So be quick to forgive, and your life will be much more peaceful and you will regain your freedom.