**“FORGIVENESS”**

A Bible Study on

**Mathew 6:14-15**

14 For if ye forgive men their trespasses, your heavenly Father will also forgive you:

15 But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.



A Deliverance Center Publication

FORGIVENESS—UNFORGIVENESS

Mathew 6:14—*For if ye forgive men their trespasses, your heavenly Father will also forgive you:*

15—*But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.*

We must abide by the Principles that are given to us in the bible*.*

* There are Commitments
* There are Requirements
* **There are** **Principles**
  1. Blood pressure rises under unforgiveness.
  2. Unforgiveness plagues people with stress.
  3. Unforgiveness hurts the heart of the unforgiving more than the disobedient.
  4. Unforgiveness wears out your immune system and stresses your heart.

According to Professor Charlotte Van Oyen of Hope College in Michigan where the study was done; the subjects blood pressure and heart rates increased, as well as muscle tension was shown to be higher. This demonstrates that stress levels are higher when an individual is walking in unforgiveness as appose to forgiveness. Stress leads to a host of other illnesses that lands people in the hospitals daily. Dr. Don Colbert, M.D. says, "One of the secret causes of stress plaguing millions of people is unforgiveness."

What does it mean to forgive? In The Five Languages of Apology, by Dr. Gary Chapman (also author of The Five Love Languages) simply states to "forgive means to cover, to take away; to pardon; and to be gracious to. When we forgive, it means to lift the penalty and to pardon the offender. Forgiveness is not a feeling, but a decision. This does not mean that trust is immediately restored."

Whenever we are wronged or an offense has been committed towards us, at that moment, we have the option to forgive that person or that wrong. People often feel justified to be in unforgiveness because of what they had to endure, or pain they had to suffer; however, it ultimately destroys the person that is the one that is in unforgiveness, not the other person. The human brain is like a computer, it is a memory bank, whether it's short-term or long term, it releases biochemical stress responses when you meditate and rehearse all the offenses that have been committed towards you. I have heard it said that the individual that is in unforgiveness is the one drinking the deadly poison, but instead wishing the other person would die.

<http://ezinearticles.com/?Unforgiveness---A-Deadly-Virus&id=784282>

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<http://www.chce.research.va.gov/docs/pdfs/pi_publications/Harris/2005_Harris_Thorsen_HF.pdf>

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Physical Health: A healthy lifestyle is what many people value, but when they are angry, they seek out ways to escape their situation and their way of dealing with things is usually self destructive. Some people overeat or don't eat at all, and some turn to drugs and alcohol as a way to forget. When something weighs heavy on the mind it also hinders or interrupts a person's sleep. Without proper rest, their bodies are susceptible to sickness and then before you know it, they have a forgiveness issue and a physical decline.

<http://www.associatedcontent.com/article/505201/infected_hearts_the_dangers_of_unforgiveness.html>

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World Research Links Cancer To Unforgiveness

"Chronic unforgiveness causes stress. Every time people think of their transgressor, their body responds. Decreasing your unforgiveness cuts down your health risk. Now, if you can forgive, that can actually strengthen your immune system". [Virginia Commonwealth University]

"The program's preliminary work suggests that forgiveness lowered the stress hormone cortisol that in turn affects the immune system, but only when the patients forgave the ones they blamed". [University of Maryland - Institute of Human Virology]

"Forgiveness could boost the immune system by reducing the production of the stress hormone cortisol" [Rockefeller University - New York]

"When you hold onto the bitterness for years, it stops you from living your life fully. As it turns out, it wears out your immune system and hurts your heart" [Stanford University Center for Research in Disease Prevention]

"Those who received forgiveness training showed improvements in the blood flow to their hearts" [University of Wisconsin - Research Dept]

Researchers at the University of Michigan's Institute for Social Research found that forgiveness was linked with better self-reported mental and physical health.

A new study from Duke University Medical Center demonstrates that those who forgive others experience lower levels of chronic pain and less associated psychological problems like anger and depression than those who have not forgiven.

Researchers at Ohio States University found that the highly stressed women had lower levels of natural killer cells than women who reported less stress. "Natural killer cells have an extremely important function with regard to cancer because they are capable of detecting and killing cancer cells. Psychological interventions, such as forgiveness, have important roles in reducing stress and improving quality of life, but also in extending survival." [Barbara Andersen, Professor of Psychology, Ohio State University]

"I have collected 57 extremely well documented so-called cancer miracles. At a certain particular moment in time they decided that the anger and the depression were probably not the best way to go, since they had such little time left. And so they went from that to being loving, caring, no longer angry, no longer depressed, and able to talk to the people they loved. These 57 people had the same pattern. They gave up, totally, their anger, and they gave up, totally, their depression, by specifically a decision to do so. And at that point the tumors started to shrink." [Yale Medical School - Dr Bernie Seigel, Clinical Professor of Surgery]

"When I suggest emotional healing to people with cancer, they always misunderstand me. They hear it as emotional support. They think I either just want to comfort them, or show them how to have a more positive attitude. They don’t get that something like forgiveness might be the key to their getting well. I see their eyes glaze over when I go on to say that emotional toxicity is most likely the cause of their cancer, and that forgiveness, if used with appropriate treatments and lifestyle changes that address the physical, is a 'first-line' primary treatment. Their inability to hear this as a strategy for survival, is a measure of how brainwashed we all are into thinking that treatment for cancer must always be harsh, drastic and violent. With our War-on-Cancer mind-set, it's hard to imagine that something so seemingly soft and gentle as forgiveness could be the answer to our problem." [Colin Tipping, Director, Institute of Radical Forgiveness]

<http://www.alternative-cancer-care.com/Cancer_Counseling.html>

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Unforgiveness is a complex mixture of thoughts, attitudes, beliefs and emotions involving a feeling of injustice. If a person transgresses another they can find it very difficult to offer the transgressor their unconditional forgiveness. Dr. E. Worthington hypothesises that a feeling of injustice can cause stress reactions in the body which in turn can affect immune system dysfunctionality.

If this conceptualisation is correct it implicates a whole range of correlations between stress and immune response. This is demonstrated by many psychoneuroimmunology research projects and in particular, research conducted by Kiecolt-Glaser et al (2002). They found that a high level of stress significantly correlated with immune dysregulation.

Dr Everett L. Worthington, a psychology professor at Virginia Commonwealth University, found that people who do not forgive others have a higher number of health indicators such as cardiovascular diseases & stress related disorders. It is important to note that as well as physiological health problems, he found that people who don’t forgive tend to have more psychological problems which can result in higher rates of divorce and poor social interaction.

<http://www.emotionalprocessing.org.uk/Forgiveness%20&%20Emotional%20Processing/Forgiveness%20and%20health.htm>

NOTES:

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