Appropraite waste/rubbish disposal is necessary to ensure physical health. Similarly behavioral rubbish must be handled adequately for emotional and spiritual health. God’s potent prescription for the disposal of all behavioral waste is FORGIVENESS.

FROGIVENESS ***brings*** F – R – E – E – D – O – M.

F – Free spirit from Emotional burdens, Bondage to bitterness, holding the other in captivity.

R – Restoration of health to a strained or sick relationship. It helps one to initiate reconciliation, Matt 5:23 – 24, Repentance, Matt 18:15 – 17.

E – Escape the devil’s snare or trap. No indebtedness to Satan. John 14:13.

E – Expression of appreciation towards the Merciful God. Matt 18:23

D – Deference to God. Rom 12:19. You allow God to do what He alone can do. Complete hand over to God (putting into God’s dustbin). The Divine rubbish processing machinery (Acts 26:9 – 11, 14). Fertilizer (1 Cor 1:28). Burning as chaff (Vengeance, Rom. 12:19). The

O - Opening of the door to blessings. Matt 6:14. Psalm 32:1, 2

M – Measuring rod for spirituality. Matt. 5:48 – 50. Jesus Christ Luke 23:34, Stephen Acts 7:60.