

HEALING PRINCIPLES VI

"The Power of Love and Forgiveness in Healing"

GOD'S DESIRE THAT WE BE WHOLE.

1. ***Spirit, soul, and body.***
2. ***Healing of the soul.***
 1. Jesus is touched by our infirmities.
 2. Negative emotions cause body to respond in a harmful way.
 1. Negative emotions left unchecked for weeks and months can lead to high blood pressure, stroke, heart attack, ulcers, migraine, colitis, skin disorders, allergies, asthma, or depression.
 2. Cancer has been associated with long-term negative emotions.
 3. Emotional factors often crucial in producing rheumatoid arthritis--unhappy events and long periods of sustained emotional strain almost always preceded the first painful attack of arthritis.
 3. What are some of these negative emotions?
 1. Frustration, anxiety, fear, worry.
 2. Discouragement, depression, hopelessness.
 3. Anger, uncontrolled temper, rage, bitterness, hatred, hostility, resentment, strife, Pain, hurt, disappointments, and failures.
3. ***The antidotes: love and forgiveness.***

2. LOVE MAY BE THE SINGLE MOST POWERFUL HEALING FORCE ON EARTH.

1. ***We all need people who will love and support us.***
2. ***Dr. Viktor Frankl wrote: "A key to maintaining good health is being able to get emotional support from other people. You have to have good relations with your intimates. There are cases on record of people who were called hopeless, but they pulled through because of their belief not only in themselves, but in the people who were aiding them."***
3. ***Love can prevent or correct physical ailments.***
 1. Cancer victims who have survived for long periods of time were consistently vigorous, assertive, optimistic, and had a history of constructive social relationships.
 2. Among pregnant women, complications are nearly three times less likely in a high support group than in a low support group.
 3. Support systems have been shown to reduce the amount of medication required and change the biochemistry of the immune system.
 4. Those who feel abandoned and rejected often have to fight for their lives.
 5. Divorced individuals have twelve times the chance of contracting an illness during the year following a divorce than normal.
4. ***Two basic needs of people.***
 1. To give love.
 2. To receive love.
5. ***Quote: "For those who have not loved, old age is a wintertime of loneliness. The greatest human talent was buried in the ground so it would not be lost. And in***

the end everything was lost. No one else came or cared. There was only a loveless person and a lonely waiting for death. For those who have loved, old age is a harvest time. The seeds of love planted so carefully and so long ago have matured with time. A loving person is surrounded in the twilight of life with the presence and the caring of others. The bread always comes back on the waters. What was given so freely and joyfully has been returned with interest."

3. HEALING AND HEALTH DIRECTLY ASSOCIATED WITH THE QUALITY OF OUR RELATIONSHIPS.

1. ***Emotional hurts come from alienation.***
 1. Alienation may come from a strained relationship.
 2. The goal should be reconciliation.
2. ***At the root of most of our problems is the inability to give or to receive love.***
 1. Often too hung up on past rejections.
 2. Person with poor self-image has little love to share.
3. ***Like to tell someone you love them but can't.***

4. HEALING THROUGH THE POWER OF FORGIVENESS.

1. ***Confess your faults.*** (James 5:16 KJV) Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.
2. ***Dealing with negative emotions through forgiveness.***
 1. (Eph 4:31 KJV) Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: (Eph 4:32 KJV) And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.
 2. (Col 3:12 KJV) Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; (Col 3:13 KJV) Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. (Col 3:14 KJV) And above all these things put on charity, which is the bond of perfectness.

5. FRUIT OF UNFORGIVENESS.

1. ***Negative emotions.***
 1. Minimizes or limits expression of love for someone you love.
 2. Keep you in sickness. (Corrie ten Boom reflecting on her experience in a Nazi concentration camp), *"Those who were able to forgive their former enemies were able to return to the outside world and rebuild their lives, no matter what the physical scars. Those who nursed their bitterness remained invalids."*
 3. Unresolved anger (refusal to forgive) leads to bitterness, hostility, hate.
2. ***Negative actions.***

1. Cruelty - deliberate acts to cause suffering, pain, or distress
2. Revenge - inflicting punishment or injury in return for a wrong done.
 1. Violent acts.
 2. Subtle modes.
 - (1) Giving someone cold shoulder.
 - (2) Not talking to someone.
 - (3) Assassinating a person's character.

6. HOW TO FORGIVE.

1. ***By realizing wrongdoing; accepting our share of the blame.***
2. ***By not getting caught up in one-upmanship--keeping score.*** (From Caring Enough to Forgive; pp. 10-11).
 1. One-up-forgiveness is an emotion which exists solely in connection with judgment and condemnation. To say, "I forgive you," is to say, "I have examined, weighed, judged you and your behavior and found you sorely lacking in qualities that are worthy of my respect. I have these qualities at this point in time, but you do not. I humbly recognize my superior moral strength and your weakness, my consistent moral behavior and your inconsistency of immorality. I forgive you your trespasses. We will henceforth have a relationship based on the recognition of my benevolence in the hour of your neediness, my generosity in the face of your guilt. You will find some suitable way to be dutifully grateful from this day forward."
 2. The forgiven person is aware, consciously or unconsciously of being in a morally subordinate position. Permanently indebted, he or she must live out the repayment. This evokes resistance and resentment which clouds the relationship with contradictory emotions.
 3. Confession to others.
 1. Confession means admitting a sin or fault.
 2. Determine what we need to confess to others.
 3. Compile list of persons to ask forgiveness.
3. ***Reaffirming love.***
 1. Value others as equal.
 2. Loving confrontation.
 1. Talk to person who has hurt you.
 2. Explain why we are angry.
 3. Focus on person's bothersome actions without condemning or accusing.
4. ***By releasing the past.***
 1. Forgiveness is letting what was be gone; what will be, come; what is now, be.
 2. In forgiving, I finish my demands on past problems and failures.
 3. Cancel all predictions and suspicions of future failure.

7. CONCLUSION.

1. ***Forgiveness means our emotional response to our offender has changed from negative to positive.***
2. ***Forgiveness restores the present, heals for the future, and release from past.***
3. ***Forgiveness brings reconciliation.***
 1. To harmonize or settle a disagreement, to reunite, to make peace, to restore to fellowship and confidence.
 2. Whenever an offence, a disagreement, a hurt has separated two people, reconciliation is proof forgiveness has been given and accepted
4. ***A prayer of forgiveness. "Dear Lord, as an act of my will I will forgive ___for___. I do not feel like forgiving, but I am choosing to follow your commands. Please forgive my unwillingness to forgive, for that is sin. Cleanse me of anger, bitterness, resentment, and any of the other fruit of unforgiveness. Please help me to truly begin to love my offender. Help me to forgive as You have forgiven me."***