

**AGAPE HOUSE OF WORSHIP
WEDNESDAY BIBLE STUDY**

**Study Series: Forgiven to Become Forgivers
Lesson 6 - Forgiveness and Healing**

**Wednesday, June 8, 2022
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Breakdown of "Forgiven to Become Forgivers" Bible Study Series		
Date	Topic	Key Texts
5/4/2022	Lesson 1 - Understanding God's Forgiveness	Romans 4:7, 2 Corinthians 5:18-20
5/11/2022	Lesson 2 - How to Receive God's Forgiveness	1 John 1:8-10, Luke 15:11-32
5/18/2022	Lesson 3 - Going from the Forgiven to the Forgivers	Ephesians 4:31-32, Matthew 18:21-35
5/25/2022	Lesson 4 - Learning to Become a Forgiving Person	Luke 6:27-36, Matthew 18:15-17
6/1/2022	Lesson 5 - Benefits of Living a Forgiving Life	Romans 12:18-21, 2 Corinthians 2:5-11
6/8/2022	Lesson 6 - Forgiveness and Healing	James 5:16, Psalm 103:2-5
6/15/2022	Lesson 7 - Loving Those Who Hate You	Matthew 5:43-48, Luke 6:27-31
6/22/2022	Lesson 8 - Lessons from the Story of David and Saul	1 Samuel 19, 1 Samuel 24
6/29/2022	Lesson 9 - Forgiveness and Reconciliation	Matthew 18:15-17, Romans 12:18
7/6/2022	Lesson 10 - Living Un-offended	Matthew 11:6, 1 Corinthians 13:5

Last week, we looked into the many benefits of forgiveness, one of those benefits is healing. So today we will focus on the connection between forgiveness and Healing. Let's start by looking into these important scripture passages:

James 5:16 "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."

Psalm 103:2-5: " Praise the Lord, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases. NIV

2 Corinthians 2:5-11

Introduction: We are all familiar with the gut-wrenching pain that strikes in the pit of our stomachs when we have been mistreated, especially by someone we love. This pain can leave behind emotional wounds of rejection, fear, betrayal, and insecurity. Just as a physical wound becomes infected if left unattended, an emotional wound can become contaminated with feelings of resentment, bitterness, and revenge without the healing of forgiveness.

Question: Despite the negative consequences of unforgiveness, why do people live in it?

Healing is linked to Forgiveness

A lot of times when people do not receive healing or deliverance, it is because there is unforgiveness in their lives. Apart from the fact that unforgiveness hinders us from receiving healing, it is a hedge breaker (Eccl. 10:8). When you live in unforgiveness you open yourself to different attacks from the enemy. God designed us in a way that we should not hold onto grudges and bitterness towards others. When we do this, we pay the price in all areas of our lives.

Eccl. 10:8 "He that diggeth a pit shall fall into it; and whoso breaketh a hedge, a serpent shall bite him." KJV,

When we choose to forgive, the healing power of God is released. Mathew 6v12. When we live in unforgiveness, the enemy stops us from experiencing healing in all these areas and more

- 1. Physically health:** Unforgiveness can lead to sickness. Research has shown that unforgiveness is connected to high blood pressure, weakened immune systems, reduced sleep, chronic pain, and cardiovascular problems because unforgiveness hinders the body's ability to heal, 2 Corinthians 2:5-11.
- 2. Emotional health:** Unforgiveness creates an emotional storm of distress in which feelings of stress, anxiety, depression, insecurity, and fear surface. It makes your heart hardened. The offense may even

have become all-consuming—to the point where you lost enjoyment in life and lack direction and purpose. Proverbs 17:22, Psalms 147:3, Galatians 5:22-23, 2 Timothy 1:7.

3. **Mental health:** Unforgiveness takes up a lot of “mental space.” You might notice that you continually have thoughts of revenge, lack compassion, and enjoy the offender’s misfortunes. Your feelings of distrust may make it difficult for you to connect with friends or family. Galatians 5:19-20. 2 Timothy 1:7.
4. **Spiritual health:** Unforgiveness affects your spirit and your soul, hindering your spiritual growth and fruitfulness. You may feel spiritually dry, stuck, or stalled in your spiritual life. Unforgiveness builds a wall between you and God. Fear replaces peace. It hinders you from receiving healing. Proverb 18:14

Question: Have you ever experienced any of these effects, can you share your experience?

Examples of scientific studies that linked forgiveness and healing

1. “In nurturing a patient's will to live, the first step is locating and treating past traumas. These poorly healed scars drain a significant portion of energy, and they hamper the body’s capacity for self-defense.” David Servan-Schreiber, MD, from AntiCancer
2. “Recent research reports that “several chronic health conditions have been identified as health conditions with social and interpersonal etiologies (originations) and consequences. Forgiveness interventions offer important insights for management and treatment of these conditions.” Elliott 2010
3. “It is not that stress makes you sick but that it increases the likelihood of contracting a disease that makes you sick. Stress-related disease arises because the defending army of the stress response runs out of ammunition.” Robert M. Sapolsky, Handbook on Forgiveness
4. “Sixty to 90 percent of visits to physicians are for conditions related to stress. Stress’s harmful effects include anxiety, mild and moderate depression, anger and hostility, hypertension, pain, insomnia, and stress-related diseases.” Herb Benson, MD, from The Relaxation Response
5. “Inwardly, the emotional wound affects deep vital processes. A psychological wound sets off mechanisms of the stress response...release of cortisol, adrenaline... (including) a slowdown in the immune system which contributes to the growth and spread of cancer.” Dr. David Servan-Schreiber, MD, AntiCancer.

How to receive Healing

Healing and health are available for everyone ready to let go. We can receive healing in every area of our lives, but it starts with a choice **TO FORGIVE**. **Isaiah 53:5** But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes, we are healed.

Deuteronomy 30:19 *“This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings, and curses. Now choose life, so that you and your children may live. NIV*

John 10:10 *“The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.*

Healing starts when:

1. You admit that you are living in unforgiveness and confess the sin of unforgiveness. 1 John 1:9, James 5:16
2. Receive the forgiveness of the father and peace. Peace, I leave with you. John 14:27 NIV
3. Let go of the one you are holding in unforgiveness and start praying for them. Mathew 6:14, Matthew 5:44
4. Ask and Allow the Holy Spirit to heal you. This is very important because sometimes you never know the level of bitterness, hurt, stress, or even sickness you have allowed into your body.
5. Go meet the person and discuss. Mathew 18:15-17, Ephesians 4:25
6. Live a day at a time. Romans 12:16,18
7. If you are the one that has offended someone, you should go even to great lengths to seek forgiveness and reconciliation Mathew 5:23-24

In conclusion: Unforgiveness is like Cancer, which can spread, occupy, and even overthrow the body until it kills. Remember God has given a way out for anyone that has fallen into this trap of unforgiveness. John 10v10. BE WISE CHOOSE LIFE