

Dealing With Unforgiveness

Matthew 11:22-25 (NLT)

²² Then Jesus said to the disciples, “Have faith in God. ²³ I tell you the truth, you can say to this mountain, ‘May you be lifted up and thrown into the sea,’ and it will happen. But you must really believe it will happen and have no doubt in your heart. ²⁴ I tell you, you can pray for anything, and if you believe that you’ve received it, it will be yours. ²⁵ **But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.**

A grudge is a feeling of deep-seated **resentment** for someone.

A grudge is a desire to see an enemy experience ill will.

A grudge is a form of unforgiveness that does not want to release others from the wrong they have done to us.

Unforgiveness can be a hindrance to our faith, and a barrier that keeps us from elevation.

I. Where does unforgiveness come from?

Unforgiveness forms from **unhealed** hurts.

Unforgiveness forms from **unfulfilled** needs.

Unforgiveness forms from unmet **expectations**.

II. What are the consequences of unforgiveness?

Unforgiveness **hinders** our worship to God.

Matthew 5:23-24 says, “If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend

and make things right. Then and only then, come back and work things out with God.”

Unforgiveness builds up walls around us.

Proverbs 18:19 (TLB) says, “It is harder to win back the friendship of an offended brother than to capture a fortified city. His anger shuts you out like iron bars.”

Unforgiveness keeps us from being forgiven by God.

Matthew 6:14-15 says, “Your heavenly Father will forgive you if you forgive those who sin against you; but if you refuse to forgive them, he will not forgive you.”

III. How do we move toward forgiving others?

Acknowledge to God and ourselves that we are dealing with unforgiveness.

Confide in a person that we trust.

James 5:16 (MSG) says, “Confess your sins to each other and pray for each other so that you can live together whole and healed.”

Forgive the person(s) you were offended by.

Colossians 3:13 says, “Be gentle and ready to forgive; never hold grudges. Remember, the Lord forgave you, so you must forgive others.”

Pray for the person(s) and speak God’s blessings over them everyday until you feel the unforgiveness lift from your heart.

Luke 6:28 (TLB) says, “Bless those who curse you. Pray for those who hurt you.”