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Daily Devotional - Wednesday, October 3, 2018 - Letting Go of Unforgiveness

OCTOBER 03RD 2018 BY DEE LOFLIN

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Ephesians 4:30-32

WEDNESDAY

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It's a common dilemma: Someone has hurt us, and we know we should forgive but just can't. Despite all our promises to God about letting go of the offense, we find ourselves mentally rehearsing the event until we're once again consumed with anger and hurt.

God has not simply called us to relinquish our bitterness; He's given us the means to do it. The Spirit empowers us to forgive others just as God has forgiven us (Eph. 4:32). However, it's not always a quick process—especially if the offense is great and the hurt is deep. Sometimes we must work through steps until we can finally release the burden.

- *First, we must confess to God that we have sinned against Him with our unforgiving attitude and ask Him to help us repent of it.*
- *Next, we should acknowledge that the basis for forgiving others is God's forgiveness of us. We didn't deserve to be pardoned, yet Christ's sacrifice has released us from our guilt. And it's good to remember that while offenses against us may seem to be the most grievous, we usually underestimate the magnitude of our own sins against God.*
- *Finally, we must let the Bible renew our minds. Instead of allowing ourselves to dwell on the wrong done to us, we can surrender those thoughts to God and replace them with biblical truths about Him, His promises, and His ways.*

So how will you know when you have truly forgiven your wrongdoer? The negative emotions that once arose at the thought of the offender will subside, and you'll be at peace.

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