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## Daily Devotional - Wednesday, March 23, 2022 - How to Truly Forgive

MARCH 23RD 2022 BY DEE LOFLIN

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#### [Ephesians 4:25-32](#)

Did you know it's possible to extend forgiveness to another person and yet still cling to resentment? We might say everything is okay, but our unpardoning spirit remains—and it will linger until we emotionally release the other person from the wrong he or she did. Thankfully, there's a way to truly move on:

- *First, assume responsibility for your unforgiving spirit, and choose a change of heart toward the other person. The healing process begins with repentance.*
- *Then, release your hold over the debt you feel is owed.*
- *Recognize the other person's violation has exposed an area of weakness in you—namely, your resentment and desire for vengeance.*
- *Finally, remember how often God forgives you.*

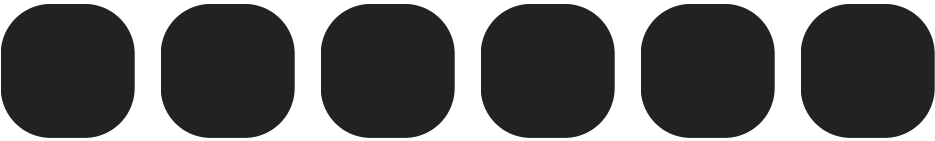
The Lord is grieved to see His children cling to an unforgiving spirit, because emotional debt imprisons us. We become paralyzed by our own distrust, resentment, and insecurity, which only build walls that shut out family and friends. In contrast, God's goal for us is freedom from

bitterness. He wants to see us reconcile with our offender and even show tenderhearted, loving acceptance. We have a calling from God to forgive. Though that can be difficult, it is possible because Christ lives in us ([Galatians 2:20](#)).

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