

## *Human Relationships Forgiveness & Mercy*

### ***Introduction***

Resentment – means to “feel again”, feeling over and over the same hurt

Indications we have not forgiven are:

We are angry, we are resentful, we avoid people who treat us lovingly

We avoid situations that trigger anger, or resentment

When is it appropriate to demonstrate Mercy (or Grace)

### ***What It Means to Forgive***

Not intellectual, but emotional forgetfulness, no emotional signature

We need to learn to be honest with ourselves, look at ourselves in the mirror

We often ignore the emotional signatures that remain within us

### ***Who Needs To Forgive***

If we feel a sense of injustice in our relationships with someone else

If we feel a sense of injustice within the world

If we feel anger or resentment when we think about how others have treated us

If we reject a person for what they have done to us

People in all of these situations need to learn what forgiveness means!

Before at-onement, we need to work on forgiveness

Events in my life leading up to my death relating to Cornelius

### ***Reasons To Forgive***

Mat 6:14. “For if you forgive others their sins, your heavenly Father will also forgive you.”

The damage holding onto anger or resentment does to yourself as a person

The damage holding onto anger or resentment does to others and your environment

Ghandi – “An eye for an eye makes the whole world blind.”

Ghandi – “The weak can never forgive. Forgiveness is the attribute of the strong.”

Different illnesses and diseases caused by not choosing to forgive (not exhaustive)

Hernias (stomach and bowel), Glandular problems, glandular fever

Many different forms of cancers

Anything to do with bone injuries, breakages, or bone cancers (caused by resentment)

Blood clots, Arthritis, Abscesses and Acne

### ***How Much To Forgive***

Mat 18:21-35. Forgive seventy seven times.

Eph 4:32. “freely forgiving one another, just as God freely forgave you.”

There is no reason to refuse to forgive in ANY situation

### ***How To Forgive***

Acknowledge the injury or the hurt within yourself caused by the event or person

Allow the painful emotions of the hurt to be experienced emotionally

Grieve about the event until you no longer feel any emotional attachment to it

Pray to God for help to forgive, to remove the cause within you that prevents your forgiveness

Visit the places, locations or people that caused the event to see whether you have no emotional attachment

***Displaying Mercy***

Our Mercy is when we show lenience on a person who has harmed us

Our Mercy is a similar quality to God's Grace

Once we have forgiven, it is wise to allow the Law of Compensation (Karma) still to operate

What is repentance? Luke 15:1-7, Luke 15:11-32 Prodigal Son

Repentance is feeling deep grieving sorry and a desire to right the wrong

If the person displays a repentant spirit, then Mercy is appropriate

Eg. Man who cheats on wife

Eg. Person who steals from someone

Eg. A person who abuses a child

It is appropriate to demonstrate Mercy when repentance has begun

It is appropriate to take actions to illicit repentance in others so that Mercy can be demonstrated

***When Forgiveness Is Complete***

The Law of Attraction will demonstrate when forgiveness is complete

You will never fear, nor avoid meeting the people who caused you the pain unless they choose to repeat the pain

You will feel no more anger or resentment towards the people causing you pain

The people you have forgiven will often feel differently towards you, and change in their actions

Many times the response is immediate, but sometimes it is delayed because of the hardness of the heart

***When Forgiveness Is Automatic***

When you are at-one with God, forgiveness is automatic because:

You experience each emotion as the event happens (no storage of negative emotion)

You understand completely all the reasons why a person chooses to harm you

You understand and have compassion for the underlying emotions of the person harming you

You do not feel any harm from "hurtful" actions

You know all the truth of our Father regarding harmful actions, their causes and results

***References, Music and Movies***

Movie: "Les Miserables" 2000. Gérard Depardieu & John Malkovich

Movie: "Dead Man Walking" 1995. Susan Sarandon and Nick Nolte

Movie: "Pay It Forward" 2000. Kevin Spacey & Helen Hunt

Reference: "The Bible". Mat 6:14, Mat 18:21-35, Eph 4:32, Luke 15:1-7, Luke 15:11-32

Reference: "The True Gospel" Padgett Messages. Volume II, page 153 "St Peter on Forgiveness of Sin