

Theology 105
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Two Scriptures that promise freedom and healing:

- 1) If we forgive others, we will be forgiven. Matthew 6:14 says, "If you forgive those who sin against you, your heavenly Father will forgive you."

- 2) If you are holding a grudge against anyone, then you must first release and forgive then your Father will forgive your sins and hear your prayers.
Mark 11: 25 says, " 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."

Having to forgive people is something I have had to conquer in my life. I am grateful to say that God has helped me forgive others who have hurt me physically, verbally, and emotionally. Although I have had battles in this area, and had to endure pain, I am now able to help others on their forgiveness journey. I am able to lead them into a prayer of renouncing their hurt, pain, abandonment, and traumas. Even Though I went through and endured many trials, God was and is still able to work all things together for the good of my life and the lives of others. He has allowed those hurts of mine to be turned into beautiful breakthroughs for others.