

# How To Forgive And Let Go Pt.3

Sermon Title: **How To Forgive And Let Go Pt. 3**

Sermon Number: **7470**

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Thank you for joining Brothers of the Word because brother you need the Word!

We welcome all of you joining us by Television and those of you joining us at AirJesus.com. Stay tuned to today's message. We're doing Part 3, something we've started a couple of weeks ago entitled How to Forgive and Let go, How to Forgive and Let Go.

Just a little humor I'll share with you before we look into God's word. The doctor came out of the operating room to talk with the man's wife. He said, "I don't like the looks of your husband". "Neither do I" said the wife, "But he's not whole much and he's great with the kids" You will get it in a minute, and take it that one, and take a minute to thinking—

Open your bibles—some people just got it, alright. Open your bibles if you're real to 1 Peter 4, 8 let's read together there in unison. "And above all things have fervent charity among yourselves: for charity, shall cover the multitude of sins. I want to read them from the Amplified Bible that really brings it out. It's says above all things have intense and unfailing love for one another for love covers a multitude of sins, forgives and disregards the offences of others.

And also I like another description that came across in the Book of Proverbs, turnover to the book of Proverbs Chapter 19, the Book of Proverbs 19:11, Proverbs 19:11. Let's read that one together in unison, "The discretion of a man deferreth his anger, and it is his glory to pass over a transgression." Amplified reads that, "Good sense makes a man restrained his anger and it is his Glory top overlook a transgression or an offence."

And so we're using other subject continue along with Part 3 of "How to Forgive and Let Go," "How to Forgive and Let Go." I like something that Hannah More says. She says, "A Christian will find it cheaper to pardon than to resent. Forgiveness saves the expense of anger, the cause of hatred and the waste of spirit." How true that is? I like something that Chérie Carter-Scott's says. She says, "Anger makes you smaller, while forgiveness forces you to grow beyond what you were." And finally I like a quote by Robert Quillen. This is so true but he says, "A happy marriage is the union of two good forgivers."

And so last time, we began to share seven keys, seven things that I identified as keys to help us in forgiving and letting go the offences of others, the wrong doings, the sins that others do against us, the hurts that we suffer, the pain and the anguish that we go through as a result of what someone else has done to us, unjustly and unfairly. And so we're talking about How to Forgive and Let Go, so identified seven things that I believe are paramount to forgiving and letting go so much pain and anguish that hurt, forgiving the offences and the sins of others.

And so number one we shared don't bottle up the pain, don't bottle up the pain, but express yourself. So it's so important as we talked about to begin to get it out of you, begin to express yourself whether you—we said the first thing you should do is talk to God. God should be the first person you've talked too. Let him know that you're hurting, let him know that you've been wrong, let him know the pain you're going through, and so talk to God first. We also said that it's okay to cry, it's okay to cry even for the mean, it's okay to cry. Someone said that crying cleanses the eyes and washes away the pain. I don't know if that's exactly true but it does cleanse the eyes that leaks.

I don't know how much pain it washes—but actually what is saying though is it allows you to begin to release some kind of emotions, some hurt. And so sometimes crying is good just to get it out, you got to get it out, you got to get it things out so they won't fester as much on the inside of you, so they won't be bottled up that to calls you to just explode. We also said that it's good to talk to the person who offended you. If it all possible, circumstances may allow for you to actually sit down with that person. Let them know that you've been hurt exactly what happened and how you took it in the pain that you're feeling, and there maybe some resolution that can come from just meeting with the person. Now, all the time that is not possible to do so for one reason or another. And so if you're not able to do that, sometimes you need to just talk with someone else, a trusted friend or a trusted counselor, a mentor, someone else so you can share your heart with and allow yourself to begin express your feelings. And if that fails, we said that you can write it out, get a notebook or piece of paper write it out, write out what you're feeling, write out what you're going through, write. If it does vary good, doesn't mind in the spirit, you just express yourself.

So write it out generally if you need to, what you get done, you can tear it up, tear it—you know burn it or whatever. But just as a sign that I'm releasing some pent up emotions, some pent up anger and frustrations, hurts and pains.

So number one, don't bottle it up, don't bottle up the pain and express yourself alternatives, so don't bottle up the pain, express yourself. Number two, something else that I identified, don't retaliate or seek revenge. So often that's our first thought or first meditation from the natural response, our flesh response is, "How can I get back at this person, how can I get revenged, how can I retaliate." And so often we end up hurting ourselves more than anyone else when we try to get even, when we try to skim and plot. It's really a ways of time and energy. You can spend that time doing something else. But when you are sitting—you'll be surprise that is our first human emotion, our first human reactions. I'm going to get them back for this. I'm going to make them pay, so we begin this skim. Some people even begin—their plot murder, they have to—you know.

And so we have to guard ourselves. The Bible's says—what the Bible says about that. The Bible says in 1 you don't have—turn them to 1 Peter 3:9 says, “[9] never return evil for evil. Romans 12:17 says the same thing.

And so we have to trust God to make it up. So you have to learn to turn it over to God and trust God to make these things up to us. I wanted to read something from the message Bible. It was so good, Romans 12:17-20. And I want you to listen to this in the message Bible. “[17] Don't hit back; discover beauty in everyone. If you've got it in you, get along with everybody. “[18] Don't insist on getting even; that's not for you to do. “[19] “I'll do the judging” says God, “I'll take care of it.” “[20] Our scriptures tell us that if you see your enemy hungry, go buy that person lunch, or if he's thirsty, give him a drink. Your generosity will surprise him with goodness.

And that's what the Bible says and the Bible is very clear about not trying to retaliate or seek revenge but actually to do the contrary. Turn it over to God and you begin working God's will in that person's life. That will help to change that person. So we're not wishing ill evil things to happen to a person that rejoicing if calamity comes on them. A more mature state of spirit is actually you're wishing or you're actually praying for the person that offended you to come into a right relationship with God.

And that's really—when you really get to the high spirit of praying, that's where you start looking at your enemy. Overlook to enemy and you start saying, “This is a person who obviously does not know God correctly. And I just pray that they'll actually come into a proper relationship with God.” Because if they were in proper relationship with God, they wouldn't do the things that they do.

And so that's what the Bible teaches. So that's why bible says, “Hey, if your enemy is hungry, take him something to eat, if thirsty, go get him a drink of water.” So what you've done? Now, you're operating in God's way of dealing with enemies, dealing with people that have hurt you. You're showing them a more excellent way, you're showing them the Law of God, you're showing them the Kingdom of God and the way of God. And when you do that, God is now able to use your goodness to begin to change and transform another person's heart. Isn't that good?

Alright, number three third, third thing identified and forgiving and letting go is—give yourself time to heal, give yourself time to heal. And I'm really speaking in terms of deep seeded hurts. A lot of people have been molested or abused going through painful breakups and separations of divorces. So there are some tremendous things that can happen to a person.

And so when you're dealing with deep seeded pain, give yourself time to heal, be patient and realize that it's a process. You actually, your forgiveness and letting go is actually more of a process than just a one time event. It's a process because you

are healing at the same time. So be patient with yourself. You're going to be angry, there are going to be times you're going to mess up, there are going to be times where you're going to get angry all over again at the person. And you're going to have to forgive them again. See every time he comes back up, you get all angry. You got to forgive them again. So this is—you got to give yourself time to heal. You got to be patient. You're going to a process, you got to forgive by faith. Once you forgive one time and those feelings come back up, you got to say, "I have already forgiven them and I am not going to walk back into unforgiveness."

So you got to remind yourself but realize that you are healing. And so extreme emotional pain has a profound effect on us and it takes time to heal. And so when you're going through some deep seeded pain and torment because of what somebody else has done, make sure that you take time to heal, be patient, it's a process. Make sure that you eat healthy during that time because it's a tremendous waddling your physical body and they can break. You can have all type of physical illnesses and breakdown when you're under that type of emotional pains. So it's important to eat healthy during that time or actually all the time but especially during those times to exercise, to get proper rest because you have to under guard yourself because you are going through a healing process. And that pain, they can be difficult to deal with but be patient, give yourself alternatives or give yourself time to heal. Realize it is a process, it's a process.

So don't get frustrated, don't get frustrated. If you don't get it all out of your at one time, just chill. It may take sometime, it may take sometime, just relax, just relax. You're going to mess up, you'll mess up—I mean they did you wrong, it's not easy to just get over that. And so you know take a little time, take a little time and you're going to vent for many glam event. You want to curse somebody go, go and curse your trash can up, get it out—I mean you got to—

All right, number four, start reliving the story that cause the pain. Well, when you do that, you keep opening the wound back up. So while you're healing then you keep going back, talking about and thinking about it, you get angry all over again, you get angry all just thinking about it. You start frowning up and you think about what they did to you.

So we have to train ourselves to change the channel of our minds. So when your mind is bringing it back up, change the channel, the same where you use a remote control to change the channel of your television set, when something is coming on and you don't want to see, we are quick to change that channel. Well, you have to do your thought the same way. The Bible says, "Bringing your thoughts, casting down every evil thought, bringing it into subjection to the Law of Christ, to the mind of Christ." And so you got to cast some thoughts there and change the channel. So every body say, "Change the channel," change the channel of your thoughts. Think about how many times you go back and keep thinking about how they did you or

how they hurt you and what you suffer and what you—I mean you just go back and keep reliving it and keep that. And so we have to stop—so stop reliving the story that caused the pain. You got to stop reliving, so you got to take charge of your thoughts, you got to take charge of your thoughts and your words.

Number five, here's the fifth thing that I identified, here and how to forgive and let go is to look for the positive, look for the positive. Now, you focused long enough on the negative. You know what they did to you, you know how you have been hurt, you know how you've been wrong and how you suffer. But now, begin to look for what you have to be thankful for even in the negative situation, even on the negative situation. What is it that you can be thankful for? So now you start purposely looking for the positive. What do I have to be thankful for even? If you just thankful, first of all for God forgiving you, so you thank God. When you are in the process of trying to forgive somebody else, think about how God has forgiven you and that's reason for much thanksgiving. So you should just give, thank God. He forgave me. Every time you messed up, thank God, He forgives me.

And when you start looking at what you have to be thankful for, you begin now to look at the positive, began to look at the positive and you begin to change your perspective. Look at the situation as—if for no other reason, you should be thankful that even when you're in a hard time of trying to forgive somebody that has wronged you and they've done evil against you, you want to thank God. "God, thank you that I got opportunity to build my spiritual muscles now, I have an opportunity to now use everything that I've been taught, all the church going I've been doing, all the Bible reading, I've been going to church, Sunday school, I've been going to Bible study, I've going for 25 years." For now, you got a chance to use some of that.

I preach some message once. This is back when I was just a teenager. But I preach some message and it was good. I preach some message—I'm serious, I'm serious, it was good, it was good. I still remember it. I preach some message called "Looking for Trouble" And when I'm preaching, that message was, "You had to get excited when trouble comes because now you got an opportunity to use everything you've been studying, everything you've heard talked, everything you heard preached to you, all the church going, all of the sadness going, all activity, I want to pray—now, you got opportunity to use it. And so you get excited, so excited in all the trouble, you're looking for trouble. I still remember that message like it was yesterday. It was good. I'm telling you, it was good. In fact, I'm going to start and go find that message. We can sail that in the—it was a good message, "Looking for trouble, Looking for trouble."

But anyway, we're talking about looking for positive things that you can be thankful for even as in your recovery and forgiveness process.

Number six, number six touch yourself in the other person's shoes, try to understand the factors that they were dealing with, the things that they had gone through, were they going through a difficult time when they hurt you. There is a common saying that, "Hurt people, hurt people." So were they hurt—were they going through something? You have to ask yourself how that made similar mistakes, "What would I have done if I were in their shoes?"

Now, you start shifting your perspective to that of your enemy, you start looking at things from his mind. What was he going through, what is his background, what is happening in his life, what made him do what he did? And when you begin to gain an understanding from his view point, you're feelings will actually begin to change and you will actually begin to feel sorry for them.

Now, listen to this quote, I thought it was good Henry Wadsworth Longfellow wrote this. He says, "If we could read the secret history of our enemies, we would find in each man's life sorrow and suffering enough to disarm all hostility. If you could read the secret history of your enemy, you would find enough sorrow and suffering in his life with disarm all hostility."

So you look at them from their perspective. When you see what they've gone through and what might have happened to them, you might find out what they did to you. You would not even—the intended target. It just happened to you as by-product of what they were going through. And so you change your perspective when you look at it from the other person's view point.

Number seven, "Pray for the other person, pray for the other person," pray for the other person. Listen to this 1 Peter 3:9 and the Amplified says, "Never return evil for evil or insult for insult but on the contrary blessing, praying for their welfare, happiness and protection and truly pitying and loving them, for know that to do this you have been called that you may yourselves inherit a blessing from God that you may obtain a blessings as heirs, bringing welfare and happiness and protection."

So when you're praying for other—I actually read a, I read an interesting research study by a psychologist at the Florida State University. And he had a group of men and women, and he had them to pray for a close friend everyday for four weeks, for a month. And he has some other people who he asked them to simply think good thoughts towards their friends for the same time period. And they even added a scale, a machine to measure selfless concern for others. And what they found, they found that prayer actually increased selfless concern for others, which in term boost forgiveness. So the more you're praying for somebody, the more you are not thinking about yourself, so it becomes a selfless concern for somebody else. And when you develop a selfless, concern for somebody else, it automatically begins to resolve all of the resentment, the anger and the bitterness. And so they found in that study that

the group that pray for their friends, everyday for a month, they had a high increase of selfless, concern for others which lead to a higher level of forgiveness.

And so praying for one other is what the Bible says, “Pray for the other person that offended you. Begin to speak differently about the person that offended you, begin to talk differently about them and pray.” And so you engaged yourself in that type of activity, it helps you to forgive and to let go.

Along those of you who are watching this by Television and go to [AirJesus.com](http://AirJesus.com), you can listen to this message, message # 7470, “How to forgive and Let Go Part 3.” You can also email it to a friend absolutely free of charge.

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