



Life Works – When You Work with the Law

Part 9: The Law of Forgiveness (Part 2)

September 2, 2009



I. Summary from Part 1.

A. The Law *always* wins.

B. The Law of Forgiveness: “. . . *Forgive, and you will be forgiven.*” (Luke 6:37, NKJV)

C. The parameters of Biblical forgiveness:

1. Not once, not twice, not seven times . . . but “**seventy times seven.**” (Matthew 18:22)

2. **No remembering, recalling or dredging up** what the other person has done to us, and reminding them of it. (Isaiah 43:25)

3. **No retaliation.** (1 Peter 2:23)

4. **No offense is too great to forgive.** (Acts 7:60)

D. “Forgive” means to *release, to pardon, to let go of completely.*

E. Forgiveness is an **attribute of the strong**, not the weak.

F. Forgiveness is a **prerequisite to good health and peace of mind.**

G. Whatever you **say, think or wish** for another, you are *simultaneously attracting to yourself.*

“**Write injuries in the sand, kindnesses in stone.**” (Unknown)

II. The Power of Forgiveness.

“**Forgiveness** is the first requirement which permits man to be **in harmony with the Law of his being.**” (*Working With The Law*, Raymond Holliwel)

A. **It opens the door to healing.**

Matthew 9:2-7 “Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, ‘**Son, be of good cheer; your sins are forgiven you.**’ And at once some of the scribes said within themselves, ‘This Man blasphemes!’ But Jesus, knowing their



thoughts, said, ‘Why do you think evil in your hearts? For which is easier, to say, ‘**Your sins are forgiven you,**’ or to say, ‘**Arise and walk!**’ But that you may know that the Son of Man has power on earth **to forgive sins**’ — then He said to the paralytic, ‘**Arise, take up your bed, and go to your house.**’ And he arose and departed to his house.” (NKJV)

“When **healthy** and **natural** ideas fill the mind, **the body takes on a like condition.**”
(*Working with the Law*, Raymond Holliwell)

Holding thoughts of unforgiveness is neither healthy nor natural
for any human being.

“Stay positive. **You become what you think about.**” (Earl Nightingale)



B. Attracts more good into your life.

“The person who dares **to forgive** gains control of the situation. He may not have appeared to have had any prior power to solve the problem. But suddenly there will be a change. The situation will begin to shift and rearrange itself. **The person who forgives will find a divine solution appearing. The forgiving state of mind is a magnetic power for attracting good.** No good thing can be withheld *from the forgiving state of mind.*” (*The Dynamic Laws of Healing*, Catherine Ponder)

Psalm 84:11 “For the LORD God is a sun and shield: the LORD will give grace and glory: **no good thing will he withhold from them that walk uprightly.**” (KJV)

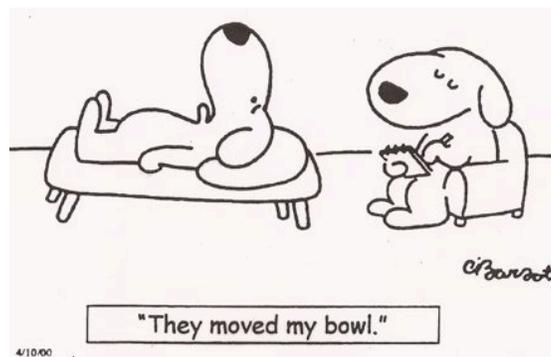
Unforgiveness blocks our awareness of the good that is ever seeking to express itself through us. When we walk with an attitude of forgiveness toward those who have hurt us, we are “walking uprightly,” and **by Law, good things must come our way!**

C. When you’re in harmony with the Law, you’re in harmony with your Creator!

“**Have no mean thought in your heart.** Of Love, of thought, of all you have, give, give, give. **You are followers of the World’s Greatest Giver.** Give of time, of personal ease and comfort, of rest, of fame, of healing, of power, of sympathy, of all these and many more. **Learn this lesson, and you will become a great power to help others and to do mighty things.**”
(*God Calling*, August 30)



III. The Severe Consequences of Holding Unforgiveness Toward God, Ourselves or Others.



“ A person is not defeated by their opponents **but by themselves.**” (Jan Christiaan Smuts)

A. Blaming God punishes us! He is *the Solution, not the source of our troubles.*



“God has nothing to do with the unhappy or chaotic conditions in the world. All these conditions are brought about **by the negative and destructive thinking of our species.** Therefore, **it is a serious mistake to blame God for your trouble or sickness.** Many persons habitually set up mental resistance to the flow of life by accusing and reproaching God for the sin, sickness, and suffering of mankind. Others cast the blame on God for their pains, aches, loss of loved ones, personal tragedies, and accidents. They are angry at God, and they believe he is responsible for their misery. As long as people entertain such negative concepts about God, they will experience **automatic negative reactions from their subconscious minds.** What they fail to understand is that **they are punishing themselves . . .**

God, or life, never sends disease, sickness, accident, or suffering. We bring these things on ourselves **by our own negative destructive thinking,** based upon the law, As we sow, so shall we reap . . . **God, or life, never punishes. People punish themselves** by their false concepts of God, life, and the universe. **Their thoughts are creative, and they create their own misery . . .**

At the instant these people entertain **a God of love** in their minds and hearts, at the instant they believe that **God is a loving Father** who watches over them, cares for them, guides them, sustains and strengthens them, this concept and belief about God or the life-principle will be accepted by their subconscious mind, and **they will find themselves blessed in countless ways.**” (*The Power of Your Subconscious Mind*, Joseph Murphy)



B. Holding unforgiveness gives the enemy the advantage.

“**Your mind** is the **road** the Satan uses to get access into your life.” (Gregory Dickow)

2 Corinthians 2:10-11 “Now whom you forgive anything, I also forgive. For if indeed I have forgiven anything, I have forgiven that one for your sakes in the presence of Christ, **lest Satan should take advantage of us; for we are not ignorant of his devices.**” (device = a strategy that impacts *the mind and thought patterns* of man.) (NKJV)



C. The Law mandates that we reap what we sow.

Galatians 6:7 “Do not be deceived, God is not mocked; for **whatever a man sows, that he will also reap.**” (NKJV)

“As long as you keep a person down, **some part of you has to be down there to hold him down,** so it means ***you cannot soar*** as you otherwise might.” (Marian Anderson)



1. There is no forgiveness for the unforgiving.

Mark 11:26 “But *if you do not forgive*, neither will your Father in heaven *forgive your trespasses.*” (NKJV)

“He who **cannot forgive** others **breaks the bridge** over which he himself must pass one day.” (Old Proverb)



2. There is no mercy for the unmerciful.

Matthew 18:23-35 “Therefore the kingdom of heaven is like a certain king who wanted to settle accounts with his servants. And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. But as he was not able to pay, his master commanded that he be sold, with his wife and children and all that he had, and that payment be made. **The servant therefore fell down before him, saying, 'Master, have patience with me, and I will pay you all.'** Then the master of that servant was moved with compassion, released him, and forgave him the debt.



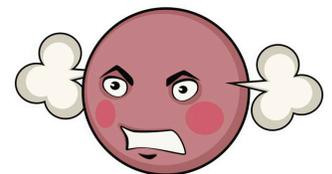
‘But that servant went out and found one of his fellow servants who owed him a hundred denarii; and he laid hands on him and took him by the throat, saying, ‘Pay me what you owe!’ **So his fellow servant fell down at his feet and begged him, saying, ‘Have patience with me, and I will pay you all.’** *And he would not*, but went and threw him into prison till he should pay the debt. So when his fellow servants saw what had been done, they were very grieved, and came and told their master all that had been done.

Then his master, after he had called him, said to him, ‘**You wicked servant! I forgave you all that debt because you begged me. Should you not also have had compassion on your fellow servant, just as I had pity on you?’** And his master was angry, and *delivered him to the torturers* until he should pay all that was due to him. ‘**So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.**’ ” (NKJV)

James 2:13 “**For there will be no mercy for you if you have not been merciful to others.** But if you have been merciful, then God's mercy toward you will win out over his judgment against you.” (NLT)

D. Holding unforgiveness gives “squatters rights” to demons.

Ephesians 4:26 “And ‘don’t sin by letting **anger** gain control over you.’ Don’t let the sun go down while you are still **angry**, for **anger gives a mighty foothold to the Devil.**” (NLT)



“The hatred you’re carrying is a live coal in your heart – **far more damaging to yourself** than to them.” (Lawana Blackwell)



E. Whatever you refuse to forgive attaches itself to you.

John 20:21-23 “Again Jesus said, ‘Peace be with you! As the Father has sent me, I am sending you.’ And with that he breathed on them and said, “Receive the Holy Spirit. If you forgive anyone his sins, they are forgiven; **if you do not forgive them, they are not forgiven.**” (NIV)



C. S. Lewis tells a story about a man who had been speared by his enemy. With the point of the spear still in him, the man says, **“I have to get this spear out of me, or I will become like the person who threw it.”**

“We become what we don’t forgive.” (Clay McClean)

F. When we criticize others, we condemn ourselves.

“Most of our suspicions of others are aroused *by knowledge of ourselves.*” (Unknown)

Romans 2:1 “. . . Every time you *criticize* someone, you *condemn* yourself. It takes one to know one. **Judgmental criticism** of others is a well-known way of **escaping detection in your own crimes and misdemeanors.**” (The Message)



IV. Forgiving Those Who Have Hurt Us.

“Repentance and forgiveness are the only means of liberating man from suffering the painful consequences of a mistake.” (*Working with the Law*, Raymond Holliwel)

A. Don’t wait until you’re knocked off your horse and made blind before you do what the Law requires!

Acts 9:3-5 “Now as he traveled on, he came near to Damascus, and suddenly a light from heaven flashed around him, and he fell to the ground. Then he heard a voice saying to him, Saul, Saul, **why are you persecuting Me** [harassing, troubling, and molesting Me]? And Saul said, Who are You, Lord? And He said, **I am Jesus, Whom you are persecuting.** It is **dangerous** and **it will turn out badly for you** to keep kicking against the goad [to offer **vain and perilous resistance.**” (AMP)



Video clip – Saul on the road to Damascus.

B. When we forgive others we *humble* ourselves! And that's a good thing!

Proverbs 22:4 “By **humility** and the fear of the LORD are riches and honor and life.” (NKJV)



1. “And now I can make more clear to you what I would say about **forgiveness of injuries**. It is one of My commands that **as you seek My forgiveness, so you must forgive**. But what you do not see is that **you, the self in you, can never forgive injuries**. The very thought of them means self in the foreground, then the injury, instead of appearing less, appears greater. No, My children, as all true Love is *of* God, and is God, so **all true forgiveness is of God** and is God. **The self cannot forgive. Kill self.**

Cease trying to forgive those who fretted or wronged you. It is a mistake to think about it. **Aim at killing the self now** – in your daily life, and then, and not until then, you will find there is nothing that even remembers injury, because **the only one injured, the self, is dead.**” (God Calling, May 3)

2. “Death to self is not your work; **it is God’s work**. Self can never cast out self, even in the regenerate man. **Accept every humiliation; look upon every person who tries or troubles you as a means of grace to humble you**. God will see such acceptance as proof that your whole heart desires it. **It is the path of humility that leads to the full and perfect experience of our death in Christ**. With Christ, who committed His spirit into the Father's hands, **humble yourself** and acknowledge each day **your helpless dependence upon God**. God will raise you up and exalt you. Every morning remind yourself afresh of your emptiness so that the life of Jesus may be manifested in you.” (*Humility*, Andrew Murray)

3. **2 Corinthians 4:11** “For we who are alive are always being **given over to death** for Jesus’ sake, so that **his life may be revealed in our mortal body.**” (NIV)

C. Affirmations of forgiveness.

Proverbs 18:21 “**Death and life are in the power of the tongue . . .**” (KJV)

The words we speak do one of two things: they **build up** or they **tear down**. They bring **life**, or they bring **death**. Catherine Ponder calls affirmations “**the working power of God.**” Use these affirmations to bring **life, healing and blessing** into those situations where you have been hurt, wounded, treated unfairly, etc.

1. “Quiet your mind, relax, and let go. Think of God and his love for you, and then affirm: **‘I fully and freely forgive _____ . I release him (her) mentally and spiritually. I completely forgive everything connected with the matter in question. I am free, and he (she) is free. It is a marvelous feeling. This is my day of general amnesty. I release anybody and everybody who has ever hurt me, and I wish for each and everyone health,**



happiness, peace, and all the blessings of life. I do this freely, joyously, and lovingly. Whenever I think of the person or persons who hurt me, I say, **‘I have released you, and all the blessings of life are yours.** I am free and they are free. It is wonderful!’ ”
(The Power of Your Subconscious Mind, Joseph Murphy)

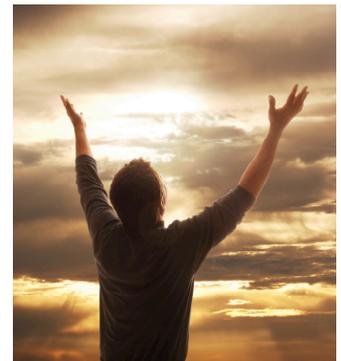


2. “Sit for half an hour every night and **mentally forgive everyone against whom you have any ill will or antipathy . . .** If you have accused anyone of injustice, if you have discussed anyone unkindly, if you have criticized or gossiped about anyone, **withdraw your words by asking him, in silence, to forgive you.** If you have had a falling out with friends or relatives, if you are at law, or engaged in contention with anyone, **do everything in your power to end the separation.** See all things and all persons as they really are – pure Spirit – and **send them your strongest thoughts of love.** Do not go to bed any night feeling that you have any enemy in the world.” *(The Dynamic Laws of Healing, Catherine Ponder)*

3. “An all-inclusive prayer of forgiveness is this: **‘I forgive everything, everyone, every experience, every memory of the past or present that needs forgiveness. I forgive positively everyone.** God is love, and I am forgiven and governed by God’s love alone. God’s love is now adjusting my life and its problems. Realizing this, I abide in peace.’ ”
(The Dynamic Laws of Healing, Catherine Ponder)

D. Shift to an attitude of *gratitude*.

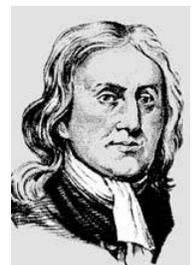
“Many physical ills and certainly most mental ills are due, consciously or unconsciously, to feelings of resentment. **You cannot be grateful and resentful at the same time.** When you feel a surge of resentment because of some slight, hurt, or disappointment, deliberately **change the direction of your feelings by thinking of something for which you are grateful.** As you do, you will find that you can be grateful for the experience that previously made you resentful, since that resentment finally caused you to cultivate the praiseful, thankful, grateful state of mind.



Make a practice of praising your problems, troubles and difficult experiences. Any experience that leads you to a deeper degree of good should be praised. **Every sorrow, disappointment and hard experience is trying to lead you to greater understanding, which, in turn, leads to a better way of life. Therefore, your hard experiences should be praised.** They are a blessing in disguise . . . No matter what the situation, the words **‘Thank you, God’** open the way for better living. Health, prosperity, and peace come when one begins **thanking God in the face of dark experiences.**” *(The Dynamic Laws of Healing, Catherine Ponder)*

1 Thessalonians 5:18 “In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” (KJV)

“If anyone could tell you the shortest, surest way to all happiness and perfection, he must tell you to **make it a rule to yourself to thank and praise God for everything**



that happens to you. For it is certain that whatever seeming calamity happens to you, **if you thank and praise God for it, you turn it into a blessing.**” (William Law)

“The *hardest arithmetic* to master is that which enables us *to count our blessings.*” (unknown)

E. For the really hard cases . . .

“The word ‘forgive’ means ‘to give up,’ as in giving up a resentment or a claim. When you speak words of release, you start the action of forgiveness or giving up. If there are people or situations in your life **you have tried to forgive but were not able to** because of antagonisms and negative feelings that got stirred up in the process, then stop trying to forgive them. **Just release them.** As you loose them and let them go through release, you are forgiving them by giving them up . . .

Use these words of confession: **‘I fully and freely forgive. I loose and let go. I let go and let God. Christ in me is my forgiving power. Christ in me is my releasing power. Christ in this situation is its forgiving power now, and all is well.’**” (*Open Your Mind to Receive*, Catherine Ponder)

F. The acid test for forgiveness.

“If someone has hurt you, lied about and vilified you, and has said all manner of evil about you, **is your thought of that person negative? If so, you have not yet forgiven.** The roots of hatred are still in your subconscious mind, playing havoc with you and your good. The only way to wither those roots is **with love. Wish for the person all the blessings of life.** This is the meaning of *Forgive until seventy times seven* . . .

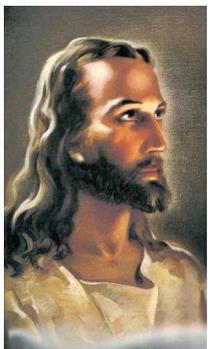


To forgive is to give something for. Give love, peace, joy, wisdom, and all the blessings of life to the other, **until there is no sting left in your mind.** *This is the acid test of forgiveness* . . . If you have truly forgiven someone, you will remember the incident, **but you will no longer feel the sting or hurt of it.** *This is the acid test of forgiveness.* You must meet it psychologically and spiritually. Otherwise, you are simply deceiving yourself. You are not practicing the true art of forgiveness.” (*The Power of Your Subconscious Mind*, Joseph Murphy)

G. With God’s help, you can forgive everyone . . . even yourself!

“Forgive yourself and everybody else by pouring out love, life, joy, and goodwill to all who have hurt you. Continue until such time as you can **meet them in your mind** and know that you are at peace with them.” (*The Power of Your Subconscious Mind*, Joseph Murphy)

“Say many times, **‘All things are possible with My Master, My Love, My Friend.’** This truth accepted and firmly believed in, is the ladder up which a soul can climb from the lowest of pits to the sublimest of heights.” (God Calling, August 24)



H. Follow the Optimist’s Creed:

“I promise myself to give so much time *to improving myself*, that I have no time *to criticize others.*” (from *The Optimist’s Creed*, Christian Larson)

I. Go on a *mental and verbal fast*: Refrain from *thinking or speaking negatively* about anyone or anything for the next 40 days!

J. “Forgive” – A Poem.

“Forgive”

“That slight misdeed of yesterday, why should it mar today?
The thing he said, the thing you did, have long since passed away;
For yesterday was but a trial; today you will succeed,
And from mistakes of yesterday will come some noble deed.

Forgive yourself for thoughtlessness, do not condemn the past;
For it is gone with its mistakes; their mem’ry cannot last;
Forget the failures and misdeeds, from such experience rise,
Why should you let your head be bowed, Lift up your heart and eyes!”

Selected

K. Video Clip – “The Push”



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