

*Everything you need to know
about* **HEALING!**



There are people sitting in church today who love God...but are still **bound by something that happened years ago.**

They worship...but carry wounds. They pray...but replay conversations. They smile... but inside, there's a prison.

Jesus didn't just warn us about sin...He warned us about **unforgiveness.**

Because unforgiveness doesn't just hurt relationships...**it becomes a doorway.**

Unforgiveness is not just an emotion—it's an **open door in the spirit realm.**

Some people aren't under attack...they're under **access.** The enemy didn't break in—the door was left open.

Some of what you've been fighting isn't just physical—it's spiritual access. And today, the Lord is saying: **"Close the door!"**

Forgiveness isn't just about relationships—it's about spiritual access.

What unforgiveness opens, forgiveness can shut—and healing can walk back in.

Matthew 18:21-35 NKJV The Parable of the Unforgiving Servant

21 Then Peter came to Him and said, "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?" 22 Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven.

23 Therefore the Kingdom of Heaven is like a certain king who wanted to settle accounts with his servants. 24 And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. 25 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. ²⁶
The servant therefore fell down
before him, saying, 'Master, have
patience with me, and I will pay you
all.' ²⁷ Then the master of that
servant was moved with compassion,
released him, and forgave him the
debt. ²⁸ "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!' ²⁹ So his fellow servant fell down at his feet and begged him, saying, 'Have patience with me, and I will pay you all.' ³⁰ And he would not, but went and threw him into prison till he should pay the debt.

31 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. 32 Then his master, after he had called him, said to him, 'You wicked servant! I forgave you all that debt because you begged me. 33 Should you not also have had compassion on

your fellow servant, just as I had pity on you?' ³⁴ And his master was angry, and delivered him to the torturers until he should pay all that was due to him. ³⁵ "So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses."

Peter asks Jesus: “Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?”

Jesus responds: “Seventy times seven.”

Then He tells the parable of:

- A servant forgiven an **impossible debt.**
- Who then refuses to forgive a **minor debt.**

**1.UNFORGIVENESS FORGETS
WHAT YOU'VE BEEN
FORGIVEN OF.**

**When you lose sight of the
cross, you lose your ability to
forgive. Unforgiveness is
spiritual amnesia.**

Ephesians 4:32 NKJV

“And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.”

Colossians 3:13 NKJV

“Bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.”

2. UNFORGIVENESS OPENS THE DOOR TO TORMENT.

**An open offense becomes an
open door. What you hold onto
can hold onto you.**

Matthew 6:14-15 NKJV

14 "For if you forgive men their trespasses, your Heavenly Father will also forgive you. 15 But if you do not forgive men their trespasses, neither will your Father forgive your trespasses."

2 Corinthians 2:10-11 NKJV

¹⁰ “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, ¹¹ lest Satan should take advantage of us; for we are not ignorant of his devices.”

One of Satan's primary *devices* = unforgiveness.

Unforgiveness is like:

- Drinking poison.
- And expecting someone else to suffer.

But it slowly affects *you*—spirit, soul, and body.

The lie of unforgiveness - We think unforgiveness holds them accountable, but it actually holds us captive.

Ephesians 4:26-27 NKJV

**26 "Be angry, and do not sin":
do not let the sun go down on
your wrath, 27 nor give place to
the devil."**

**The word "*place*" = foothold,
territory, legal access.**

Think of your life like a house:

- Salvation = ownership.
- But unforgiveness = **leaving a window unlocked.**

The enemy doesn't need ownership—just access.

Hebrews 12:15 NKJV

“Looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled.”

Bitterness is a **root system**—hidden but producing fruit.

WHAT DOES TORMENT LOOK LIKE TODAY? Not always demons manifesting...Sometimes it looks like:

- Constant anxiety
- Depression that won't lift
- Mental torment replaying offense
- Physical stress in the body
- Sleeplessness
- Chronic bitterness
- Emotional heaviness

Science and medicine calls it stress. Jesus called it **torment.**

Doctors have documented that **unforgiveness elevates stress hormones.**

People holding bitterness often deal with:

- high blood pressure
- weakened immune systems
- anxiety disorders

You don't just carry offense...**your body carries it too.**

A woman carried bitterness toward her father for 20 years. She struggled with anxiety, panic attacks, and depression.

The moment she forgave him—not excusing him, but releasing him—shutting the door to unforgiveness.

Within weeks, her mental torment lifted.

**Unforgiveness isn't just a wound—it's a door.
And what you don't release will keep you
bound.**

**3. FORGIVENESS CLOSES THE
DOOR AND SETS YOU FREE.**

Mark 11:25 NKJV

“And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in Heaven may also forgive you your trespasses.” *JESUS*

Luke 6:37 NKJV

“Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven.” *JESUS*

James 5:16 NKJV

“Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.”

Psalm 103:2-3 NKJV

**2 “Bless the LORD, O my soul,
and forget not all His benefits:**

**3 Who forgives all your
iniquities, Who heals all your
diseases.”**

Forgiveness and healing are spiritually connected.

Not all sickness is from unforgiveness—but unforgiveness can open a door to it.

HOW TO WALK IN FORGIVENESS:

1. Decide, Don't Feel.

Forgiveness is a **decision**, not an emotion. “Lord, I choose to forgive—even if I don't feel it yet.”

2. Speak It Out Loud.

There is power in declaration. "I release them. They owe me nothing."

3. Pray Blessing Over Them.

Luke 6:28, “Bless those who curse you, and pray for those who spitefully use you.” This breaks the root of bitterness.

4. Keep the Door Closed.

When offense tries to come back...Don't rehearse it—replace it.

Luke 23:34 NKJV

“Then Jesus said, “Father, forgive them, for they do not know what they do.” And they divided His garments and cast lots.”

Forgiveness is not:

- Saying it was okay.
- Forgetting what happened.

Forgiveness is: *Releasing your right to revenge and trusting God with justice.*

Father, in the Name of Jesus, I release every person who has hurt me. I choose forgiveness today. I close every door that bitterness has opened. I renounce offense, anger, and resentment. Fill my heart with Your love. Restore my soul, and bring healing to my body. In Jesus' Name, Amen.

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