

Accomplishing True Forgiveness Completely and Efficiently

By Karl Duff
November 16, 2007

Many folks never learn to forgive (that is, to FORE-Give or Give FOR). They live in bondage of bitterness, illness and confusion over the offenses of persons who have harmed them. Many preach that it is a slow, difficult effort to forgive. But this is not true. Complete forgiveness is possible in a very short period of time -- perhaps in only two or three days, even for dreadful offenses. Yet it is painful, because mind and flesh must be put to death!

Jesus Christ, in *Luke 6:27-28*, tells us how to do it. He describes and commands us HOW to forgive. We must work on behalf of our enemies both in heaven and on earth. Here are Jesus' four simple rules: (1) Love your enemies, (2) Do good to those who hate you, (3) bless those who curse you, (4) pray for those who mistreat you.

Most folks quit at the first instruction, because "love" tends to be a bit hard to define, especially with someone who has hurt us, and it is hard to conceive specific actions. But Jesus now gives us specific ACTIONS that exemplify love. We are to DO good! We are to BRING blessing and we are to PRAY for those who persecute us. It's clear there is no 'neutral' zone on the matter. This also highlights our major mistake -- assuming there is a neutral zone; that we will be satisfied if we can just get our minds off the pain, be left alone and free of stomach acid, mind swirls and other effects of 'hate' hormones. This is bit like a wagon horse standing still in its harness. It will never pull a wagon or accomplish any work.

But one can't win from his own end of the football field, or at basketball from center court. He must come into the FORE court! He must attack! We are the slave of the one we choose to obey; either Satan, resulting in death, or Christ, resulting in righteousness. (*Rom. 6:16*). We are told to take ACTION!

So, we put away the idea of being "left alone". We desire a completely healed wound with no trace of scarring; no 'scab' to be ripped off again and again, after we falsely believe we have put the matter away, but without truly forgiving. We shall GIVE at expense of our own mind and flesh.

Here are procedures for complete forgiveness that fulfills Jesus' commandment and will produce peace and freedom beyond all comprehension.

- (1) Presume the worst case; that the sin against you was deliberate and purposed to injure you, your reputation, health, finances, etc.. Forgive and close accounts on earth for what this person has done to you. Agree to pay the account **INSTEAD** of the guilty person. (They go free because you are paying the bill!) Because **YOU** are paying the bill, the account becomes **CLOSED**, never to be opened again. (It should not even be mentioned again unless such time as appropriate for use as an effectual “forgiveness” teaching instruction to others.)
- (2) Ask God to close accounts in heaven, to honor his word in ***Matt 18:18-19*** and ***John 20:23*** by similarly closing accounts for whatever has been done against you. (No prayers for God to “get the person” in consideration for your letting them go free.) You have authority to close accounts in heaven if the sin(s) were committed against you. All records are now destroyed.
- (3) Begin to pray thoroughly for the person in all the areas of his/her needs. This can begin generally on topics such as health, relationships, finances, safety, decisions, employment, marriages, etc., and then specifically address spiritual issues. These should include salvation – a personal meeting with the **TRUTH** Himself, Jesus Christ. Then if words fail you, follow with aspects of intercessory prayer which Paul made on behalf of the Ephesians in ***Ephesians 1:15-19*** and ***3:14-19***. (You may receive word of knowledge or wisdom to aid your prayers.)
- (4) To whatever extent this becomes too difficult for your mind and flesh, go to war against the enemy by giving up food and other pleasures until the matter is settled. Bring your whole body and mind into harmony on behalf of the person to whom you are ministering freedom. He or she is worth it! (This is a second area where temptation may refuse us to “buffet our bodies” in becoming conformed to Christ and sharing in the fellowship of His sufferings.)
- (5) Cap the whole process off by praying for God to reveal to you a particular **GOOD** gift (for which you will not likely be recognized.) -- any thing from chocolate chip cookies to an expensive gift is appropriate, even cash toward something especially important to this person. A discreet inquiry might also help to define this gift in an area where needed.
- (6) As an exercise for those who successfully accomplish this, try to explain why your feelings have now changed so. Why do you now feel love and affection for this person whom you previously feared or hated? What happened to your bondage? Attempt to relate the results to as many scriptures as possible, including those that relate to obedience versus “feelings” (***Genesis 4:6-7***).