

# The Healing Power of Deep Forgiveness

## Premise

My premise has three points to it:

- There are different depths of forgiveness
- It's not a sin to not have reached the deepest level of forgiveness (as long as you don't have unforgiveness)
- Deep forgiveness brings more healing than shallow forgiveness does

For the first point of my premise, I actually won't be showing it from Scripture, because I can't, but I can show it pretty clearly from reliable Christian testimony.

## There are Different Depths of Forgiveness

- Testimony about healing from dyslexia from Understanding Spiritual Warfare (pages 170-172)
- Testimony about healing from stomach issues from Emotional Healing Made Simple (pages 79-80)
- Testimony about back pain healing from Praying Medic's Telegram feed (posted 08-06-2025)
- Two Testimonies from Total Forgiveness Experience (from the introduction)

## It's Not a Sin to Not Have Reached the Deepest Depths of Forgiveness

- As long as you don't have unforgiveness (Matthew 6:15)
- We see the same concept as it relates to love, obedience, and giving
  - 1 Thessalonians 4:9-10
    - It's a sin to not love others, but I don't think it's a sin to still have room to grow in loving others
  - Hebrews 5:7-8
    - Jesus still had room to grow in learning obedience
    - But the fact that He still had room to grow wasn't sin
  - 2 Corinthians 9:6-7
    - Don't you find it fascinating that Paul doesn't rebuke people for not giving as much as they could. Paul seems to be saying, if you've already given what God has told you to give, but you could give even more, if you want to, great, but if not, you don't have to.

## Types of Shallow Forgiveness

### Denying what happened

- Responding to how someone has wronged you by just telling yourself that it didn't actually happen
- It's not unforgiveness, but it's not deep forgiveness

### Vindicating what happened

- Responding to how someone has wronged you by just saying that what the other person did wasn't wrong, even though it was wrong.
- It's not unforgiveness, but it's not deep forgiveness

### Excusing what happened

- Responding to how someone has wronged you by saying that even though it was wrong, it doesn't matter because they had some good reason for it
- Like when someone says "my parents neglected me when I was a child, but they didn't know any better"
- It's not unforgiveness, but it's not deep forgiveness

## Minimizing what happened

- Responding to how someone has wronged you by saying that even though it was wrong, it just doesn't matter because it's not important, and you should just let it go
- If someone close to me were to treat me unlovingly, and I get mad about it, and I let go of my anger by just telling myself that I shouldn't be mad about it because it's no big deal
- It's not unforgiveness, but it's not deep forgiveness
- It's bad for your emotional health
  - Most of the time when people tell themselves this, what they're teaching their emotions to believe is "I'm not important enough for it to be important that I be treated well" or "I'm not worthy of other people treating me well" Both of those are harmful and unbiblical beliefs

## Suppressing your anger

- When you respond with genuine forgiveness, but you still feel angry, and rather than working through your anger and letting it go in a healthy way, you just push it out of your mind and ignore it
- Like if a close friend of mine does something very hurtful to me, and I choose to forgive them, but I still feel angry about it, but instead of working through that anger, I just push it out of my mind and try to ignore it until it goes away and just forget about it
- It's not unforgiveness, but it's not deep forgiveness
- It's bad for your emotional health. Suppressing your anger is never a good long-term solution. It will come up again later

## Not blessing the person who wronged you

- The idea of blessing those who wrong is a repeated idea in the Scripture
  - Luke 6:27-28; Matthew 5:43-44; Romans 12:14; 1 Peter 3:9
- Jesus wants to take it a step further than just releasing the other person, He wants us to bless them

## What Deep Forgiveness Looks Like

- Acknowledging what they did
- Acknowledging that it was morally wrong of them
- Acknowledging that you are worthy of better treatment than that
- Acknowledging that they had no right to treat you that way
- Acknowledging that they had no excuse for wronging how they did
- Deciding and proclaiming that in spite of all that, you forgive them anyways even as Christ forgave you
- Praying the best for them

## Deep Forgiveness Brings More Healing than Shallow Forgiveness Does

- We saw it in the testimonies we looked at earlier
- Forgiveness is part of emotional healing
  - Most of the testimonies we looked at today that had to do with physical healing also had to do with emotional healing. The healing wasn't merely physical.
  - If you have emotional wounds, hurts from your past that are affecting your emotions today on a regular basis, forgiveness is very often a necessary part of healing.
    - Forgiving others doesn't guarantee you will find emotional healing, but not forgiving others almost guarantees that you won't.
- Personal testimonies

## 1. Acknowledging what they did

Write down what they did, how it made you feel, and why it made you feel that way

## 2. Acknowledging that it was morally wrong of them

Write down any relevant Scriptures about why it was wrong

## 3. Acknowledging that you are worthy of better treatment than that

"If God's Word says it was wrong of them, then by implication God's Word says I am worthy of better treatment than that"

## 4. Acknowledging that they had no right to treat you that way

"How they treated me was morally wrong, and they had no right to treat me that way"

## 5. Deciding and proclaiming that in spite of all that, you forgive them anyways even as Christ forgave you

Write a proclamation of forgiveness over them that focuses on Christ's reflecting Christ's forgiveness towards you and then proclaim it out loud. Here is an example: "What they did to me was morally wrong, and they had no right to do it, and they have no excuse for it, but I forgive them anyways, even as Christ has fully forgiven me when I've done wrong things against Him that I had no right to do and no excuses for."

## 6. Blessing them

Write out a prayer of blessing for them and pray it out loud on their behalf. Here is an example: "Lord, I forgive them for what they did, and I pray you don't hold it against them. I also pray that you bless them in every area of their life; I pray that they be blessed to the fullest; I pray that You give them the very best that You have for them"

Depending on how deep of a hurt you feel, it might be good to go over this paper multiple times over multiple days to really allow this forgiveness to grow deep in your heart.