



Forgiveness:
When
The
Doctor
Heals
Himself

Forgiveness is the fragrance that the violet sheds
on the heel that has crushed it....Mark Twain

Forgiveness Definition:

Psychologists generally define forgiveness as a conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether they actually deserve your forgiveness.

Matthew 18

21 Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?”

22 Jesus answered, “I tell you, not seven times, but seventy-seven times.”

Mayo Clinic continues to do this same study year after year and the results are the same on what forgiveness does for their patients:

- healthier relationships
- improved mental health
- less anxiety stress and hostility
- lower blood pressure
- fewer symptoms of depression
- stronger immune system
- improved heart health
- improved self-esteem

Matthew 18

23 “Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants.24As he began the settlement, a man who owed him ten thousand bags of gold was brought to him.25Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt.

26 “At this the servant fell on his knees before him. ‘Be patient with me,’ he begged, ‘and I will pay back everything.’27The servant’s master took pity on him, canceled the debt and let him go.

Matthew 18

28 “But when that servant went out, he found one of his fellow servants who owed him a hundred silver coins. He grabbed him and began to choke him. ‘Pay back what you owe me!’ he demanded. 29 “His fellow servant fell to his knees and begged him, ‘Be patient with me, and I will pay it back.’ 30 “But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. 31 When the other servants saw what had happened, they were outraged and went and told their master everything that had happened.

Matthew 18

32 “Then the master called the servant in. ‘You wicked servant,’ he said, ‘I canceled all that debt of yours because you begged me to.’³³ Shouldn’t you have had mercy on your fellow servant just as I had on you?’³⁴ In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed.

35 “This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart.”

Genesis 50

15 When Joseph's brothers saw that their father was dead, they said, "What if Joseph holds a grudge against us and pays us back for all the wrongs we did to him?" 16 So they sent word to Joseph, saying, "Your father left these instructions before he died: 17 'This is what you are to say to Joseph: I ask you to forgive your brothers the sins and the wrongs they committed in treating you so badly.' Now please forgive the sins of the servants of the God of your father." When their message came to him, Joseph wept.

Genesis 50

18 His brothers then came and threw themselves down before him. “We are your slaves,” they said. 19 But Joseph said to them, “Don’t be afraid. Am I in the place of God? 20 You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. 21 So then, don’t be afraid. I will provide for you and your children.” And he reassured them and spoke kindly to them.

Weekly Devotional

Luke 23

34 Jesus said, “Father, forgive them, for they do not know what they are doing.” And they divided up his clothes by casting lots.