

WALLS

Breaking Through the Wall of Unforgiveness (Part I)

Pastor Derwin L. Gray

3.8.2020

- Unforgiveness is a wall that:
 - a. Deteriorates our humanity
 - b. Sickens our bodies (brain health)
 - c. Steals our happiness
- Unforgiveness:

Hurts our relationships	Hurts our brain health
Increases anxiety, stress, & hostility	Raises our blood pressure
Leads to depression	Weakens our immune system
Hurts our heart health	Hurts our self-esteem
- For the follower of Jesus, unforgiveness towards another is sin. (Ephesians 4:32)

Why does Jesus forgive us?

1. To reconcile us to His Abba (Romans 5:8-11)
2. To restore our humanity & happiness (Ephesians 4:20-24, Psalms 32:1)

How does Jesus forgive us?

1. By His substitutionary atoning sacrifice on the cross. (Hebrews 9:22, 1 John 2:1-2)
2. His blood forgives our past, present, & future sins. (Ephesians 1:5-7)
3. Forgiven people forgive people. (Colossians 3:12-13)

Soul-tattoo: Read this affirmation daily:

**How precious is the blood that set me free;
How beautiful is the blood that was shed for me.
How amazing is the blood that was sent like a flood.
I choose to agree with the One who hung on my cross.
I choose to believe in the One who took my place to give me grace.
I choose to follow the One who eternally forgives me.
In Christ, I'm adored by God the Father.
In Christ, I'm clothed in righteousness.
In Christ, I'm a friend of God.
In Christ, I'm forgiven to forgive.
Amen, amen, and amen**

Action: Work through the Conversation Guide