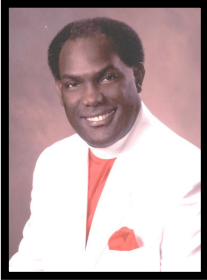


Ask Bishop Dennison



Q. Many people, including my family, friends and co-workers have done me wrong over the course of my life. I have been lied on, talked about and stabbed in my back. Even though I try to act as if these things do not bother me, they still do. I have a very hard time forgiving the people that have hurt me, even though I know that this is wrong. What advice can you offer me?

A. Many people struggle with forgiving those that have hurt or harmed them because they are instinctively waiting to ‘feel like’ forgiving someone. However, to experience the power of forgiveness, you must realize that forgiveness is a decision and not a feeling. When you choose to forgive, it will unlock the power of God in your life because forgiveness is a way of life. Forgiveness is a powerful force that can produce inner and physical healing. You can free someone with forgiveness or bind them with unforgiveness. Unforgiveness is like an unhealed wound. Unhealed wounds have the power to draw maggots, flies, worms and other parasites. When you demonstrate an unforgiving spirit, it has the potential to attract hatred, bitterness, wrath, anger and other unclean spirits. So, if you fail to release the power of forgiveness, you are living on the edge of disaster. (St. Matt 18:22-25; St. Mark 11:25-26). If you are going to fly into the sky of God’s peace, happiness, love and joy, then you need to leave the luggage of unforgiveness on the ground.

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