

## I. GOD IS COMPLETE AND WHOLE

- A. Jesus is the most emotionally healthy man who ever lived. He was not swayed by people's praise or criticism (John 2:24-25 5:24). He was very secure in who He was. Jesus lived with the pleasure of God the Father over His life (Heb. 1:9; Psa. 16:11).

*And suddenly a voice came from heaven, saying, "This is My beloved Son, in whom I am well pleased." (Matt. 3:17)*

- B. We will be completely physically, spiritually, emotionally, mentally, relationally whole and healthy in everyway when we are ultimately transformed into the image of Christ (cf. Rom. 8:29; Gal. 2:20; 4:19)

*Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty. <sup>18</sup> But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord (2 Cor. 3:17-18)*

## II. WHY DO WE SUFFER EMOTIONAL UPHEAVAL?

*Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven (Luke 6:37).*

- A. Our sinful responses to difficult and hurtful situations cause emotional strain in our lives. We need to run to God instead of running to ourselves.

- B. The law of sowing and reaping. We reap what we sow (Galatians 6:7-8). Both positive and negative.

*Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. <sup>8</sup> For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life (Gal. 6:7-8).*

- C. Attacks from the enemy. It's not from God, it's not the fruit of the Spirit dwelling in you.

*For God has not given us a spirit of fear, but of power and of love and of a sound mind (2 Tim. 1:7).*

- D. We are weak spiritually in our inner man if we do not cultivate our inner life in God through meditation on His Word, waiting on God, etc. (cf. Isa. 40:31; Psa. 27:14; Eph. 3:16).

## III. THERE'S POWER IN THE BLOOD OF JESUS

- A. There's power in Jesus' blood to overcome the great battle in the End-times. And this power is available to you today. Keys to overcoming and receiving freedom: the Blood of Jesus.

*Then I heard a loud voice saying in heaven, "Now salvation, and strength, and the kingdom of our God, and the power of His Christ have come, for the accuser of our brethren, who accused*

*them before our God day and night, has been cast down.* <sup>11</sup> *And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death (Rev. 12: 10-11).*

- B. The power of forgiveness is in the blood of Jesus (Col 1:13-14; Eph 1:7; 1 John 1:7)

*He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love,* <sup>14</sup> *in whom we have redemption through His blood, the forgiveness of sins (Col. 1:13-14; cf. Eph. 1:7).*

- C. Through the blood of Jesus, there is Forgiveness for **YOUR** sins

*If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.* <sup>10</sup> *If we say that we have not sinned, we make Him a liar, and His word is not in us (1 John 1:9-10)*

- D. Forgiveness for any other people involved, who may have contributed to your hurt.

*Then Jesus said, "Father, forgive them, for they do not know what they do." (Luke 23:34)*

1. **Forgive everyone who's making life difficult for you.** (c.f Acts 7:60).
2. **To forgive those seeking to injure me is to remove myself from their control** and to be unfettered by the anger or retaliation that would seek to attach itself to me.

#### IV. THE IMPORTANCE OF FORGIVENESS FOR OUR FREEDOM

**FORGIVENESS RELEASES US FROM THE CONTROL OF OTHERS AND FROM ACCUSATIONS OF THE ENEMY. FORGIVENESS OPENS US TO RECEIVE FORGIVENESS FOR OURSELVES. OFTEN, IN OUR PAIN, WE DO NOT FORGIVE OTHERS. WE NEED TO GET OVER IT AND FORGIVE THEM AS GOD FORGAVE US. OTHERWISE, IT WILL AFFECT YOU.**

*And forgive us our debts, As we forgive our debtors...* <sup>14</sup> *For if you forgive men their trespasses, your heavenly Father will also forgive you.* <sup>15</sup> *But if you do not forgive men their trespasses, neither will your Father forgive your trespasses (Matt 6:12, 14-15; cf. Mark 11:25-26)*

- A. Unforgiveness brings bondage to ourselves and to people who we hold grudges against (Matt. 18:32-35). When we forgive, we have to release your bitterness toward the other person.

*Looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled (Heb. 12:15).*

- B. Forgive each other and pray for one another. If you are not receiving healing in an area, find a prayer partner (James 5:16; Matt 5:23; Eph. 4:31-32). You do not have to feel forgiving in order to forgive. Forgiveness is a process, but it starts with a decision. Forgiveness is a choice, just as love is a choice. Keep no record of wrongs (1 Cor. 13:5). It means that this still controls you. Bless and pray for those whom you have forgiven, even your enemies (Matt. 5:44). Reconciliation is different from forgiveness. Reconciliation depends on 2 parties, but forgiveness is your choice.