



“Forgiving Power”

Wed Oct 21, 2026

I. **Mark 11:20-26**

A. Why Faith?

1. It is the only way to please God.
2. It is the only way to move circumstances and mountains.

B. Faith and Forgiveness

1. When you stand praying....forgive (**To send forth, forsake, lay aside, remit, yield up**).
 - Forgiveness is not a weak surrender or an approval of wrong.
 - Forgiveness is a deliberate act of will that breaks the heavy chains of bitterness and unlocks real spiritual and emotional freedom.
2. God's laws operate in agreement with His Spirit (His nature). For Faith to Work, Forgiveness must be complete in your life.
3. But if you do not forgive....(God is not interested in holding you guilty of your sins and un-forgiveness....there is a spiritual law in motion called the law of sowing and reaping; if you hold onto something, you judge yourself within the parameters of that law).

II. **Matthew 18:21-22**

A. The Calming Effect of Forgiveness

1. **Matthew 5:43-45**
2. Do you know what happens in your mind and in your body when you hold a grudge?
 - **Elevated heart rate or blood pressure**
 - **Muscle Tension and Inflammation (Impairs the Immune System)**
 - **Digestive Issues and Sleep Disturbances (Stress)**

B. **Ephesians 4:32**

1. Who is a follower of God tonight?
2. **Ephesians 5:1-2** (Follower – Imitator) / What does love do? It does not keep a file or ledger of what was done wrong.
3. Forgiveness releases the debt, so you are free from that debt's right to govern your future!

C. Forgiving Yourself

1. When you stand praying forgive who? (ought against any)
2. What happens when you forgive?
 - **It Shuts the Door on the Enemy**
 - **Brings Physical and Emotional Healing**
 - **It Frees your Future (You stop living your life looking in the rearview mirror of yesterday's regrets...)**