



Today's Thought: I tried to forgive but I just don't feel it.

With Bishop Ronald K. Powell

Today we're fasting from the thought that says, "I tried to forgive but I just don't feel it." Many people are held back in life because they are waiting for the feeling of forgiveness before they let go. In the meantime, the unforgiveness continues its damage against them, while they wait for their feelings to change.

The problem with this thinking is that it is backwards.

Let's overcome this today:

1. **Forgiveness is not a feeling.** It is a decision. Whatever grudge, whatever bitterness, or resentment that you have toward someone will not go away without a decision; a choice.
2. **Forgive by faith.** 2 Corinthians 5:7 says we live by faith, we forgive by faith. That means that when you forgive someone out loud, from your heart, you must believe that it is done. Never let your faith follow your feelings. Your feelings will catch up with your faith.
3. **Don't be fooled by the feelings of resentment or anger when they try to come back.** You'll be tempted to think, "I don't feel anything, so nothing must be

different. I guess I must not have forgiven." This is a lie! This is the thought you must cast from.

4. **Maintain an attitude of thankfulness** that you have been set free from the pain and consequence of unforgiveness. Thank God that you are free and healed. As you do this EVERY TIME that you feel those feelings, you will feel less and less of the pain, until it vanishes forever.

5. **Understand the meaning of the word: FOR-GIVE.** It simply means to GIVE, BEFORE. We need to "give" forgiveness, BEFORE the person apologizes; BEFORE they change; and most importantly BEFORE you feel anything. Just as faith works by believing God's promises BEFORE they show up, (Mark 11:24-25), forgiveness works BEFORE you feel it. When you forgive BEFORE you feel good feelings about that person, you are living in the highest level of faith. And this is pleasing to God. God is pleased by our faith, not our feelings. (Hebrews 11:6)

6. **Meditate on what God has done FOR you, rather than what people have done TO you.** Psalm 103:2-4 says, "Bless the Lord O my soul and forget none of his benefits-He pardons all your iniquities, heals all your diseases, redeems your life from destruction, crowns you with loving-kindness and compassion."

THINK IT & SAY IT:

I accept that forgiveness is not a feeling. It is a decision. I expect the bitter feelings, the problems, the unanswered prayers to change beginning today because of the choice I have made.

I forgive by faith, which means that as I act on the Word of God and declare my forgiveness out loud, I am pleasing to God, whether I feel something or not. I will not be moved by how I feel. If the feelings persist, I will persist even more. I will not be fooled by my feelings. They will catch up with my faith, and my faith declares that it is done.

I am forgiven and I am a forgiver! I choose to forgive others (AND MYSELF), BEFORE they change, before they deserve it, and before I feel it. I focus on what God has done for me, rather than what others have done to me, and therefore, I am free. In Jesus' Name!