

BREAKING CEILING

THE MINDSET OF FORGIVENESS

SCRIPTURE TO READ

Matthew 6:14-15

Forgiveness is a central theme in the Bible. Jesus Himself taught us to forgive others, not just seven times, but seventy times seven (Matthew 18:22). But what happens when we struggle to forgive? What happens when we harbor resentment and bitterness towards someone who has wronged us?

Unforgiveness can become a ceiling in our lives, stopping our growth, and blocking us from entering into the promises of God. Forgiveness is not about excusing the other person's behaviour. Instead, it's about releasing ourselves from the grip of bitterness and allowing God to heal our hearts.

When we cannot forgive, it is because we have forgotten how great a debt God has forgiven us. The moment we hold onto unforgiveness is the moment we stop growing. Therefore, it's important that we become great at forgiving others and ourselves.

QUESTIONS FOR REFLECTION

Is there any unforgiveness in our hearts towards another?
Is there any unforgiveness in our hearts towards ourselves?
Is there any hurt or offence in our hearts that we need to release today?

PRAYER APPLICATION

Ask God to break any ceilings of unforgiveness, hurt and offence in our lives. Ask Him for the grace, courage and boldness to forgive and release.