Event: Titus 2

Topic: Forgiveness, Mind, Body, and Spirit

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Date: September 14, 2022

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**Sister Shamarah**

Shalom, and good evening, Ladies.

Forgiveness as mothers, wives, and daughters of Sarah who say we are repented.

Forgiveness is and should be a part of our everyday lives.

* We need to seek forgiveness as wives for our lords as we seek forgiveness from him.
* We need to be role models for what forgiveness looks like and sounds like in our home with our children.
* We need to be an example for those friends and sisters in the truth.
  + Show them what forgiveness actually looks like and what it sounds like to the listener and to the person who can feel it in their spirit and in their heart.

The Day of Atonement is my favorite time of year; it is my favorite High Holy day.

* I don’t know about all of you, but I need the day of atonement.
* The seasons changing and the different colors show the magnificence of the artistry of the Most High.

~ ~ ~

 I often like to start my conversations with a story.

I want to tell you a story about Sysy when she was a little girl. We were walking home from school, and she was about five years old. I asked her what season it was because it was my favorite time of year, and she could not tell me. So I asked her to look around at all the colors and the leaves and tell me what you see. She said, “the leaves all fall down,” and I told her that is exactly what the season is called Fall.

Nature by design teaches us that is time to let things go. The leaves fall down off trees in preparation for Winter, Spring is where life begins.

The scripture tells us in Ecclesiastes 1:9 (KJV) that there is nothing new under the sun.

* Just like the seasons change and grow and bear fruit at the beginning of the new year, we likewise need to let things go so we can grow.

~ ~ ~

The premise of the Day of Atonement is to forgive, not only to forgive others but what I have learned through this year is the number one thing, we need to learn how to forgive ourselves.

When you have the inability to forgive yourself, how can you forgive others?

We are now in the midst of rehearsing the righteous acts, as stated in Judges 5:11 (KJV).

We all want to receive the gift of God of eternal life but we need to practice the righteous acts to make sure that we get there.

As I did with Sysy in that conversation, we need to put ourselves in the eyes of children. What does forgiveness look like? What is the Day of Atonement about?

I want to talk about what forgiveness looks like as mothers, wives, and daughters of Sarah; we need to be role models for what that behavior looks like.

This was a rough year for me, and I want to make sure that I have forgiveness as a daily practice. I need to forgive myself for all of the things I have done wrong.

In 2 Esdras 16:6 tells us that we should not let our sins wear us down.

This conversation is not for those who have everything right…

* for those who have nothing to apologize for,
* for those who are on the road to absolute perfection,
* for those who are absolutely stellar and beacons in this truth,
* for those of you who absolutely walk flawlessly, you are to be commended.

I am *not* one of those women. I make mistakes daily and I am seeking repentance every day.

I would like you all to forgive me for any shortcomings that I may have.

When I look back over the year, as we should during this time of year, all of us should be seeking some sort of forgiveness for something.

What is the definition of atonement?

* Atonement: reparation for a wrong or injury
  + (religious contexts) reparation or expiation for sin.
  + Christian theology - the reconciliation of God and humankind through Jesus Christ.
  + What is the biblical definition of atonement?
    - Reparation for an offense or injury: Satisfaction, a story of sin and atonement.

We offend on a daily basis, with our mouths and our deeds.

* The scripture says, who has not yet sinned?

I have created a checklist for myself to see what I need to forgive myself for.

All of you will have your own individual lists, but here are some things that I think we may need to ask for forgiveness for.

Part of the whole idea of forgiveness is that we need to make sure we are taking accountability and acknowledging the fact that we are not perfect and that we are not without sin.

None of us are perfect creatures.

We are given the opportunity to correct and amend our ways.

Here is the checklist for things that we need to forgive ourselves for and apologize for:

* Hidden Hate.
* Not being the proper wives, mothers, and daughters of Sarah according to the scriptures.
* Low Self-esteem.
* Secret hate and secret sins that we show one another in the congregation.
* The hate we represent by not respecting our brethren.
* The spirit of jealousy and covetousness.
* The spirit of gaining weight; not having discipline with our mouths, not only with eating but with speech.
* We need to discipline ourselves:
  + with bad relationships.
  + with the fact that we have low self-esteem.
  + with the fact that we don’t have patience with our lords, one another, and our children.
  + when we get mad and let the spirit of anger overtake our relationships in our marriage.
  + when we give the silent treatment.
  + when we can't admit when we are wrong.
  + when we don’t know how to shut our mouths and be quiet and respectful.
  + when we need to understand that we are not being kind.
  + when we are not being soft, feminine, sweet, and kind.
* We need to recognize that we are not adhering to the feminine traits that the heavenly Father called us for.
* Once we recognize and accept that we have not been accountable, once we forgive ourselves, then we can forgive other people in our lives with whom we see those very same characteristics.

*Forgiveness is conceptualized as a process of making peace with life.*

Three sources of forgiveness:

1. Oneself
2. Another person, where resentment bitterness and hate come from
3. A situation or circumstance that causes us to be bitter

We want to make sure that we are freeing ourselves from negative associations.

**Sirach 14:2 (Apocrypha)** A covetous man's eye is not satisfied with his portion; and the iniquity of the wicked drieth up his soul.

We have internal thoughts and we beat ourselves up because we feel that we have lost hope.

When things get pretty bad and you feel like there is no way out.

* We will never get over this particular trial if we just give up.
* Just as Christ was able to give himself for the entire nation of Israel, we need to do the same thing and forgive ourselves and other people.
* It’s the only way we are going to overcome this as a nation.
  + We know that families make up a nation, and as women, we need to be setting an example for our children.

~ ~ ~

*How do we forgive ourselves?*

We are going to be releasing ourselves from our emotional prison.

* Women by nature are very emotional and we wear our emotions on our sleeves.

This is the time of year as we approach the day of atonement that we have to let go and take responsibility and the ability to forgive oneself for the things you have done in error is

The four R’s of forgiveness:

1. Take *responsibility* andaccept what happened.
2. Have actual*remorse,*which changes behavior.
3. *Restore*, make amends with whatever or whomever you have offended.
4. *Renewal*, you need to learn from the error of your ways and grow.

You need to take responsibility for your own healing.

As leadership says, get your own mind right. You have the responsibility to get your own mind right through the spirit of the Heavenly Father and through his word.

**Psalms 51:1-2 (KJV)** Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions. [2] Wash me thoroughly from mine iniquity, and cleanse me from my sin.

We all want to be cleansed from our sins, yet we still hold on to guilt and resentment.

* Guilt is usually connected to the awareness that your actions have violated your own code of ethics or self-expectations.
* Regret can be painful.
  + You might be looking back and wishing you had made a different choice; this often happens with godly sorrow.

What are we talking about now in terms of mind, body, and spirit?

We need to make sure we are getting our minds right meaning, we are to control our emotions.

* You will need to be able to know what your emotional triggers are.
* Recognize what your own traumas are.
* Not be ashamed to confess your sins to one another.

Often the spirit of resentment and bitterness comes when we are corrected or when we tend to be embarrassed.

* As a nation, how are we going to heal if we, as help meets for our lords, walking around with this heavyweight?

We are at this part of the year where we are going into the Feast of Tabernacles, just as our forefathers and foremothers went into the wilderness.

* People look at tabernacles as if it is a fun time just to go into the park and go camping.
  + This is a spiritual act.
  + We need to make sure that we do not make the same mistakes as our forefathers did and go into the wilderness with resentment and bitterness, anger, or strife.
* These are negative emotions of what Esau called the emotion wheel.
* We need to make sure that we rid ourselves of these emotions by first acknowledging them.
  + If your lord asks you what is wrong and you say nothing, you are not only lying to him but you are lying to yourself.
  + You need to acknowledge when you make a mistake and say it out loud.
    - You need to have conversations with the Heavenly Father about removing any negative spirits.
  + We need to get our minds right by the application of the scriptures.
  + We need to know how to show kindness and compassion.
    - It will help you to be able to forgive yourself and forgive other people.

**2 Corinthians 7:9-10 (KJV)** Now I rejoice, not that ye were made sorry, but that ye sorrowed to repentance: for ye were made sorry after a godly manner, that ye might receive damage by us in nothing. [10] For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death.

When we say that we are sorry, we need to make sure we are having godly sorrow.

* Many times, when people say they are sorry, they just say it because it comes out of their mouths.
* If someone apologizes to you, we need to make sure that we give an actual correct apology.
* A correct apology means:
  + You acknowledge the offense.
  + You are providing an explanation of what you did, without an excuse.
  + You are expressing remorse.
    - Apologize and actually mean it.
    - It is not for the person to interpret if you mean it or not, that is between you and the Heavenly Father.
  + You are going to make amends, and repair any damage you did, whether it is emotional or spiritual, etc.

When we don’t forgive one another, we are letting the enemy attack our homes, attack our spirits, and attack our children.

We have to be 100% real with ourselves.

* We should not count on others to tell us what we need to fix.
* We need to work out our own salvation.

I found an article about forgiveness and one of the quotes, says *to error is human and to forgive is divine*; meaning that it’s spiritual.

The article speaks of 3 different types of forgiveness:

* Exoneration - wiping the slate entirely clean, and restoring a relationship to the full state of innocence before an issue happened. That is what Christ did for us.
* Forbearance - you put it off for later when the offender makes a partial apology or mingles their expression of sorrow with blame; that you somehow caused them to behave badly.
* Release - the person is truly sorry and takes full responsibility.

Oftentimes women do not just shake off what happened. We hold our emotions on our sleeves and we cannot let them go.

You need to make sure you are able to release the hurt.

If you continue to hold on to the resentment and bitterness you are putting yourself into your own prison.

* You need to accept an apology that you have never gotten.
* You need to make sure that you are reconciled in your own mind.
* You need to have the spirit of forgiveness so you can be healed.

Oftentimes when counseling sisters, they are mulling and stewing in their own juices and the other person is just fine.

* There is something called rumination. Rumination is when you are thinking about something over and over and over again.
  + I call it feeding a demon.
  + The story is only going to get worse and worse in your own head, and you are not going to be able to heal.
  + There are a lot of negative connotations with that.

If you are in the process of thinking about something over and over again, and thoughts keep repeating themselves, it can take you to a deep dark place.

* The habit of rumination can be dangerous to your mental health, as it can prolong the feelings of resentment and bitterness.
* It can intensify depression and make you unable to process your emotions properly.

If you take counsel in yourself, as the scripture says, your mind will start playing tricks on you.

* You will come up with your own conclusions about things.

We are talking about forgiveness, mind, body, and spirit, you will have to maintain a righteous mind.

Rather than ruminate we need to illuminate, meaning let your light shine*.*

* Distract yourself
* Come up with a plan
* Talk to a friend
* You need to question your own evil thoughts
* Work on your esteem
* Many sisters with low self-esteem ruminate and think negative thoughts.

**Philippians 4:8 (KJV)** Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

When I get myself into a negative funk, I go to this scripture and look up the definition of every word.

I love that the Heavenly Father starts with, true.

* Are the thoughts that you thinking and that you are putting in your own mind, are they true?
  + That is what is going to keep you from the spirit of forgiveness.

Romans 12:2 (KJV) tells us not to be conformed to this world.

* In this world, it tells us to be bitter, be angry, not to forgive, and to seek revenge.
* That is not what a godly woman is supposed to do.

A godly woman is to show fruits of repentance and seek reconciliation with her lord or her children and forgive those who have offended her.

**Hebrews 4:12 (KJV)** For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

If we are applying the things the Heavenly Father has told us to do, we can get our minds right.

We need to call a friend and let them know we need someone to talk to when we are not thinking right.

This is the time of year as the day of atonement approaches that we need to know what forgiveness looks like, and what it sounds like, and we need to be modeling that one to another and in our households.

**Isaiah 55:7 (KJV)** Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and he will have mercy upon him; and to our God, for he will abundantly pardon.

We want mercy from God.

I am here to talk to my sisters about forgiveness. If we want mercy, we will have to show mercy one to another.

* We have sisters that are bitter toward one another.
* We have sisters that secretly hate one another and secretly hate leadership.

We have to take accountability for the monsters that live inside each and every one of us.

When you hold onto unforgiveness, is like holding onto a grudge.

* There is a quote that says, *holding onto a grudge is like drinking poison and expecting the other person to die*.
* The only person that you're killing internally is you.

~ ~ ~

Unforgiveness compromises our physical health. Resources have shown that is connected to the following:

* + High blood pressure
  + Weakened immune system
  + Reduce sleep
  + Chronic pain
  + Cardiovascular problems
  + Increased risk of depression
  + Heart disease
  + Diabetes

The scriptures talk about our bodies being a temple.

**1 Corinthians 6:19 (KJV)** What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

The Most High told us to have the spirit of forgiveness. It is for our own good.

* It hurts our bodies to hold on to anger hatred and malice.

I have read about different diseases and connections through childhood trauma that can affect the body and how it actually affects how you think and your physical health.

Childhood adversity has emotional, physical, or sexual trauma and affects your health.

* + If you had been bullied or discriminated against.
* If you have a lack of support or affection from your spouse, family, or friends; you can become depressed and it causes sickness.
* If you are an overachiever, anxious, or stressed out.
* If you are constantly angry and bitter, these things can cause diseases and it causes malfunction in the body.

The Heavenly Father gave us a blueprint on how to be healthy, not only physically, but spiritually as well.

There is an article that says, illnesses with a mind-body connection cannot be ignored.

As leadership talks about health and burning the fat, these are things that we need to take into consideration:

* + Heart Disease - can be caused by panic disorder, and not eating healthy. The mind-to-body connection is that during a panic attack, your body experiences surges in adrenaline, and cortisol immune boosting activity.
  + Psoriasis & Eczema- this has a lot to do with depression and what you eat. Many depressed women suffer from these things. The Heavenly Father has given us the ability to forgive, but if you are holding on to it, you are poisoning yourself.
  + Migraines- created by anxiety and depression. The primary reason is an overactive nervous system. You are going to need to make sure you are doing breathing exercises and making sure that you have the spirit of forgiveness.
  + Mental Problems Bipolar Disorder - Many sisters deal with this. You need to go to the LORD. When we go into the Day of Atonement, ask for forgiveness and that he remove that demon from you. This goes back to forgiving yourself so you can begin to forgive other people.

Whatever secret sins you are dealing with, you need to let those go, acknowledge them, and confess them to the Heavenly Father.

It is time for us as women to take full responsibility for the things that plague us.

It is time for us to let the bitterness and resentment go.

It is not only detrimental to our bodies and minds, but it is detrimental to the entire nation of Israel.

* We cannot forgive while having the spirit of being disgruntled, bitter, and nasty.
* We cannot go into the spiritual wilderness along with the physical wilderness with these feelings.

* + These things in our spirit cause
    - Stomach problems
    - Allergiesconnected to depression
    - Diabetes
    - Schizophrenia

Many of the women in the body are dealing with what I just mentioned, and a lot of that has to do with the mind-body connection and the inability to forgive; forgive yourself and your inability to confess your sins one to another.

*If you want the Heavenly Father to forgive you, you must have the spirit of forgiveness.*

**Philippians 3:13-14 (KJV)** Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, [14] I press toward the mark for the prize of the high calling of God in Christ Jesus.

How are you pressing forward if you don’t have the ability to forgive? The only way to press forward is to let go of the things in the past.

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Many of us on this walk are dealing with situations in our families.

We are dealing with emotional abuse, sexual abuse all types of things.

You have to be able to let it go to heal. You have to free yourself from the spiritual and mental prison that you are in.

* You will not be able to have a successful marriage or be a successful mother if you continue to let those things hold you down.
* Bitterness does not make you better, it makes you broken.

I have a story, a couple of weeks ago I was at the gym. I see this Benjamite lady with a big hair weave and lashes, very petite.  I had my headphones on with big earmuffs, I ran into the first stall and I said, ugh someone peed all over the toilet. She is at the sink splashing water on herself, so I go into the next stall and I can hear her cussing me out. She is going in on me and she didn’t think that I could hear her because I had my headphones on. She was saying how she hates black people, and she is black herself. I came out and washed my hands. She is sucking her teeth. I thought I should remove all the pettiness. I see her in the big mirror, and I go and stand right next to her and said, isn’t it a beautiful day? I think I threw her off by saying that. You know what the scripture says about a wicked woman and a righteous woman. Can you imagine if I said something to the lady and it’s on the news, about the Bishop's wife in Gold’s gym?

There is a point in all of us where we can be triggered, and we have to be able to recognize that.

There are going to be things that make us angry, but most of the time when people lash out, it has nothing to do with you.

* Her lashing out at me had nothing to do with me, that was insecurity on her part.

A healed person does not need to reflect bitterness onto someone who is not healed.

* It is our responsibility to let our light shine in certain circumstances, so other people can see our healing.

It makes me think of the scripture that says, we desire milk like a newborn babe.

* Some of us are still babes in this truth.
* The meat is for those who are spiritually mature.
* It takes a spiritually mature person to apologize; to be able to be above the pettiness and grudging.
* Your lack of forgiveness shows how immature you are and how spiritually a baby you really are.

Forgiveness is needed in every single relationship.

* Healing means you need to release the hurt and forgive.
* Christ said, Father, forgive them for they know not what they do.
* You have to be the bigger person spiritually in your mind in your body and let it go.

I found a forgiveness quiz:

* 1 strongly disagree
* 2 disagree
* 3 undecided
* 4 disagree
* 5 strongly disagree.

1. I tend to be a forgiving person.
2. Some misdeeds are so wrong that forgiveness is out of the question.
3. If someone wrongs me, I tend to hold a grudge.
4. I have generally forgiven people who have wronged me in the past.
5. I tend to be a very angry person.
6. I believe that revenge is devilish, and forgiveness is safety.
7. Forgiving someone who has wronged me is an invitation for that person to walk all over you.
8. I often seethe with anger.
9. Forgiving someone who has hurt me or harmed me is only encouraging them to do it again.
10. Hating someone makes me less of a person.
11. I believe people who forgive others have wronged them
12. I tend to be a pessimistic person.
13. Forgiveness is a sign of weakness.
14. I tend to hold grudges no matter what has happened with a friend or family member, after a thorough discussion all can be forgiven
15. I find it hard to forgive others even when they apologize.

Everyone knows if they have a forgiving spirit or not and everyone knows if they hold grudges.

* Stop lying to yourself. This goes back to holding yourself accountable for your own mess.

We need the day of Atonement every single year.

There is an expression that says until you have mastered a way of thinking or until you have mastered a particular problem, it is going to continue to repeat itself over and over again.

Ladies, are you not tired yet?

* If we are unforgiving people, we might bring anger and bitterness into every relationship we experience.

Have you ever met someone that you notice anger and bitterness the moment you meet them?

* We don’t know it but everyone else around us can see it.
* We are angry, bitter, and nasty individuals.

You might be an unforgiving person. You are so wrapped up in the offense that you can’t live in the present.

* You and your lord may have had an argument and he is trying to make it up to you, and you are giving him the silent treatment
* You are angry, and so wrapped up in what happened that you can’t move on.
  + How are we going to release the tension in our bodies and in our minds?
  + If we don’t let go, we have the spirit of unforgiveness.
* What are the benefits of forgiving somebody?
* Letting go of grudges and bitterness leads to improved health and peace of mind.
* Forgiveness can lead to healthier relationships, improved mental health, and less anxiety, stress, and hostility.
* Can lower blood pressure.
* Creates a stronger immune system.
* Improves heart health and self-esteem.
* Why is it so easy to hold a grudge?
* Being hurt by someone, particularly someone you love and trust can cause anger, sadness, and confusion.
* If we dwelled in hurtful events and situations, grudges filled with resentment and hostility take root.
* If we allow negative feelings to crowd up positive feelings, we might find ourselves swelled up by our own bitterness and sense of injustice.

**Leviticus 19:18 (KJV)** Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbor as thyself: I am the Lord.

We need to be able to let it go.

When the scripture says to love your neighbor as you love yourself, we are the creators of our own demise. What we give out we get back.

* If we are bitter, we are going to attract bitter.
* If we are vengeful, we are going to attract revenge.
* The heavenly Father says vengeance is mine thus saith the lord; we don’t want vengeance from the LORD.

What are the effects of holding a grudge?

**Ephesians 4:26 (KJV)** Be ye angry, and sin not; let not the sun go down upon your wrath:

We can be mad, but sinning is when we are holding on to it and we are bitter and resentful.

**Ephesians 4:30-31 (KJV)** And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. [31] Let all bitterness, and wrath, and anger, and clamor, and evil speaking, be put away from you, with all malice:

Let all these things go. We need to be committed to the process of forgiveness.

We need to recognize the value of forgiveness and how it can improve our life.

We need to identify what in us needs to be healed.

* What are triggers?
  + Triggers usually identify where the pain is.
  + As women, we need to get to the point where we recognize those triggers.

We need to consider talking to our counselor of a thousand.

* This is why the scriptures tell us to prove a friend, so you know this is someone we trust.

We need to acknowledge our emotions and the harm that we have done to ourselves and to our relationships.

* We sisters have horrible relationships with our children and with other sisters. We have horrible relationships with our lords and also with leadership.

We need to decide to forgive the people who offended us, just like the Heavenly Father decided to send his son to forgive us as a nation for our sins and shortcomings.

* We need to move away from the victim mentality.
* We need to release the control that we think the other person has.
* We forget that forgiveness is not for the other person. The ability to forgive and the act of forgiveness is for us.

As we let go of grudges, we will no longer define our lives by how we have been hurt.

Our lives will be good because we serve God and we keep his commandments.

He gave us a day every year that we can go before him and plead our case and say lord forgive me.

* But we can’t forgive others? How hypocritical is that?
* Many of us are holding on to weighted garbage and it is going to keep us from attaining eternal life.

Video from The Talk with Sheryl Underwood

<https://youtu.be/eowka-cMoxM>

* She said that she was bruised but not broken.
* She could have been bitter after the phone call, but she used what they said on the call for her benefit.
* Proverbs 19 says it should be an easy thing to overlook an offense.
  + She overlooked it and took note of it.

How many of us would have handled it the way she did?

* We are supposed to be women of God.
* No matter what the situation, does your nigga woman switch cut on?
* When your lord says things you don’t like, does your nigga woman switch cut on?

She showed us, as a woman who does not keep the faith, how to be graceful, how to be tactful in a situation, and how she learned and improved from it.

In Sirach 17:25 it says to offend less.

In Sirach 19:16 it says who has not offended.

* In the video, she was listening to a phone call where they were talking about her, but how often was she talking about other people in the same way they were talking about her?
* Scripture says that we all are going to appear before the judgment seat of Christ. We all have to have the spirit of forgiveness, but we need to be able to grow through it.

Angry people do not use wisdom, they are just going with their emotions.

A quote says that *if you hate a person then you are defeated by them*.

* How can you say that the victory is going to be the Lord’s when the scriptures say, if you hate your brother, you are a murderer, and no murderer will inherit the kingdom of God?

Once again forgiveness is a choice.

* It is not about just saying the words, it is an active process in which you must make a conscious decision to let go of negative feelings, whether they are deserved or not.
* As you release anger, resentment, and hostility, you make room for empathy, compassion, and sometimes deeper affection for the person that wronged you.

Forgiveness is a process:

* Acknowledge the hurt? Who hurt you? Why did they do it? And how long ago did this happen?
  + Some people are holding onto things that happened 5 - 20 years ago.
* Consider how the hurt and pain affected you.
* Consider negative feelings you have acquired, and how detrimental has it been in your life.
* Accept the fact that you can not change the past.
  + Your anger will not redeem or change anything they have done.
* You need to decide about forgiveness.
  + This does not mean you have to let them back into your life, you are going to forgive them and then move on, this is what the Lord says.
  + This step will determine the future of your relationship; if you completely exonerated them as Christ did us.
* You need to make a repair and get back to your normal.
* Forgiveness is a form of closure.
  + Oftentimes, we don’t get closure when we have been wronged or offended.
  + It is up to you to close the door on that particular issue and open up the bars of the emotional prison that you put yourself in.
* In some cases, forgiveness may be silent.
  + You may verbally express to the other person that you are sorry, they may or may not forgive you, or vice versa.

**Matthew 22:35-40 (KJV)** Then one of them, which was a lawyer, asked him a question, tempting him, and saying,[36] Master, which is the great commandment in the law? [37] Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. [38] This is the first and great commandment. [39] And the second is like unto it, Thou shalt love thy neighbor as thyself. [40] On these two commandments hang all the law and the prophets.

Love your neighbor as yourself, that is the root of it.

If you want someone to forget you need to forgive and forget as well.

**Sirach 10:6 (Apocrypha)** Bear not hatred to thy neighbor for every wrong; and do nothing at all by injurious practices.

We can’t pick and choose the commandments that we want to keep. We need to make sure we are keeping them thus sayeth the Lord.

**Matthew 5:23-24 (KJV)** Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; [24] Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.

Every single year there should be no need for a last-minute phone call or no need for a Facebook post apologizing or asking for forgiveness.

* We know if we have offended someone already, and we know if someone has offended us.
* Do not wait until the sun has shown its last peek of twilight for you to get on the phone to apologize to someone.
  + That is a bunch of bull and you are not applying the scriptures and the classes on the Day of Atonement that leadership has done.
  + It is unacceptable and you are a hypocrite if you do that.

I want to read a quote from my sister Jaazaniah. It was a post that she put up years ago and I have saved it:

*The day of Atonement is coming, please don’t be that sister all excited because you know you have to be forgiven of all the trouble YOU sparked. Knowing you are a gossiper, talebearer, contentious, always in the midst of strife, always getting Matthew 18’d, etc. YES, absolutely the receivers of that mess must forgive you. But Sis you have to repent and actually change as well! #DOBETTER ,#ThisIsNotAGetOutOfJailFreeCard*

**Sirach 34:25-26 (Apocrypha)** He that washeth himself after the touching of a dead body, if he touch it again, what availeth his washing? [26] So is it with a man that fasteth for his sins, and goeth again, and doeth the same: who will hear his prayer? or what doth his humbling profit him?

It does not profit you anything. You have spent the day of atonement hungry and for what? You might as well have eaten.

As we go into the Day of Atonement, we must forgive but be mindful that the Lord is in the midst.

* Just like our forefathers and foremothers in the time of the wilderness, the Lord will not be mocked.
* We need to move in the spirit of forgiveness and make sure that we are moving on.

In Luke 17:3-4 says to take heed to yourselves and rebuke him and if he repents, forgive him.

**Titus 3:30 (KJV)** For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful, and hating one another.

We all have some growing and healing to do, and it is by the Lord's mercy that we are not consumed.

It is his mercy that allows us to make it to another Day of Atonement, don’t take that for granted.

Forgiveness in the spirit

**Galatians 5:16-17 (KJV)** This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh. [17] For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

* We know that we need to have the spirit of forgiveness, but there is evil in all of us that we want to be bitter, we want to be angry and we want to be mad at something.
* It makes no sense for someone who says that they are a daughter of Sarah and someone who is growing in spirit, to constantly have these problems of being bitter and angry and without the spirit of forgiveness.
* We have to overcome this or it will be a constant battle. If this is something that plagues your spirit, the Day of Atonement is for you.

**Galatians 5:18-21 (KJV)** But if ye be led of the Spirit, ye are not under the law. [19] Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, [20] Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, [21] Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.

~ ~ ~

Let’s have this conversation. There are certain things that should not even be mentioned among us.

Some of the things that have been coming out in the classes that leadership is bringing out about some established women in the congregation, I am ashamed.

Am I shocked? No, because the scriptures say it will occur, but I am disappointed a lot and I am saddened a lot by some of the behavior that we have seen.

In the scriptures, it says these things should not be mentioned, which one of you is guilty of witchcraft?

* The scriptures say that rebellion is like witchcraft.
* Which one of you is guilty of emulations, seditions, heresies, envying, and reveling, a lot of us are guilty of some of these things.

These things are shameful and should be mentioned amongst the daughters of Sarah. I am pleading with all of you that we have some improvements and growth to do.

Do not think that one day of not eating is going to excuse you, especially if you go back to the same behavior.

We need to make these changes because the Heavenly Father is not to be mocked.

We have to thank the leadership for the classes they have done over the years.

* Sisters we have to do better and take accountability for the things we are entertaining in our spirit.
* How we are dealing with our lords.
* How we're dealing with each other.
* How we are dealing with our children.

We are setting the example or not setting the example by some of the things that we do and some of the things that we say.

*We are in spiritual warfare right now and forgiveness is a method of war that we have in our artillery to be able to defeat the wiles of the devil.*

* When you do not forgive and have the spirit of adversity, hatred, and malice, you are letting the enemy win.
* You are knocking down the defenses that you have built up when you do not have the spirit of forgiveness.

In John 6:63 (KJV) it says that the spirit that quickeneth; that spirit that is in you has to have the ability to forgive.

* Our adversary the devil is looking for those spirits that he can devour as it says in 1 Peter.
* Are you that spirit that does not have a forgiving spirit, that is going to be at the wayside, that is going to be devoured because you are being blinded by hatred, envy, and all of those wiles that are going to keep you from the kingdom of heaven?

The Lord says he requires a broken and contrite heart.

* You have to be able to come to the Lord with that.
* We need to learn from our mistakes and not repeat them, others should learn from our mistakes and not do them.

The Prophets are teaching the importance of understanding the old testament and the new, and as we go into the Feast of Tabernacles, we have examples of people in the scriptures who forgave.

* Joseph who had a forgiving heart for his brothers that put him in slavery; they meant it for evil but the lord meant it for good.
* The story of the parable of the unforgiving servant.

**Matthew 18:32-35 (KJV)** Then his lord, after that he had called him, said unto him, O thou wicked servant, I forgave thee all that debt, because thou desirest me: [33]

Shouldest not thou also have had compassion on thy fellow servant, even as I had pity on thee? [34] And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him. [35] So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses.

Remember, if we don’t forgive anyone we won’t be forgiven.

* Remember that unforgiving servant who was put to death.
* I don’t want that for any of my sisters.

We need to accept the fact that we will be going back to the wilderness again.

**Ezekiel 20:38 (KJV)** And I will purge out from among you the rebels, and them that transgress against me: I will bring them forth out of the country where they sojourn, and they shall not enter into the land of Israel: and ye shall know that I am the LORD.

Imagine thinking that we made it and we don’t get in and be put to death.

The definition of purge:

1. rid of an unwanted quality, condition or feeling
2. remove (a group of people considered undesirable) from an organization or place in an abrupt or violent way.

The Lord says he will purge out the rebels, do you want to be considered a rebel and not make it?

I started off or conversation stating that nothing is new:

* the seasons are not new,
* the rivers are not new,
* the fact that we will be going back to the wilderness is not new,
* the fact that we are rehearsing the righteous acts is not new,
* the fact that the lord is not going to allow certain people into the kingdom of heaven is not new.

The Most High tells us everything that he is going to do, and the things we need that are required of us to get to the kingdom of heaven and forgiveness is one of them, and yet we still can't get that right.

**Number 16:32 (KJV)** And the earth opened her mouth, and swallowed them up, and their houses, and all the men that appertained unto Korah, and all their goods.

We know that the lord is going to destroy this side of the world with fire.

* The fact that the lord opened up the earth and swallowed up Kora, his wife, and his kids and closed the earth back up because of their mouths.
* I don’t want to be in that situation and don't want my sisters to be in that situation.
* We need to be mindful when we are dealing with leadership, and dealing with our men, we have to make sure we are dealing in the right spirit.

As we go through this time of year and are reminded that we are going to go through the wilderness again, be mindful of your spirit, your thoughts, behavior, and things you should not say and do.

**Hebrews 2:1 (KJV)** Therefore we ought to give the more earnest heed to the things which we have heard, lest at any time we should let them slip.

The conversation today is about taking heed of the classes that have been coming out, and today's conversation is about forgiveness, mind, body, and spirit.

**John 8:11 (KJV)** She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more.

When Christ told the lady to sin no more, it is up to us to sin anymore.

* Do not sin with your mouths and do not sin with your actions.
* As the Day of Atonement approaches, we need to use this time to release and cleanse ourselves from sin.

Let me read another quote:

*Where there is anger there is pain underneath.*

If you are suffering from anger, bitterness and resentment, that’s normally unresolved hurt, trauma, or pain and you need to be healed.

**1 Corinthians 13:10 (KJV)** But when that which is perfect is come, then that which is in part shall be done away.

* For those of you who say we’re adults, and that we are grown women, if we are still acting like broken little girls with the spirit of unforgiveness, we have a lot of healing that needs to be done.
* We need to make sure we speak as women; we need to think as women, all those thoughts come from the lord.
* The scripture say that our thoughts are not his thoughts because we are not perfected in this walk.

If you are married, you need to follow your lord to make sure you have his mind.

* You must have the spirit of forgiveness.

**1 John 1:9 (KJV)** If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

**1 Corinthians 6:9-11 (KJV)** [9] Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, [10] Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God. [11] And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.

I hope everyone enjoyed tonight’s conversation about forgiveness in your mind, body and spirit.

Shalom, Happy Day of Atonement everybody!

I love you, goodnight.