

(Clip) Forgive Those Who Have Harmed You

by Zac Poonen

This sermon emphasizes the connection between unforgiveness and physical sickness among believers, highlighting a personal testimony where the speaker experienced physical pain due to harboring unforgiveness towards a doctor. The message underscores the importance of forgiveness, even in difficult situations, and how choosing to forgive can bring healing and restoration to one's body.

Scripture: Matthew 6:14, James 5:16, Mark 11:25, Colossians 3:13, Ephesians 4:32

Topics: "Forgiveness", "Healing through Reconciliation"

Description

This sermon emphasizes the connection between unforgiveness and physical sickness among believers, highlighting a personal testimony where the speaker experienced physical pain due to harboring unforgiveness towards a doctor. The message underscores the importance of forgiveness, even in difficult situations, and how choosing to forgive can bring healing and restoration to one's body.

Transcript

At least 10 or 20% of sicknesses among believers is because they haven't forgiven somebody. Is it possible that you have a sickness in your body which is not being healed because you haven't forgiven somebody? That's in God's word. That's a second finger.

I'll give you a testimony from my own life. Some months before I got married in 1968, I had to go to a hospital just to get a little something, some injury stitched. And they had to put me under anesthesia because it was quite a painful thing.

And some days later, I found a severe pain down my arm like a nerve pain. And it was getting worse and worse. I didn't know what was the cause.

The stitch had all healed. So I went to a neurosurgeon. And I said, what do you think is the cause of this? He said, there's nothing wrong with you.

So I can only think of one reason. That when you were under general anesthesia and they lifted you from the bed, they may not have been careful. And your neck may have fallen back in some awkward angle, pinched some nerve and injured it.

And that's the cause of this pain. There's no cure for it. You've got to live with it.

I was a believer, but I didn't have any victory over sin. So I got really angry with the doctor who treated me. Not only I got really angry, I wrote him a very angry letter.

He was a believer. And I wrote some hard words. I'm so ashamed of it that I don't even want to mention what I wrote.

And I was more worried because in a few weeks I was going to get married. And then the Lord said to me, forgive him. He didn't do it deliberately.

Even if he did it deliberately, you must forgive him. Supposing he deliberately took my neck and twisted it, you must still forgive him. How much more if it was accidental? Just a few days after I wrote that first letter, very quickly, within 3-4 days, I wrote another letter.

Dear brother, I feel ashamed that I wrote that letter to you. You were so kind to treat me. It's not at all your fault.

It's my fault for writing such a letter. Please forgive me. Please forgive me.

I love and respect you very much. I have nothing in my heart against you. In a few days, this pain disappeared.

And I've never had a problem for 43 years. Which injection cured me? The neurosurgeon said, no hope. It was one simple decision in my heart.

I am going to forgive him. It was a lesson I learnt for my whole life. When you don't forgive others, you hurt yourself.

When you forgive others, you bring healing into your own body.

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