

*Chapter Eight*

***The Paralysis Of Unforgiveness***

Let me illustrate how unforgiveness affects healing. A few years ago at a wonderful Gypsy church in Romania, I was about to lay my hand on a woman's shoulder for healing at the close of a church service. I noticed she had tumors around her neck – big goiters that bulged beneath her skin. As soon as I anointed her with oil and touched her shoulder, the Lord told me she had unforgiveness in her heart. So I stopped, and asked her if there was anyone who had hurt her, whom she had not forgiven. She hung her head, and nodded meekly.

Through the translator I told her to take a moment and forgive the person who had hurt her. (If I had to do this over again, I would also know to instruct her to also ask the Lord for forgiveness for the anger and unforgiveness which she harbored in her heart towards this person who had hurt her). When she was ready to proceed, I spoke the healing promises of God over her, commanded her neck to be healed, and the goiters disappeared right before our eyes! I could have prayed against the goiters until I was exhausted, and nothing would have happened. Instead, God, Who reads every heart like you and I read a newspaper, knew what was enabling satan to maintain his affliction over her. By revelation *rhema*, God told me what needed to happen in this lady's soul in order to unblock the healing from God. As we obey such *rhema* words from the Spirit, the healing is often instantaneous. When instantaneous, it is also a miracle.

In another case of healing once unforgiveness was confessed as sin, a lady with severe asthma since her childhood asked for prayer. As I began to pray, I realized that she had significant guilt, shame, and fear for the color of her skin. She had been raised in a wonderful Hispanic family, but lived in an all white Caucasian town. This was a typical, prosperous "all American" community. But like many such places there were subtle prejudices against anyone who was different. This illustration still makes my heart cry to see how vicious and cruel people can be toward others of a different race, even when they don't realize it.

From the age of seven, this lady developed a fear of being different after hearing occasional remarks, and being understandably very sensitive as a child. She was different from her playmates at school. She was different from her classmates in high school. She developed a consciousness of being different, and a strong fear of being noticed for her differences. Although both smart and pretty, she developed a strong self-consciousness. This became a lack of self-esteem, and opened the door to internal fear, self-doubt, and lack of confidence in her life. Later these influences became a type of self-hatred, not being able to love herself. When this happens, the effects of unforgiveness and self-bitterness generate physical stress that induce health breakdowns of the body's natural immune system.<sup>1</sup>

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<sup>1</sup> Many medical studies have linked immuno health to emotional health. See Appendix for one such article, and the reader is directed to chapters one and two of *In His Own Image: We Are Wonderfully Made* by Dr. Art Mathias, noted in reference section at the end of this booklet.

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## *How Can I Get My Healing From God?*

Even at the young age of seven, she soon developed health problems due to asthma. So here she was, now nearly sixty years old, still suffering physically from the asthma, brought on by fear from the events of her youth. And all this even though she had long ago gotten over these fears, and had become comfortable with who she was and who God had made her to be.

In order to breathe, she remained dependent upon inhaling medication for her lungs. Though the initial events of her life that had triggered the asthma problem had changed, the sickness remained because the spiritual authority behind the sickness had remained.

Before ministering healing to her, I led her in a prayer to help her forgive herself and others for her fears, and I commanded all fear to leave, and that the spirit of fear was never allowed to return in Jesus' name. Such fear often develops into an inability to love oneself. So I led her in a prayer to ask God to forgive her for not loving herself. As soon as she prayed, her asthma left. God's promise of healing had been blocked by the unforgiveness toward herself that she had carried for fifty one years. She was set free! She no longer needed inhaler medication to deal with asthma. It was gone...healed by the Lord Jesus Christ!

I've seen exactly the same thing happen many times with fibromyalgia, panic attacks, MS and other such infirmities after helping people through unforgiveness issues (especially those involving sexual abuse in their youth). At another conference, while teaching this same message, a lady with fibromyalgia learned to pray and forgive herself and the person who had hurt her. She was healed that night. It crept up on her, and in the middle of the teaching she suddenly realized God had healed her and she shouted! That night she went home and slept for the first time in ten years without any pain, or having to cry herself to sleep. God is so good!

In another situation, I was asked to pray for a believer who had a very painful back. He could hardly walk, yet he was a young man. He'd had two back surgeries already, and the doctors wanted him to have a third one. He was terrified. He was about to lose his house because he could no longer work and pay the mortgage. His family lived in ominous dread.

I anointed him with oil and was about to pray when the Lord told me he had a great deal of guilt. So I stopped and asked him what it was that he felt guilty about. He told me that he should never have had the first two surgeries, and was full of condemnation. So I first led him in a prayer of forgiveness for his trusting in doctors instead of the Lord, and then in a prayer of forgiveness for condemning himself. Then I commanded his back to be healed, and all the bones to be made right in the name of Jesus Christ. He immediately felt a surge of warmth through his spine. I asked him to stand up and touch his toes. He was amazed – he could do it with no pain whatsoever, and then began to do deep knee bends. His wife and he both cried and cried at God's goodness!

We have to understand that God is not the hold-out in giving our healing. He wants to heal us. He only needs us to have faith, and if there are any roadblocks of sin – such as the unforgiveness in the above examples – we must deal with them before the promises of God can flow. But they will flow when we deal with our hearts in the way that He directs us.

How does one deal with their heart before the Lord? That's what relationship is all about – the personal conversations we learn to have with Jesus Christ is what enable us to learn how to receive the promises of God's word. Hallelujah! If you need healing, learn to develop your

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friendship with Jesus Christ. He will lead you beside the still waters (where you can learn to listen to Him). This is the place where He will restore your soul, and your physical body as well.

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