

Find Healing Through Forgiveness

Medical science has confirmed what Christians have always known – unforgiveness is toxic. Holding onto past emotional trauma and bad feelings has a negative effect on the body. Unforgiveness and thoughts of revenge create stress that depresses the immune system and renders it less capable of fighting cancer. In the early 1960s, psychiatrists Thomas Holmes and Richard Rahe noticed an unusually high percentage of cancer patients had experienced relatively severe psychological trauma between 6-18 months before diagnosis.

Jesus' message clearly demonstrates the importance of forgiveness.

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

– Matthew 6:14-15

And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.

– Mark 11:25

Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.

– Luke 6:37

So watch yourselves. If your brother or sister sins against you, rebuke them; and if they repent, forgive them. Even if they sin against you seven times in a day and seven times come back to you saying "I repent," you must forgive them.

– Luke 17:3-4

And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

– Ephesians 4:30-32

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

– Colossians 3:12-14

Without question, Jesus wanted His followers to understand that by withholding forgiveness from those who had wronged them, they were putting their own relationship with God in jeopardy. His message addressed the damage caused to our spiritual health by not extending to others the same grace by which God so freely forgave us for our sins against Him. This goes hand in hand with the cancer treatment philosophy that acknowledges the impact that spiritual and emotional issues have on physical health. Resolving these issues will allow the body's immune system to function at its full capacity and aid in the healing process.



Because Everyone's Journey IS Different