WOAC On Air –28 March 2024
Episode 89
Inspiration brought to you by WOAC on Air

Topic: The Trauma of in Living in unforgiveness

Miriam webster dictionary on forgiveness:
Amnesty,pardon,absolution(release from guilt or an offence)
remission,immunity,parole,acquittal,vindication,exemption,indemnity,
leniency,clemency,impunity, mercy

1) **What is the physical - trauma of unforgiveness?**

Bitterness - caused by anger and sorry - leads to hatred, revenge and murder (Jacob's sons Simeon and Levi)

1Now Dinah the daughter of Leah, whom she had borne to Jacob, went out to see the daughters of the land. 2And when Shechem the son of Hamor the Hivite, prince of the country, saw her, he took her and lay with her, and violated her. 3His soul [a]was strongly attracted to Dinah the daughter of Jacob, and he loved the young woman and spoke [b]kindly to the young woman. 4So Shechem spoke to his father Hamor, saying, "Get me this young woman as a wife."

5And Jacob heard that he had defiled Dinah his daughter. Now his sons were with his livestock in the field; so Jacob held[c] his peace until they came. 6Then Hamor the father of Shechem went out to Jacob to speak with him. 7And the sons of Jacob came in from the field when they heard *it;* and the men were grieved and very angry, because he had done a disgraceful thing in Israel by lying with Jacob's daughter, a thing which ought not to be done. 8But Hamor spoke with them, saying, "The soul of my son Shechem longs for your daughter. Please give her to him as a wife. 9And make marriages with us; give your daughters to us, and take our daughters to yourselves. 10So you shall dwell with us, and the land shall be before you. Dwell and trade in it, and acquire possessions for yourselves in it."

11Then Shechem said to her father and her brothers, "Let me find favor in your eyes, and whatever you say to me I will give. 12Ask me ever so much dowry[d] and gift, and I will give according to what you say to me; but give me the young woman as a wife."

13But the sons of Jacob answered Shechem and Hamor his father, and spoke deceitfully, because he had defiled Dinah their sister. 14And they said to them, "We cannot do this thing, to give our sister to one who is uncircumcised, for that *would be* a reproach to us. 15But on this *condition* we will consent to you: If you will become as we *are,* if every male of you is circumcised, 16then we will give our daughters to you, and we will take your daughters to us; and we will dwell with you, and we will become one people. 17But if you will not heed us and be circumcised, then we will take our daughter and be gone."

18And their words pleased Hamor and Shechem, Hamor's son. 19So the young man did not delay to do the thing, because he delighted in Jacob's daughter. He *was* more honorable than all the household of his father.

20And Hamor and Shechem his son came to the gate of their city, and spoke with the men of their city, saying: 21"These men *are* at peace with us. Therefore let them dwell in the land and trade in it. For indeed the land *is* large enough for them. Let us take their daughters to us as wives, and let us give them our daughters. 22Only on this *condition* will the men consent to dwell with us, to be one people: if every male among us is circumcised as they *are* circumcised. 23*Will* not their livestock, their property, and every animal of theirs *be* ours? Only let us consent to them, and they will dwell with us." 24And all who went out of the gate of his city heeded Hamor and Shechem his son; every male was circumcised, all who went out of the gate of his city.

25Now it came to pass on the third day, when they were in pain, that two of the sons of Jacob, Simeon and Levi, Dinah's brothers, each took his sword and came boldly upon the city and killed all the males. 26And they killed Hamor and Shechem his son with the edge of the sword, and took Dinah from Shechem's house, and went out. 27The sons of Jacob came upon the slain, and plundered the city, because their sister had been defiled. 28They took their sheep, their oxen, and their donkeys, what *was* in the city and what *was* in the field, 29and all their wealth. All their little ones and their wives they took captive; and they plundered even all that *was* in the houses.

30Then Jacob said to Simeon and Levi, "You have troubled me by making me obnoxious among the inhabitants of the land, among the Canaanites and the Perizzites; and since I *am* few in number, they will gather themselves together against me and kill me. I shall be destroyed, my household and I."

31But they said, "Should he treat our sister like a harlot?"

What was the outcome of their bitter, rage reactions their lost their inheritance -they divided and scattered from their family.

Loss of inheritance due to traumatized outbursts - Genesis 49.5-7 Jacobs blessings over Simeon and Levi were a response to their irresponsible conduct:

"Simeon and Levi *are* brothers;
Instruments of [a]cruelty *are in* their dwelling place.
6Let not my soul enter their council;
Let not my honor be united to their assembly;
For in their anger they slew a man,
And in their self-will they [b]hamstrung an ox.
7Cursed *be* their anger, for *it is* fierce;
And their wrath, for it is cruel!
I will divide them in Jacob
And scatter them in Israel.

2) Benefits of forgiving

A. God exempts / immunizes you from your transgression

We reap what we sow. If we sow forgiveness, then we receive immunization (mercy) in time of need. Mark 11:25 - And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.

B. Brings you freedom and liberty

Luke 6:37 - “Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven.

Pretty much what took place in Mandela’s life - He chose to judge not, therefore he did not defend any race group instead fought for freedom for all SA, but He could only do this by forgiving or else he would have entertained a reverse apartheid.

C. We have right standing with God just as if we have never transgressed

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

Psalm 103.11 He has not dealt with us according to our sins,Nor punished us according to our iniquities. 11For as the heavens are high above the earth, So great is His mercy toward those who fear Him; 12As far as the east is from the west, So far has He removed our transgressions from us. [this means forgotten]

3) How to move towards forgiveness?

The fear of the Lord is the beginning of Wisdom and the knowledge of the Holy one is understanding.Prov 9.10)

Ecc 12. Let us hear the conclusion of the whole matter: Fear God and keep His commandments, For this is man’s all (duty of man). 14For God will bring every work into judgment, Including every secret thing, Whether good or evil.]

[Psalm 139.23-24 Search me, O God, and know my heart;
Try me, and know my anxieties;
24And see if *there is any* wicked way in me,
And lead me in the way everlasting.]

Psalms 4.4 Be angry, and do not sin. Meditate within your heart on your bed, and be still.] The definition in this verse of “your heart” בִלְבַבְכֶם (bil·ḇaḇ·ḵem) heart (of man) is knowledge, thinking, reflection, memory, inclination, resolution, determination (of will) conscience, heart (of moral character), as seat of appetites, as seat of emotions and passions, as seat of courage.

Matthew 6.5 And when you pray, you shall not be like the [b]hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men.

Assuredly, I say to you, they have their reward. 6But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you [c]openly. 7And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.

8“Therefore do not be like them. For your Father knows the things you have need of before you ask Him. 9In this manner, therefore, pray:

Our Father in heaven,Hallowed be Your name. 10Your kingdom come.

Your will be done,On earth as it is in heaven. 11Give us this day our daily bread.12And forgive us our debts,As we forgive our debtors. 13And do not lead us into temptation, But deliver us from the evil one.[d]For Yours is the kingdom and the power and the glory forever. Amen.
14“For if you forgive men their trespasses, your heavenly Father will also forgive you. 15But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

4) What does scripture say about forgiveness?

Forgiveness is a decision of the will not the (mind or emotions), meaning you must “will” to forgive. It is impossible to forgive in your “will” if you do not comprehend Jesus works on the cross of calvary. When you received Jesus Christ as Lord of your life you exchanged your life for His life, therefore you live in His righteousness, for no human is good and righteous except God. To live in His righteous requires you to embrace His ways on the earth, He was innocent without guilt and took on all human guilt and sickness on the cross. Therefore you have no choice but to forgive whether you are innocent or guilty from being persecuted. It is no longer you who live but Christ in you, therefore you must forgive all people irrespective of your emotions or thoughts of the persecutors. You need to recognise that forgiveness is an unconditional action. Just like love is unconditional so too is forgiveness.Whether innocent or guilty You are too forgive those who have trespassed against me, so that our Father can pardon you of your trespasses.