SOHLMEDITATIONS
WEEKLY MINISTRY MEDITATIONS



A JOURNEY OF THE HEART

THE DANGERS OF UNFORGIVENESS

(PART 1 OF 2) - OCTOBER 12, 2026

READ MATTHEW 18:21-35

Unforgiveness can negatively impact mental, emotional, and physical health, hindering spiritual growth and relationships. It can lead to bitterness, anger, resentment, and even physical ailments. Forgiveness, on the other hand, offers freedom from these negative effects and promotes healing and well-being. We live in a society that knows and cares little about forgiveness. In fact, I would think that one of the major contributors to the destruction of relationships in our culture is the absence of forgiveness.

Our culture pushes us to be unforgiving. It celebrates and exalts people who are not willing to forgive. As a result of this unforgiveness, we have a society filled with bitterness, vengeance, anger and hate toward others. For a Christian, however, the failure to forgive is unthinkable. Whatever the issue, whatever the offense, a failure to forgive is a blatant act of disobedience. We have been told as explicitly as possible that if anybody offends us, we are to forgive them. How many times? Seventy times seven — that is, an endless number of times (**Matthew 18:22**).

To look at this issue from the negative side for a moment, if we buy into this culture — a culture that says you don't have to forgive, you have a right to your pound of flesh — I'll give you four things that will happen in the life of a Christian.

1. Unforgiveness will imprison you in your past, **2.** Unforgiveness will produce bitterness, **3.** Unforgiveness will give Satan an open door and **4.** Unforgiveness will hinder your fellowship with God.

Jesus said that if you forgive men when they sin against you, your heavenly Father will also forgive you (**Mark 11:25**). If you do not forgive men their sins, your Father will not forgive your sins. In the ongoing relationship with God, if we don't forgive others, He doesn't forgive us. So, if I'm not right with you, then I'm not right with Him.

SCRIPTURE READING: LUKE 17:3-4

THOUGHT FOR THE WEEK: Difficult it can be in the human eye but through faith it can be done.