



*Healing hearts  
transforming lives*

# BIBLICAL HEALING

**A Weekly Biblical Healing Newsletter**

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After the process of repentance you need to forgive yourself for being the victim of circumstance or for having hurt others. Many of the people I met have failed to forgive themselves after seeking God for forgiveness and after releasing forgiveness to others.

Victims tend to blame themselves for their problems especially when they have been mistreated early in life. In ministry, we frequently find such people unforgiving and angry toward themselves as if they had been the perpetrators. Such attitudes give rise to self condemnation, self rejection and self hate, in many cases reinforced by the demons. This made the emotionally wounded person adopting the attitude that she was bad to the core and didn't deserve to be forgiven. This attitude gives rise to difficulties in forgiving self. Hanging onto such feelings, allowing them to fester and turning into bitterness and unforgiveness is a tendency of unforgiving self. Those with low self esteem are especially vulnerable to allowing such feelings to escalate and to damage them emotionally.

The Bible says we need to accept ourselves as Jesus accepted Peter after his crushing failure. To forgive oneself is to release oneself from captivity to anger, bitterness and resentment. The demonic spirit of unforgiveness always devises ways and means to prevent a person from forgiving others and from self-forgiveness. This spirit will tend to team up with the demon of self hate to stop you from receiving deliverance. In this case, deliverance is needed as well as helping the person to choose to love himself as God loves him.

You should say to yourself (for instance if your name is Doreen): "Doreen, because God has forgiven you, I choose to forgive you also. It is so important to speak this release to yourself when needed.

**Prayer:**

Father, because You have forgiven me, I choose to forgive myself and to release myself from all accusations, judgements, hatred, slander, mistakes, stupidity and falling short of the mark. I choose to accept myself just as You have accepted me. I choose to love myself because You love me. I now begin my journey of loving myself.

Holy Spirit, I ask You, I give You permission and I expect You to work Your work of sanctification in me. I fully embrace this truth and look forward to working with You so I can be changed to the image of Christ. In the name of Jesus Christ, I pray, Amen.

*In my next issue we shall address the issue whether forgiving self is necessary. It has been practised by most preachers in Singapore.*

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**Elisha Missions**

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