



Healing hearts  
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# BIBLICAL HEALING

A Weekly Biblical Healing Newsletter

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## FORGIVING SELF

This has been the controversial topic among most ministry receivers. Is there a need to forgive yourself? Many feel that it is unnecessary and ridiculous. How can we forgive ourselves?

Whether self forgiveness is needed or not depends on the receiver and how he feels about himself. Has he been holding guilt, self condemnation or self hatred because of some foolish or very painful sin of the past? Forgiving himself may be needed before God can flush away the guilt, self condemnation and self hatred. At times he must forgive himself to keep God's available gift of forgiveness from being blocked. The goal is to receive forgiveness from God, from others and forgiving self. Many a time I have receivers telling me that they have released forgiveness to their opponent but the latter refused to accept forgiveness. In this case, I would advise them not to be discouraged because they have already done their part in forgiving those they have hurt or those who have hurt them. As long as we do things that are pleasing to God and forgiveness is one element that God is pleased, then we have nothing to fear. We are on the road to freedom.

Is there a scriptural basis for self-forgiveness? The answer is "There is no direct instruction to us to forgive ourselves. Therefore if anyone refused to forgive self he will pounce on you that it is unscriptural but so is vomiting during deliverance yet many preachers are practicing it. In our church, deliverance takes place when the fire of the spirit fall on the people and the Holy Spirit does the surgery whilst we continue to pray for them. Many have been set free through this process because of the glory of God in our church manifesting at every service.

*Mt 22:39 says, "And the second is like unto it: Thou shalt love thy neighbour as thyself."*

When a person is holding self hate, he cannot love himself and he is usually not loving his neighbour either. If he cannot love himself how can he love his neighbour. Self forgiveness will lead to self acceptance, peace and the loving of oneself. Then the neighbour will benefit as well.

*Mark 11:25 says "forgive if ye have aught against any, that your Father also who is in Heaven may forgive you your trespasses."*

This could mean self.

Self forgiveness definitely releases the receiver for the first time guilt, self condemnation, self hate, worthlessness etc. The greatest emotional struggles we experience are the result of our lack of understanding the simple truth that by His grace, God 'hath made us accepted in the beloved Jesus Christ" (Eph 1:6). The presence of God is the source of all healing. It is really what we all long for. God has always the sole intention of loving us and He will never put us down again! He has chosen us and loved us "to the praise of the glory of His grace". How much

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of our pain would be alleviated – how many of our wounds healed – if we could truly experience and believe this astounding and irrational love of God. If He has loved us and accepted us despite our sin whether horrendous or not, why can't you accept yourself and forgive yourself? His love and acceptance should be the rule of life. There can be no higher significance than to be chosen by the One who loved us and created us.

So love yourself, forgive yourself and accept yourself as you move on in your journey with God. Enjoy His Presence!



**Rev Alicia Teo**  
**Elisha Missions**

PS. If you are blessed by our newsletter you may like to consider sending an offering to us. If you are paying by cheque, please issue it in favour of "City of Truth Church" and mark "Elisha Missions" on the reverse side of your cheque. Thank you for partnering us.

#### **Contact Information**

**Office:** +65 6341 5587

**Mobile:** +65 9115 4075

**Email:** [elishamissions@yahoo.com.sg](mailto:elishamissions@yahoo.com.sg)

**Website:** [www.cityoftruth.org](http://www.cityoftruth.org)

**Address:** Hock Seng Building, 5th Floor  
Breakthrough Centre,  
114 Lavender Street  
Singapore 338729