

## **2024 COVENANT LIFE CHURCH'S 37 DAY FAST**

*[January 1<sup>st</sup> through February 6<sup>th</sup>]*

### **WEDNESDAY, JANUARY 31<sup>st</sup>**

#### **FORGIVING PEOPLE** in the New year.

**Ephesians 4:32 [ETRV]** *"Be kind and loving to each other. Forgive each other the same as God forgave you through Christ."*

#### **THOUGHT for TODAY:**

Many times, unforgiveness is compared to cancer and to a heavy weight. Cancer, because it eats away at your peace of mind and can bring destruction to your relationships and destiny. It is like a heavy weight, because it keeps you in the same place of hurt and pain from your past, not allowing you to move forward in your life. Jesus commands His followers to forgive others. Forgiveness is not forgetting. Forgiveness is a process. Forgiveness is a choice. God chooses to forgive us. Jesus made a choice to forgive the thief on the cross who was crucified next to Him. We are admonished in scripture to be like Jesus. We have the ability and the power, because of Jesus' sacrifice on the cross, to forgive people and move away from our pain. Make the choice, forgive and be free.

#### **SCRIPTURE:**

**Mark 11:25 [NLT]** *"But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too."*

**Luke 6:37-38 [NLT]** *"Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven. 38 Give, and you will receive. Your gift will return to you in full—pressed down, shaken together to make room for more, running over, and poured into your lap. The amount you give will determine the amount you get back."*

**Colossians 3:13 [NLT]** *"Make allowance for each other's faults and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others."*

**Psalm 86:5 [AMP]** *"For You, O Lord, are good, and ready to forgive [our trespasses, sending them away, letting them go completely and forever]; and You are abundant in mercy and loving-kindness to all those who call upon You."*

**PRAYER:** Father, I ask for Your forgiveness as I have harbored unforgiveness. Help me to forgive all who have hurt me. I declare Psalm 119:165 over my life, my mind, will, and emotions: *"I have great peace because I love Your Word, and nothing and no one shall offend me."* No longer will I allow unforgiveness to be a type of cancer and a heavy weight in my life. I choose to forgive and let go of the past. I choose to forgive and no longer be bound to the hurts and pains of my past. Holy Spirit, lead and guide me away from unforgiveness and lead me to freedom. I ask for strength and blessing in the name of Jesus, amen!

#### **WHAT TO PRAY:**

- Pray and release (*forgive*) all who have hurt and offended you.
- Pray for and declare over yourself that you are strong in the Lord and the power of His might and that you can no longer harbor unforgiveness toward others in your heart. Your heart is free from unforgiveness.
- Continue to let God heal you of past pains and disappointments.
- Ask for God's help in being a person who forgives, first.
- Do not judge and do not condemn others. Guard against unforgiveness taking up residence in your heart, thereby affecting your emotions and thoughts.

**WORSHIP SONG:** "Forgive" / This Hope

<https://youtu.be/jdPFyZo0LD8?feature>

**TODAY, I NEED TO PRAY FOR:** \_\_\_\_\_

**WHAT IS THE LORD SAYING TO ME TODAY?** \_\_\_\_\_