



## An Unforgiving Spirit

*Have you ever considered the dominant role an unforgiving spirit can play in your life?*

“Love prospers when a fault is forgiven,  
but dwelling on it separates close friends.” (Proverbs 17:9, NLT)

### IDEAS FOR REFLECTION

*What does this statement mean to you? The seeds of an unforgiving spirit are planted when we are wronged in some way.*

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### JOURNAL YOUR THOUGHTS

*Is there some unseen hurt or judgment that you have carried in your heart that you have been avoiding? Does it become evident that there is something you need to deal with when you suddenly erupt or inappropriately react to those who are closest to you? Are you ready to deal with this? If so, right down how you plan to move forward.*

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### MY PRAYER

*Dear Jesus, thank you for newfound liberty as I allow you to deal with my heart. I choose today not to judge others but to allow your love to remove the judgments that have bound me to unhealthy relationships. Restore my heart and the lives of those that I may have dishonored through my negative behavior. I receive your forgiveness and I thank you for washing the slate clean.*

*For further studies on this subject and others like it please visit: [www.LeslieMcNulty.com](http://www.LeslieMcNulty.com), Life & Spirituality TV – Episode 19B—Forgiveness.*