



LETTING GO

Walking your way through perfect peace.

IFECHINEME PRECIOUS

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Letting Go

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First published: August 2020

Published in Nigeria by: HopefulMe Press info@ahopefulme.com

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All scripture quotations are from the King James Version, Goodnews Version of the Holy Bible, except otherwise stated.

Emboldened scriptures are only for emphasis.

This book is dedicated to To GOD The Father, Son and Holy Spirit and to all those walking through the paths of pain, hurt, inner conflicts and offences

Acknowledgement

Special thanks to my parents Stanley & Happiness Chineme for birthing me into the pathway of destiny,

Am most grateful to My Spiritual parents Pastor Jerry Eze and Pastor Eno Jerry for laying my path with God's word constantly and ensuring I stay steadfast To Evang victor Samuel Enyinnaya and pastor Austin chinemerem am ever grateful for your fatherly guidance and for helping me through this project

Thanks dear Johnson Crystal Kalu for ensuring I stay hopeful always and pressing on me to get this work out, thanks for all the sacrifices.

To My Best Precious_PG for your prayers, consels, extra pushes and guidance am super grateful, To all my friends and partners who tirelessly work with me for kingdom business am most grateful .

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Let Go!!!

Preface

"Hey presh! Presh!!!!!!where are you " ..screamed my friend Ada as she tried to get my attention to the recent uproar steaming up in the compound.

Having grown up in the Western part of Africa, where it is usual to live in homogeneous compounds where everyone seems to know each other, share quite some beliefs and ideologies in common, you are sure to find a group of families who believe in a particular religion or culture coming together to form a group in a setting. Such was the story with where I and Ada grew up, One of the ethics that was held at high esteem was the respect for elders, we were nurtured into how to greet, help, be kind and talk calmly to our elders and also there was this ideology that "elders were always right ".Ada had come looking for me to report or rather inform me about a certain uncle that will always hit kids on their heads in response to the children's greetings, awkward right?!, that was the exact feeling we got, how could he possibly be so mean!,, Off we stumbled out looking for grandma.Grandma was our favorite because she was the only one that seemed to have time and patience enough to listen to our long reports, explanations and yelling. We ran as fast as we could getting to her room we could hardly breathe, we were gasping, she reached for her walking stick, getting it ready to strike whosoever was chasing us, when she saw no one in view she turned to us to find out why we ran like rats chased by hefty cats.

Gran...d...ma! I stuttered trying to catch my breath, it's Uncle Emma, he always knocks our heads when we greet him,, not only me, all of the children in the compound. Hahahahahaha!! her laughter resonated and I looked at Ada wondering why she laughed so hard,, The rest of the day was spent receiving lectures of how that was normal for Uncle Emma to do because he is our elder and we shouldn't stay angry at him but see it as a sign of Love."Not all actions requires reactions " she concluded. Not really satisfied with grandma's response but having no other choice we left disappointed yet calm.

That little experience as insignificant as it were was a drive for me through out childhood up until now, I could hardly get myself to react to a threat or hurt. But this seemingly good virtue began to tell on me along the line, I wouldn't react to issues yet I wouldn't be Okay, I could stay up all night crying and reminiscing all the insults hauled at me and being angry with myself for doing nothing, slowly and steadily I drifted into a shred of silent bitterness, funny enough this was not directed to any body but myself,, I was not happy when people hurt me but I was more bitter with the fact that I wasn't going to do anything about It.This silent bitterness grew into Low self esteem, self hate and a great deal of Self unforgiveness, this grew into a whole much more complex personality deviation that I could handle. The "Very lively always happy ever smiling young Precious ", grew into a Cold, Introverted, Repellent young girl. I started seeing everything I thought was wrong with me, my position in class dropped, I always kept to myself, I hardly could do anything right anymore,, A shred of bitterness over myself for not fighting back when am teased or pulled developed into a serious personality trait that affected every part of my life.I started having crisis with everything and everyone around me. **"You can never maintain peaceand calmness with your**

environment if you as a person is not in equilibrium with yourself. If you already have a problem with yourself or a part of you, it's definitely going to reflect on the way you relate with your environment".

My parents started getting into serious conflicts with me because definitely nobody was going to understand me and my sudden drift, I would always give "nothing" as a reply to any question concerning what was my problem, Now I had successfully dragged myself into a row of conflict with my entire environment just because of a little shred of bitterness against myself, I couldn't contain it again, I started sharing the Self-anger abroad without even knowing it. I never even realized the root of the problem until I had very much grown past that phase, I thought I wasn't just good enough or people didn't just like me, I never realized I was the one shutting myself out, this childhood based deviation managed to find a way into my adulthood, I grew past some traits by growing up but at some point I still realized it showed up, sometimes as severe mood swings, I still hadn't reconciled with myself. It took me series of studies, counselling and research to actually dig out the root of the problem, Up until my early university days from where I wrote this piece I was still struggling with Self conflict, I was privileged to have a great deal of Psychology lessons during my training which gave me a clearer understanding of how little insignificant events of childhood could contribute to the Personality development of a person and through further studies I was able to pick out what exactly was the cause of this long stayed self conflict. I have worked on it and am still working on it, it's quite a process. You can bet am no longer where I used to be, am a lot more better, I have learnt to forgive myself, appreciate myself, learn from my mistakes and move on and not staying on it to sink in, these and lots more are lessons which you would pick up on your journey along the chapters of this piece.

"Self Unforgiveness".....This is a part of this piece I take so much interest in because it ministered to me personally and has helped me, A lot of people are struggling to maintain a stable relationship in their work place, home, etc because they yet don't have a healthy relationship with themselves first. We are taught, reminded and nurtured to forgive others which we barely have been able to practice, then how much more the part which we were not taught at all,,, to forgive ourselves!! As we go through this journey together, I want you to know that it is very possible to let go!!!

YES IT IS!!

Along life's journey there are certain sins that seem to be more pronounced than others, you see people stay away from: stealing, fornication, adultery, murder and all other forms of sins that seems to be pronounced. But to some other hidden sins of the heart, we actually say "it doesn't matter" and this has become a dozen of matters.... sins like unforgiveness, bitterness, hatred, malice, etc are being overlooked, and its unfortunate that the enemy now dwells on such 'little" sins as we call them to keep us trapped. We might be clean from the pronounced sins, but what of those that happen right within us – in the inside – the inner conflicts. Selah.

It takes strength and wisdom to be truthful to self.

CHAPTER ONE

FORGIVENESS

When we talk about forgiveness , it is the ability to forgive the action of forgiving and most importantly **"Readiness to forgive"....** That really caught my attention, you mean readiness? Does that mean a Christian should be ready at all time to forgive..... in advance? Exactly that's the point am making, that's why it is a virtue. Forgiveness means before one is even wronged be ready to forgive – As crazy and impossible as it sound that is truly what is required of us. **"Forgiveness is readiness to forgive not because you are wrong but because you are strong"**. Forgiveness is an act of mercy and mercy is as act of love and love is a commandment, when we forgive we show love and it is a sign of spiritual maturity, we should grow to the extent that we prepare for being wronged prior to the offense itself and get ready to handle it and let it go without it tampering with our spiritual consistency.

"Forgiveness is a function of joy, love, patience, gentleness, self control which are all attributed to the person of the Holy spirit which automatically means that forgiveness is one of the Holy Spirit enabled virtues in the life of a believer" if a Christian is a complete follower of Christ who has received salvation and whose salvation, has been sealed by the person of the Holy Spirit and walks with God through his word to keep his faith and if a virtue is an admirable quality of moral excellence – then forgiveness as a Christian virtue could be seen as "An admirable moral quality of a complete follower of Christ who has received salvation and also has been baptized by the Holy Spirit and walks in the ways of the Lord, to truly display readiness to let go of internal and external injuries not because he or she is wrong but because he or she is strong" Long right? But true, if we can bring ourselves to the truth one will understand that each time we refuse forgiveness we loose our Christian identity for that space of time, because the seal of our salvation which is the holy spirit (Ephesians 4:30) has to leave because we are impure at that moment, we are carrying some foreign bodies.

At times we get hurt, angry or upset at events or individuals, those are inevitable because they are bound to come, we should therefore not loose our right and authority to such situations and people by holding on to our grievance. The truth is "each time we don't forgive we are letting our offender remote our lives,, we begin to act in the way they want us to act, we even loose our own peace, it is so because we have so much accumulated foreign bodies (grieve, malice, bitterness and sometimes hatred) in our hearts and those impurities have taken the place of the Holy Spirit, so we no longer act Christ-like but as the **offender pleases**. This sin of unforgiveness is so much overlooked that it has found its way into the hearts of great men and women of God in the midst of the church because it is was so much over looked but it is causing more harm than could be imagined.

If we understand and always remember the 3-fold ministry of the devil (steal, kill and destroy) then we will understand that a single strike from him can accomplish these 3 at a time and we will be at alert to terminate his every move

"Getting angry is allowed, but staying angry is forbidden" Guard your hearts beloved , let not unforgiveness steal you away from the cabinet.

"It is an error for the physical to control the spiritual" take charge of your hearts. **"The fact that you were wronged doesn't mean you should get wrong by showing how wrong you were,** learn to let go.

CHAPTER TWO

WHO SHOULD I FORGIVE

As funny as it sounds eighty percent of Christians who have really made up their minds to forgive get confused when the question of who to forgive comes to play – let's review a Phrase from the scriptures (Matthew 6:12).

"And forgive us our trespasses as we forgive those who trespass against us". Now so there is it – we are to forgive those who trespass against us – but wait a minute "what if you trespass against your self" let me say this – the highest rate of unforgiveness recorded among Christians recently is "self unforgiveness" we hear such as:

"I can't forgive myself"

"I will never forgive myself"

"I hate myself for this – etc.

Alright – but if you don't forgive yourself how best that solves the issue ?. We have not even learnt how to love and forgive ourselves yet one of the steps for receiving divine mercy is personal mercy, if you can't let go of your very own past, tell me how you can let go of someone else's?. The earlier we learn to forgive ourselves the faster and easier it is to forgive others. I Understand the fact that you feel very sorry and sad for what you have done – but why remain in the mess?? Is it going to fix it? Some people became so bitter with themselves that they even think of taking their own lives. I hope you now understand why the question "who should I forgive"? I would like us to understand that the number one person you should forgive is yourself, yes you – if you can't forgive 'yourself', then you won't forgive anyone else.

"The number one person to forgive....."myself".

Let's learn how to let go of our past errors, dwelling on them does not make you a better person "The best love you can give yourself is self love – unforgiveness to oneself bridges communication with God and other humans because you can no longer communicate positively.

Forgive – its one of the best ways to give .

The Next set of people you should forgive is ... everyone else. The strictly annoying. The extremely annoying, The always annoying, "The most annoying" "The annoying" – All categories of people who wrong us, they are the next. In this category I will want us to view '**everyone else**' under 3 aspects.

- 1) Those who annoyed you
- 2) Those who are annoying you
- 3) Those who will annoy you.

The past, present and future, these are the people we should forgive, forgiving only in the past is not just enough, forgive before you are annoyed – It sounds impossible but if your heart is conditioned that way – it is achievable.

Forgive those who wronged you in the past because not forgiving them means staying in the past, and they themselves might have moved to the future, sometimes without even knowing they caused harm.

Don't Back forward your life, let go and let's go"

Forgive those who are causing you pain presently – because you need not remain in the present when there is a future – that you were hurt is not enough reasons to pause your life, in the process of getting hurt by someone, program your heart to automatically process Forgiveness along side, sounds unrealistic but – trust the Holy Ghost – Don't forget it's not your human function it's the Holy Ghost working in you, all you need do is let him – "what causes the pain is the stress from the effort we put in while resisting the Holy Ghost. If we decide to let him, he will do His own way and we will experience less pain.

"Don't stay there, let go and let's to".

"Forgive those who will wrong you in the future – This sounds the most ridiculous and impossible of the three, But if you look into it deeply, it's the most achievable and simple.

How do I mean? When you prepare for something before hand its easier and less stressful to adapt. He has not wronged you yet but you have made up your mind to forgive him whenever he does, when he finally does it will take less stress to forgive. Have you noticed when you are prepared and expecting someone to do something, when it happens you don't really get hurt that much because you expected it, then it's easier to let go but the most painful deeds are the wrong of loved ones. I hear people say "I never expected that from him" can't believe she did this to me...and lots more– that is because it was unexpected, we sometimes forget that we are human beings and we are prone to errors and shortcomings, how could you be expecting to dwell among humans and not get hurt?

- **Learn to expect hurt from the unexpected**
- **Learn to understand the imperfection of man**
- **Get ready to see man's imperfection manifest at anytime**
- **Prepare your mind to accept it, deal with it and let go**

Then you will see how possible and beneficial forgiving in advance could be, it helps you prepare yourself to receive hurt and when you are prepared to receive hurt, you are prepared to forgive.

*"See how promising that future (your future) is, secure it by forgiving in advance, don't let it crash before you get there – **let go and lets go"***

The next set of people you should forgive are:

- 1. Those willing to apologize**
- 2. Those that have apologized**
- 3. Those that will "never" apologize**

"Forgive those willing to apologize not because you were not hurt but because you are strong". They are willing to become better persons why tie them up in your hearts, you are just giving yourself extra burden.

"Blessed are the merciful for they shall obtain mercy" (Matthew 5:7). "If Christ is ever willing to forgive then as Christ followers we should adopt that virtue" When one is willing to set things right, then let go and let's go because if you refuse you are building up an evidence against yourself for the accuser of brethren to use

against you when you are also willing to apologize to Christ. So why build up negative evidences against your own self – let go and Let's go.

Forgive those who have apologized: "If one wrongs you and apologizes and you refuse to let go – mind you it's carnality and you are breaking the scriptures which says:

"Forgive our trespasses as we forgive those who trespass against us" (Matthew 6:12). "If apologies have been rendered forgiveness should be offered – its not wise trying to hold back who the Lord has released – it is a battle against yourself. Sometimes we forget that the person we are bitter about might have made peace with God, headed for heaven so why drag yourself down to hell? If you look deeply you will understand that this sin of unforgiveness is highly over looked but its dealing with a lot of Christians – perhaps including you!!! Allow the Holy Spirit to do His work, we are humans and some things could really get to us deeply, but that is why we need and have the person of the Holy Spirit who is here to help our infirmities and transform our hearts (Romans 8:26)" "If you want to have access to the throne of mercy – always be merciful' let go and let's go"

"Forgive those that will never apologize: again this sounds ridiculous, but as Christians people's attitude should not determine our character. **"If you are in Christ then your character should be Christ based and not human determined "** Christianity is doing something above standard not responding how man wants, Christ has set an example for us generally He did not just forgive His offenders, He prayed for their divine forgiveness even on the Cross (Luke 23:34) That was unexpected and outstanding. There are people who you know they can never apologize for hurting you, then why let someone else determine your righteousness and happiness "You don't need a sorry to let go all you need is the Holy Spirit" so let go and lets go.

Now lets check this out if you learn to forgive yourself and everyone else as discussed above, can you imagine the kind of purity, joy and burden free state your heart will experience? Yes its achievable – take a step to forgive today because you stand to gain all round"

"If heaven is the target, why let something unreasonable drag you down to hell? Forgive yourself, forgive all – just let HIM (The Holy Spirit) do His function.

"Let go and Let's go.

CHAPTER THREE

WHY SHOULD I FORGIVE

Forgiveness is a virtue which you have nothing to lose when you practice it apart from your self will of revenge, every other outcome is a benefit to the spirit man

"It is a commandment":

It is indeed the Lord's desire that we possess this virtue because – He knows how important it will be in this crooked world of ours, that's why He gave us a number through His definite wisdom 70 x 7 times. It is practically important for one to wrong you up to that amount in a day "Don't forget that figure is not even how much we should forgive generally in a day – it is how much we should forgive one person – is that possible, that's the wisdom of our father. He understands where we are and he made provisions accordingly – you must forgive because it is a commandment from God "your relevance can be a function of your obedience **lack of obedience leads to negligence from God but obedience leads to relevance**" if one must be relevant you must obey if you must obey you must forgive

Let go and let's go.

Its Christ's nature:

Even on the cross He was more interested in the forgiveness of those who killed Him. We sin against God everyday of our lives we do abominable things- if not by commission then by omission yet we see it as just a normal routine to pray to Him for forgiveness- in that same way make it a normal routine to forgive those who wrong you. If we are following Christ then forgiveness is His life style,,,,, we should stop choosing the ones we can comfortably obey and when it comes to some commandment some of us begin to remind God that we are mere mortals we even make comments like "He understand. Don't forget when Christ was on earth he was putting on the flesh too. You are inexcusable

Your self will of revenge was surrendered to God at the gate of salvation **"so beloved don't go back there to pick it up, because to pick anything you dropped there, you run a risk of losing what you got there. Let go and let's go**

It shows your spiritual strength:

Forgive because you are strong

Forgiveness is readiness to let go not because you were wrong but because you are strong. Your weakness is not in your meekness, it is in your inability to let go, your spiritual strength is diminishing if you don't let go, why pull down your capacity when you can build it?

Forgiveness is one major treat to spiritual capacity Stay empowered by your strength in forgiving. Are you so weak from the burdens of bitterness, revenge and unforgiveness?

Let go and let's go..

Forgive so you can be forgiven:

The Lord's prayer is clear and very much understandable when it says in (Matthew 6.12)

"Forgive us our trespasses- as we forgive those who trespasses against us"

This could mean 2 things:

- 1) Forgive us as (in the process) of forgiving those that sinned against us ie is at that moment we are forgiving them He will forgive us.
- 2) Forgive us as (in the measure) we forgive them ie. The measure of our heavenly. Forgiveness will depend on the measure of our earthly forgiveness towards people. Either ways or both it is obvious that our forgiveness from God is dependent on our forgiveness to man "if you must be forgiven you must forgive.

So why heap a lot of **wrong** on your profile by just holding on to that hurt – we perfectly understand how hurt you could be but holding on will only incur more hurt. We all need the forgiveness of the Almighty- it is what has kept us thus far. "For all have sinned" and without His forgiveness the guilt of our sins remain on us. Why withdraw God's mercy from yourself?

-let go and let's go

To maintain purity of heart and remain focused :

I see unforgiveness as a huge distraction from the heavenly target because unforgiveness tampers with the state of purity of our hearts. Yes its that infectious because it's a predisposing factor to many sins and a precipitating factor to many sins too. It predisposes one to bitterness malice, hatred, grudge, etc. when you remain so hurt about some wrong One did to you – psychologically all your brain is working at is how you can get back to the offender. Majorly of the murder cases we have today did not just surface, some were as a result of a long harbored grudge or bitterness.

It could take you that far – I can hear someone say – No I can't go that far – but come to think of it in God's kingdom you don't necessarily need a gun or cutlass to murder. Someone – mere thinking is equitable to the action, wishing for bad things to happen to such persons and spreading ill about such persons in a bid to consciously or unconsciously revenge – you are already out of focus by doing these. unforgiveness leads to a diversity of sins one could never imagine he or she could have ever committed. The safest way is by not getting yourself entangled in the first place because it will get you into realms of sin.

Purity of heart is essential and when there are foreign bodies there no matter the backup excuse It becomes impure and once the state of purity of heart is tampered with then the inner conflicts begins and that's the most dangerous place to put yourself as a Christian "why place yourself in a tight corner when you have been set free, the truth is you could actually save a soul by a single act of forgiveness. soul winning is made easy when we practice what the soul to be won cannot practice, at that moment-He has to see something fascinating and amazing-something carnally

impossible. Why let yourself lose a lot of chances just because of an individual? you deserve more, don't get distracted. You must be offended, it doesn't have to bring in foreign bodies into your heart. – **let go and let's go.**

To yield totally to the indwelling person of the Holy Spirit:

Sometimes we seem to forget that we have the person of the Holy Spirit in us, some of us so much neglect Him that His presence has become a history. The Holy Spirit abides in us as long as we abide in Christ, we should not forget the fact that He is the seal of our salvation, we were given a comforter, teacher, guardian, director, helper – are you going to lose such a precious personality to a situation that does not just worth it – for the consistent indwelling of the Holy Spirit in us we need a consistently pure heart and a consistent recognition of the presence – sometimes we neglect Him and that's why this Christians race appears more stressful than it was designed to be, because the comforter, teacher, director and helper which we were given seems to have been neglected without us being taught, directed, comforted and helped then how and why won't Christianity appear burdensome?.

Protect yourself from such experience by maintaining the place of the Holy Spirit in your heart – don't bring in foreign bodies into His dwelling place – “the amount of space you make for Him is the amount of space He will accept don't make him homeless in your life because of a mere human – it does not worth it. **So if you love the communion and fellowship of the Holy Spirit – let go and let's go.**

It is an evidence of both physical and spiritual Maturity:

The ability to take responsibility even in humility is a sign of maturity. It takes a level of spiritual maturity to an extent to be able to forgive, especially in very controversial and highly offensive situations, there are things that even when you want to forgive you subconsciously just can't let go, that is when your spiritual maturity comes to play in recognizing the Holy Spirit to help you out.

Even physically it takes a level of understanding and maturity to be able to let go when you are really hurt so badly, it is believed that it is one way to determine one's level of maturity, there are adult that still keep malice like teens, that is because they have not grown above that mentality – maturity is in the mentality not the age so also is it in the spiritual atmosphere what makes you matured is not that you repented thirty years ago, it is the ability to understand things beyond the canal range of thinking.

Some people come your way to be able to find their way:

We need to have a better understanding that people come our way to be able to find their way, some people have lost information of who they are in Christ other have lost the destination of where they are heading to, sometimes God brings such people around us for proper direction. We make the mistake of thinking or assuming that everybody we find in the church are spirit filled but **The congregation is just like a hospital**, some are deaf spiritually, some are blind, some are lame, some are dumb, some are confused spiritually – so if we are able to have this knowledge we will understand that really we need to be the eyes, ears, leg and mouth of such people. If you are graced enough to be whole and complete

spiritually then you must work with the understanding that you are to complete the infirmed ones.

Some have not been revealed to the light of forgiveness, so you must forgive to be able to share the light abroad to those who are still in darkness, the light shineth and darkness cannot comprehend it, so you must forgive because you have gotten the light of forgiveness, if you that have the light refuse to emit it, then how can those that are in the dark get the light. **It is an error to be a light bearer and still have darkness surrounding you** if Christ did not emit much glory, the disciples would not have contacted enough glory to take the world for Christ.

Show that male or female the way, help him or her find their way by manifesting the virtue of forgiveness, if he or she does not find his or her way in your path, then you have failed God at that moment. There is more pleasure in leading a soul aright than taking revenge. If someone stumble into you with a huge confusion of life, evidenced by frustration and in the process steps on you – lashing out on him or her would not be the best option, because you should have an understanding that **one walking in darkness would definitely be confused and stumble into a lot of things**, your duty in such situations is to let your light so shine before men that they may see it and glorify your father who is in heaven (Matthew 5:16) and that can only be achieved by showing or manifesting that virtue of forgiveness, it could be the only light needed to eradicate the gross darkness in him or her, we have lost a lot of opportunities by not being about to detect when people come our way just to find their way, I believe that after now, we would maximize these opportunities in brining people unto the light, one act of forgiveness could birth millions of souls, sometimes, what people need to come to the light are things that have been over looked by the church of God, it might not be the mighty crusade, it might just be the little spirit of forgiveness dwelling in and within us. Do you have a lot of people in darkness stumbling and stepping on your toes always???? then it's a great opportunity to show forth the light of God.

Let go and let's go

It's the best form of revenge :

There is no revenge as Godly, as sweet and as peaceful as forgiveness – the scripture made us to understand that when we forgive and lend a helping hand to our enemies we are heaping coals of fire on their head yes and I would love to heap a lot of coals on the head of my enemies by continuous forgiving, not necessarily for it to consume them but for it to **change their mentality**. What fire does in the life of people when it comes upon their head is to change their mentality – so if I can't get that young man to church for impartation to receive fire to change his mentality. **Then I can also achieve the same by forgiving him continuously**. One day you will heap enough coals that are hot enough to spark up a fire and his mentality would be changed.

"Have you ever thought about your revenge being such that will not just get to the person who wronged you but will also get to the demon behind the offense, no need tackling the human and leaving the demon because the demon will still manifest again".

So why go ahead in a revenge that will not just lead someone astray but also will add a **but** to your life,, when you can bring souls to Christ through this best revenge – **Forgiveness**.

If our sole aim is to populate the kingdom of God then everything we do should be geared towards that. The truth is that everything that is obtained in carnality is obtainable spiritually, the difference is the motivator and the motive.

For Instance revenge is obtainable in both dimension but the carnal man gets revenge just to get back to the offender, but the spiritual man is motivated by the Holy Spirit to get the best kind of revenge – forgiveness and the motive is to get back at the demon behind the offender, thereby liberating the individual being oppressed.

Deliverance is actually in diversity you can deliver someone through manifesting some virtue, which one of them is forgiveness. Some could be oppressed by bitterness, frustration and its kinds, and just by forgiving such person you gain access to their hearts where you can now tamper with the main challenge. So if you are going to get any revenge get it in the right way and on the right person which is the actual reason why you got hurt – forgive because it is the best type of revenge.

Let go and Let's go.

We have every reason to forgive from the first verse of Genesis through to the last verse of Revelation forgiveness is the best gift you can give.

"The Best way to give is to forgive"

There is no scriptural backup to any reason why we should not forgive or have the virtue of forgiveness and you will agree with me that **"Anything without a scriptural backup has a satanic escort"**

Let go and Let's go.

CHAPTER FOUR

THE TOUGH PROCESS

Since forgiveness is a required Christian virtue there would be a lot to battle against it in the life of God's people. There are things you should beware of, their presence could strip you of this costly Christian virtue.

- **Bitterness:** This is a major challenge to forgiveness, when you are so bitter in spirit against a human, you are at risk of even murder, bitterness is a stage in which the hurt has eaten deep into your spirit, it has extended from mere anger, every thought of it gets you more angry and broken, we should beware not to let our selves get to this stage of grieve against our fellow human, this stage is highly dangerous only a few get to this stage and overcome it. Don't let it build up to such an extent spell out calmly to your offender that is the only way to get rid of it, let the individual know you were hurt,,, do so without violence. (This can only be achieved) with the help of the Holy Spirit, via self (control) Then immediately destroy the memory, don't deliberate further on it let it go.
-
- **Hatred** – Beware many christians have dived into this sin without them knowing it, this is always an after effect of bitterness, watch it so carefully, that you fall not victim to this, build up yourself to discard hurtful memories, to avoid it developing to bitterness and hatred, don't trick yourself by saying it's not the person you hate but the character or their attitude 90% of Christians who make this statement have already fallen victim of hatred they are only trying to justify themselves, **when you get hurt, don't stay hurt, fix it up, let go it doesn't worth the stress.**
- **Pride:** You might really be wondering how pride is a hindrance to forgiveness. But watch this, when you are so full of yourself, you loose your natural good sense of humour, if the spirit of pride dwells within you, letting go of an offense will be a challenge to you especially when it is coming from people you see as your subordinates, beware when your sentences become invaded by the letter "I" and beware when people you were working with in the faith you now begin to see them as unfit, watch it when you cannot even comfortably bend down to pick up something from the floor for both yourself and someone. pride is a major hindrance to forgiveness, even when you want to let go – you remember how you were recognized the previous day and you decide to show him or her what you can do... can I announce to you dear fellow "you are speeding down the stairs of destruction". **Beware!! Let it all go.**
- **Malice and Grudge:** These two have not just affected the church of Christ but they have become a norm there in, but God forbid that we continue in sin because grace abound – why would you store up that hurt in your heart and keep deliberating on it? Who permitted you to bring in strangers to the dwelling place of the Holy Spirit, how can you share your heart with the

devil? You were hurt, so why decide to continually hurt yourself, this sin of malice could strip you of all you have, how then can you forgive one who you have tied up within you, we were called into the ministry of reconciliation not the ministry of condemnation, hurting you might be the only way such person might come in contact with Christ. Brethren why suppress Christ's personality just to manifest your carnality – it doesn't worth it, neither is it justifiable, neither is it an excuse, he was hurt, arrested, beaten and nailed to the Cross, so you have not suffered as he did, so you have no excuse not to forgive, still on the cross he prayed "father forgive them for they know not what they do" Sometimes we feel God just commanded us to do things that are impossible, there is no commandment we are being asked to obey that Christ did not obey while he was on earth. And don't forget he was in the flesh during his stay here, I hear someone say – yes he was in the flesh but he was the son of God so he had the power, I agree with you, but you are only giving me more reasons for you to forgive, if he was able to do it because he was the son of God then check out what John 1:12 says "But unto all who received him, who believed in his name, he gave them power to become the sons of God".

So you see, you have just the same exact ability he had, so dear, **take up Christ personality, drop your carnality forgive let go and let's go.**

So Beware of:

- ❖ Bitterness
- ❖ Hatred
- ❖ Malice
- ❖ Grudge

Of course all these are evidence of not having the Holy Spirit Indwelling, because he bears no such fruits therefore another major hindrance to forgiveness is "**Not having the Holy Spirit indwelling**"

DANGERS OF UNFORGINVESS;

Missing eternity: I never understood the gravity of unforgiveness until 31st January 2017 when I was deeply hurt and angry, I could not control myself, I was burning with rage and alas!! I slept in that state not even uttering a word of prayer – As I was asleep a very terrifying experience occurred my spirit was taken up and as I lay there not knowing no life was left in me, my spirit was made to be taken into a tour, I was shown my body lying in my room on my bed and told I was going on an excursion, only for me to see myself wandering and lining up for judgment, suddenly I was taken into a room were a young lady explained to me what had happened and that if she lets me go beyond that limit then I wouldn't return, she explained that I had just one issue which she pointed out, the event that happened before I slept, I was angry, bitter and beaming in rage, from around 8.00 am in the morning till around 11.00 pm when I slept and I still could not forgive the person that offended me, she made me understand that only a few people get the opportunity of such corrections, she taught me how to get rid of such thoughts and all that saved me that night was Grace and Mercy, many other events took place

and I was made to return back to my body lying on the bed in my room – The next of the story was just Mercy and Grace.

So that was how I would have missed it all because I was so angry and I lost my self control, it's more than I can explain. Even if you don't die in such state, it could lead you into another sin that will lead you into another sin that can take your life – Beware.

Unforgiveness could strip you of the Holy Spirit:

We all know that the name of the Holy Spirit implies to His personality in the sense that everything pertaining to Him is "Holy" – Therefore even His dwelling place is Holy – Now unforgiveness dis concentrates our hearts and makes it unfit for the person of the Holy Spirit to dwell in, therefore, each time we refuse to forgive, we risks losing Him

Unforgiveness weakens your spiritual capacity:

Any sin is a threat to your capacity spiritually, it leaves a loop hole through which penetration is easy and a penetrated territory is a defeated or weakened territory There are functions you can't carry out spiritually if unforgiveness dwells in you because **"it acts as a weight"** and hinders your speed, it makes you too heavy to fly, it limits you spiritually ability "Therefore lay aside every weight " ..let go

Unforgiveness can stagnate you spiritually:

When your capacity has been tampered with, then believe me your velocity is at stake. If unforgiveness can reduce your spiritual capacity and ability then it can limit you and keep you at a static state, if what is fuelling your speed which is your spiritual capacity is tampered with, then you definitely are at risk of coming to a halt. Unforgiveness can be a barrier to you getting to your next level – beware.

If you don't forgive, you won't be forgiven:

Matthew 6:14-15

("If you forgive the wrongs they had done to you, your father in heaven will also forgive you but if you do not forgive others, then your father will not forgive the wrongs you have done – Goodnews translation)

The scripture cannot be broken, we risk a lot through unforgiveness. Imagine that God doesn't forgive all the sins you have committed both knowingly and unknowingly, what a disaster.

Forgiveness is a seed that bears itself as fruit in multiples – when you forgive men who you wrong will forgive you, then most importantly God will forgive you but unforgiveness is very costly a sin to joke with.

“One disaster about the dangers of unforgiveness which I mentioned just a few is that it has no negative effect on the person you have refused to forgive, but all its effect are on you that has refused to let go, then isn’t it lack of wisdom to engage in something that brings you destruction. Both spiritually, physically, emotionally psychologically the person you have refuse to forgive is not undergoing any stress but a huge weight remains on you when you refuse to forgive Why not let go, be free and let’s go.

CHAPTER FIVE

THE WAY OUT

Since it has been established that forgiveness is not just achieved by mere decision making, it is not just enough to study who to forgive, the importance of forgiveness the hindrances and the dangers of unforgiveness. It is also necessary to know that there are some aids to achieving this virtue and without which the task becomes impossible.

Forgiveness is not a virtue we can attain in carnality or still taking to our human minds body and thinking. There are necessary spiritual requirements that enables you to forgive – Go

God knew that it is not an easy task therefore he made available all we need to have to get it, without these spiritual elements it will be difficult or rather impossible for us to forgive certain levels of grievous offences.

The first requirement for forgiveness;

Salvation: “if you are reading these lines now and you have not yet experienced salvation then the glory of forgiveness cannot be for you because you will be limited, because it is only when old things have passed away and all things become new that you can forgive unlimitedly – so if you are yet to be saved you are at risk because you are not safe until you are saved, you can experience true freedom only when you know the truth and the truth shall set you free. Say this prayer

LORD JESUS CHRIST, I WANT TO THANK YOU FOR THE PRICE OF REDEMPTION YOU PAID FOR ME WHILE I YET WANDERED, THANK YOU FOR THE FINISHED WORK OF SALVATION ON THE CROSS TO SAVE ME, I BELIEVE IN MY HEART AND I PROCLAIM WITH MY HEART THAT YOU ARE MY LORD AND PERSONAL SAVIOUR, I HAND OVER MY LIFE TO YOU FOR A FRESH START, FROM TODAY I RESUME A NEW WALK WITH YOU, THANK YOU LORD FOR SHOWING ME MERCY AND GRACE, I BELIEVE I AM SAVED IN THE MIGHTY NAME OF JESUS CHRIST AMEN!!.

Oh wow if you just made that prayer from your heart you are a new creature, welcome to the Family of God, “I believe that the Holy spirit will do his work in the life of any such person – Amen.

I trust the Holy Spirit that at this point anybody reading these lines have accepted Jesus Christ as their Lord and Personal Savior and have received the power of Sonship in the kingdom of God which is the basis or foundation for operating over such limitations as unforgiveness, salvation is the basic requirement for forgiving so, how can I forgive?

By accepting Christ as your Lord and Personal Saviour.

The person of the Holy Spirit: The Holy Spirit have been widely neglected and misunderstood by many Christians, some see him as a thing, some think he is a feeling, some have a lot of misunderstanding about him. The Holy Spirit personality is the third person in Trinity, The Holy Spirit is God, he was sent to us to be our helper, comforter, teacher and other diverse foundations. The scripture made us to understand that He is the seal of our salvation (Eph. 4:30).

Paraphrasing anyone who has not the Holy Spirit his/her foundation in Christ is shallow and anything can tamper with his or her salvation because it is unsealed. so now if we must have the virtue of forgiveness, indwelling in you, then you must have the person of the Holy Spirit, He is the one that give us the power and enablement to manifest above human and earthly limitations. 2Corinthians 1:22 made us to know that the Holy Spirit in our hearts is the security deposit and guarantee of the fulfillment of His promises (Amplified) so without the Holy Spirit we have no security deposit in Christ – So now – how the Holy Spirit is a requirement to be able to forgive is by his fruits which he deposits in us which includes, patience, longsuffering, self control, kindness, love all which we shall be seeing how they can help us forgive:**Invite the Holy Spirit:**

Love: This is a fruit of the Holy Spirit and can only be manifested when the giver is in us, if we have a better understanding of love we will have access deeply to forgiveness, if we have God's love in us, we will forgive because "Love is patient, love is kind, love endures long, love is not haughty, love is not arrogant, love is not proud, love is not rude, love does not insist on its own might, love takes no account of the evil done to it, it endures everything without weakening (1Corinthians 13:4-8 'Amplified). If we truly possess this virtue which the Bible tagged The Greatest, living a life of constant forgiveness will be a reality, because sometimes it is pride, arrogance, lack of kindness endurance and patient that ties us up in bitterness and unforgiveness, but if we have love we have all. This virtue (love) is more practical than theoretical and its description is highly scriptural than philosophical, it is a virtue almost lost in our Christian world today where no one wants to bear up another, there is so much strive that love is being suffocated in the body of Christ today, we seem to have forgotten that our salvation was born out of love. "For God so loved the world, that He gave his only begotten son that whoever believes in Him should not perish but have everlasting life" John 3:16 **Love is the basis of our salvation and we must possess this virtue to remain in salvation and to draw others to salvation.**

Get love, let go and Let's Go:

The Spirit of Mercy: Blessed are the merciful for they shall obtain mercy (Matthew 5: 7) As sons of God, richly rooted in love we should obtain the Spirit of mercy which is available to us in the place of prayer, and it is another more practical virtue, if the Spirit of mercy is upon you, you might not even know when you will forgive someone who wronged you deeply. There is a difference between showing mercy and having the Spirit of Mercy you show mercy when you want to, but the Spirit of mercy emits mercy with or without your permission, it gives you the capacity to forgive against self will, if you desire and pray for the spirit of mercy forgiveness will become a major characteristic and an inherent part of you. **Pray for the Spirit of Mercy:**

Self Control: This is another fruit of the Holy Spirit whereby you are enabled to put your self will under subjection and control through the help of the Holy Spirit. Many of us Christians has limited this fruit to what one aspect of our life which is the sexual aspect. It is not the only aspect of life where it is needed, it is needed on virtually all aspects of our Christian life it is self control that subdues the anger

in our hearts burning within us when we are hurt. It is self control that the Holy Spirit uses to suppress the desire to retaliate what was done to you. It is self control that gives you the opportunity to manifest long suffering even when you have been offended beyond every human tolerable limit. If we bear up this fruit by the Holy Spirit in us then our journey to forgiveness is made easier, because all forms of unforgiveness corresponds with the human self will, but when this self will is carried through self (control forgiveness prevailed). **Bear this fruit today so that you can always let go and Let's Go.**

Patience, Endurance ,long suffering These are also important requirements to enable us forgive, and the above arrangement is in the increasing, other, in the sense that you first have to be patient, then you learn to endure, before you bear forth longsuffering. These 3 are very vital requirements to be able to forgive if you are not patient you cannot endure if you have not learnt how to endure you cannot manifest long suffering and each of these three denotes levels of forgiveness there are offences that patience can handles, where you just calm down and its goes off. There are offences that require endurance, this level is higher than what patience alone can handle, you have to combine multiple patience so as to be able to endure, here the offense is more painful, all these are made possible by the person of the Holy Spirit. The next level of forgiveness is the level where you have been stretched beyond all available human limit of tolerance, it could be one person, offending you in the same way every time, it could be a plot from people you never expected, it is a level of forgiveness that no matter how spiritual you are you must get offended, this is the level of longsuffering, here virtually all patience and endurance within you have to be put together in high concentration to be able to forgive such an offence, you must have the person of the Holy Spirit, posses God's love, be baptized with the Spirit of mercy and you must have started bearing the fruits of patience, you must have learnt how to endure, to be able to put all these together and manifest longsuffering. This level of forgiveness is the height where men are angry on your behalf, that is, what was done to you has the capacity of stirring up anger in the heart of all who hear it, here people are ready to retaliate on your behalf they are ready and willing to take the pains to make sure you get revenge, here, it can be proved beyond any reasonable doubt that you were wronged, that is where the virtue of longsuffering comes to play a role, if we can build up our selves to the realm of long suffering, forgiving people with unrepentant spirit will be made open to us. Are there persistently annoying fellows around you, who would keep checking you beyond limits.??? **Get Peace, Get Endurance, Get Longsuffering:**

Kindness and compassion These are two powerful virtues that work hand in hand to achieve forgiveness being kind entails having a good heart towards people, to do them good always and treat them fairly, having compassion enable you to put yourself in one's shoes and feel the pain they are feeling, being able to carry other people on your mind which gives you a better understanding of what they are passing through. If we could covert these two, it would be easier to let go of people and the wrongs they did to us. For example if one steals something very costly or important to you out of hunger, it takes love, kindness and compassion to pardon such person because the offence was as a result of an oppression. "We as

believers should learn how to have compassion on sinners, when you have compassion for them you are putting yourself in the best position to offer them the option of salvation". But sometimes, instead of compassion are so full of condemnation against them, sometimes we make them feel useless and worthless in the kingdom, some feel so sinful by our actions that they conclude that they cannot be forgiven, but if a grievous or notorious person wrongs you and you extend a hand of forgiveness to him or her they feel they have another chance and they really want to know the source of such deep compassion. "Stop condemning unbelievers and start having compassion on their souls that needs salvation". If we can acquire the virtue of kindness and compassion with love in charge, we could let go of grievous issues and be free.

Humility: "humility" an almost forgotten virtue in the lives of Christians now. Humility entails giving yourself a zero recognition and giving God a 100% recognition, it means letting go of your presence to embrace God's personality so that you can carry God's presence. Humility starts from the heart, you cannot fake it, if you don't have it you can't make a counterfeit, some of us has made our environment and place of worship so full of our presence that there is no longer space for the presence of God. when you are of a zero presence nothing matters you about your personality, one reason why unforgiveness grips us most often is our inability to handle our ego, you want to prove to all that you were right, But that's not necessary when you have a zero presence before God. There are certain offences people would have forgiven if not for their presence (ego) "its important to be respected but "it is more important to be respected in deep humility" so the virtue humility is vital in the role of forgiveness, because some things would not even appear as offence to you, if you are humble, sometimes you are so proud that you suffer in the place of unforgiveness.

Being humble removes nothing from you, except your presence which will not allow God's presence to manifest.

You really desire this virtue of forgiveness, so that you can even extend this virtue to those you are higher than in placement??_ **Get Humility.**

Carry His Presence:

"A tongue of fire does not have the same effect as a blazing furnace".....

"The amount of His presence you carry is determined by the amount of time you tarry in His presence" There is an amount of God you will carry and some things cannot just dwell in you any longer, the fire consumes you positively. It consumers the you that will not let you manifest, all unnecessary sins and addictions, habits and character that are under standard will automatically be trashed if you spend more time in His presence, if you carry God's presence unforgiveness cannot survive in you. So if you want to be baptized with the Spirit of forgiveness, increase the amount of His presence you carry, by increasing the amount of time you tarry in his presence. Dwell in His presence studying the mystery book, the bible, thereby you are transferred from glory to glory, from one level of perfection to another level of perfection

GET GOD, DWELL IN HIS PRESENCE, LET GO AND LET'S GO

Change your mentality:

Some people have the mentality that if they are wronged, the offender must apologize before they decide if they will forgive or not, but that is an unhealthy mentality for a heaven conscious Christian, that is why we need enough fire within us to burn up some unhealthy beliefs and thinking from us.

- Discard the mentality that you should be apologized to before you forgive
- Discard the mentality that you cannot apologize to a younger one
- Discard the mentality that there are sets of offences that are unpardonable
- Discard the mentality that you must retaliate before you forgive
- Discard the mentality that you should carry grievances for a specific time before you forgive. All these are unhealthy mentality from and with a satanic backup. As I will always say "anything without a scriptural backup has a satanic escort" All the above believed and practiced by Christians have no spiritual backup and should not be found within us. Desire, pray and work towards a change of mentality then you will forgive better. **Get A new mentality – Let go**

If we understand that "**Humanity was originally designed to be the spirit of God in Diversity**" Then imagine what life would be, if we begin to take our place in manifesting the spirit of God in diversity, then forgiveness will not even be a topic of discussion because it will be inherent in us.

Let's stop making life difficult for ourselves by trying to do spiritual things with the canal anointing; the Spirit of God in you is your Auto Connect ability to be able to accomplish the non-carnally achievable instructions from God.

The only way is by allowing the Holy Spirit, you can't do it by your physical ability, allow your presence to disappear so that "His presence can manifest. See some things as an obstruction.

Obstructions are designed to cause diversions from an original destination"

Don't allow the obstruction of offences and unforgiveness distract you, handle these and remain focused. Another way to forgive easily is by remembering how many times you have wronged God and each grievous sins He forgave you, if truly we can try to count how many times we offend God and He forgave then you will feel indebted to him to forgive others.

All these put together supervised by the Holy Spirit makes the goal of a forgiving heart achievable. And never forget if you must forgive others you must first forgive yourself.

TO BE ABLE TO FORGIVE:

- Get salvation
- Get the Holy Spirit
- Get Love
- Get the Spirit of mercy
- Get self control
- Get patience
- Get endurance

- Get longsuffering
- Get Kindness
- Get Compassion
- Get humility
- ...Get His Presence
- Get a new mentality

Then let go and Let's Go .

.....

Finally brethren whatsoever things are true, whatsoever things are honest, whatsoever things are just, pure, lovely, of good report, if there be any virtue think on these things" Philippians 4:8.

The above description disqualifies unforgiveness and qualifies forgiveness. Since we have toured through it generally, it is left for us to yield to the person of the Holy Spirit.

"For every level of connectivity there is a function of divinity" So just connect and yield to these divine functions. It is even clearly stated that "To err is human, but to forgive is divine" so forgiveness is a function of divinity and if "Humanity is originally designed to be the spirit of God diversity" Then why not manifest God in the aspect of love, mercy and forgiveness.

One main thing you need to do to achieve a forgiving spirit it is to build up your spiritual capacity, in word and prayers because "A tongue of fire does not have the same effect as a burning furnace" when your capacity is built up to burning, then unforgiveness cannot survive the heat.

Forgiveness is not a doctrine, it is a commandment which must be obeyed and its disobedience has its consequences, one of which is seen in Matthew 6:14-15.

There are things you can't manifest spiritually until you carry enough God for it... and the amount of time you spend in His presence determines the amount of His presence you will carry. Our major challenge is that we want to be per time Christians and still make the same impacts that will be enough to defeat a full time devil, but it doesn't work that way, **if only we could always understand deeply that we are staying here but for a while, then we won't risk our permanent dwelling for a tour**, we remember to build physical, houses, but forget our spiritual shelter, we struggle to lay up enough money to use, here but we neglect to lay up enough treasure in heaven.

Understand that the person who offended you is not your permanent neighbor, its just for a while, so why allow a man who will not have any say in your account to alter your account?

It is your spiritual duty to forgive and if you fail in it, the consequences you will share with no one.

- It looks impossible because that is the way you have always seen it to be
"Everything that is attainable is detachable" All you need is the Holy Spirit.
- **Ignorance is not just the lack of knowledge, it is the unwillingness to learn, unlearn and relearn**, so now don't be ignorant, you no longer lack the knowledge, so unlearn every negative knowledge and relearn the positivity of forgiveness, add one more virtue to your Christian life, a virtue almost fading away, a costly virtue – add the virtue of forgiveness to your life in your walk with God. Always remember that **"Some people come your way to be able to find their way"**
- **You need this virtue forgiveness**
- **We all need this virtue**
- **Get God**
- **Get a forgiving Heart**
Let go And let's go.

This Book LETTING GO is written through divine inspiration and also equipped with nuggets from personal experience of divine help to walk through life's hurts, pains, inner conflicts and offences.

The Holy Spirit is willing to help you walk your way through the tough path of a compromised environs into a yet still possible Perfect peace and purity of heart as you read through.



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