

Learn To Act As If Forgiveness Is Your Superpower

Rev. Michael Angel

<https://springsofrevival.com>

The devil has a superpower he is using all the time. It is called unforgiveness.

But God has given us another superpower against unforgiveness, that is His Agape Love.
Unlimited Love.

That is why we can forgive even our worst enemy, with the unlimited Agape Love.

1. The Hidden Cost of Unforgiveness

Unforgiveness may feel like justice, but it's actually spiritual and emotional sabotage.

We often hold onto resentment because we believe it gives us power—like we're keeping someone accountable for what they did.

But in reality, unforgiveness doesn't hurt them; it chains you to their actions forever.

What Happens When We Refuse to Forgive?

Spiritually:

Holding grudges blocks our relationship with God.

Learn To Act As If Forgiveness Is Your Superpower

Rev. Michael Angel

Jesus said, “For if you forgive other people when they sin against you, your heavenly Father will also forgive you.

But if you do not forgive others their sins, your Father will not forgive your sins.” (Matthew 6:14–15).

Unforgiveness opens the door to bitterness, which Scripture warns will “defile many” (Hebrews 12:15).

Emotionally:

Resentment fuels anxiety, depression, and chronic stress.

It keeps your mind trapped in cycles of pain.

Proverbs 14:30 says, “A heart at peace gives life to the body, but envy rots the bones.”

Physically:

Scientific studies confirm that long-term anger increases cortisol levels, weakens the immune system, raises blood pressure, and disrupts sleep patterns.

This aligns with Psalm 38:3, which says, “There is no health in my bones because of my sin.”

While this refers to personal sin, it's symbolic of how internal turmoil affects physical well-being.

Relationally:

Unforgiveness makes us defensive, isolated, and untrusting.

It damages current relationships and creates walls where there should be bridges.

Bitterness breeds brokenness.

“Unforgiveness is like drinking poison and waiting for the other person to die.” – Traditional Saying

2. The Superpower Revealed – Forgiveness as Freedom

Forgiveness isn't about forgetting—it's about choosing freedom over bondage.

This is where most people get confused.

They think forgiveness means:

- Approving of what happened
- Rebuilding trust
- Pretending everything is okay

But true forgiveness is none of those things.

It's an act of personal liberation .

What Forgiveness Really Means:

It's a Choice, Not a Feeling:

You don't wait until you feel like forgiving—you choose to forgive, even when emotions do not follow.

“Bear with each other and forgive one another if any of you has anything against someone.

Forgive as the Lord forgave you.” (Colossians 3:13)

It's Not Reconciliation, It's Release:

You can forgive someone without restoring a relationship.

Joseph forgave his brothers, but he didn't jump back into full trust immediately (Genesis 45).

Forgiveness releases control—not necessarily access.

It Transforms Victims Into Victors:

When you forgive, you stop being defined by someone else's actions.

You reclaim your identity in Christ.

“So if the Son sets you free, you will be free indeed.”
(John 8:36)

It Breaks Generational Cycles:

Choosing forgiveness stops the spread of bitterness and trauma through families.

It breaks curses and builds legacies of grace.

“Forgiveness doesn’t excuse their behavior—it frees yours.”

3. How to Activate Your Forgiveness Superpower

Forgiveness is a process—a spiritual discipline that grows stronger with practice.

Like building muscle, forgiveness takes time, intentionality, and repetition.

Here’s how to activate your divine ability to forgive and be free:

Step 1: Acknowledge the Pain

You cannot heal what you deny.

Write down how you feel.

Name the betrayal, disappointment, or hurt.

Bring it before God in prayer. “The Lord is close to the brokenhearted and rescues those whose hearts are crushed.” (Psalm 34:18)

Step 2: Make the Decision to Forgive

Forgiveness starts with a declaration:

“I choose to release this pain.

I choose peace over revenge.”

It’s not about fairness—it’s about freedom.

“Do not repay anyone evil for evil...

Do not take revenge, my dear friends, but leave room for God’s wrath.” (Romans 12:17, 19)

Step 3: Shift Perspective with Empathy

Try to see the humanity behind the hurt:

Ask: “What might have been going on in their life?”

This doesn't justify their actions—but it helps drain the emotional charge.

“Love your enemies, do good to those who hate you.”
(Luke 6:27)

Step 4: Rewrite Your Story

Change your narrative from victim to overcomer:

Instead of “I was betrayed,” say “I survived betrayal and grew stronger.”

Use journaling, meditation, or affirmations to reframe your story.

“They triumphed by the blood of the Lamb and by the word of their testimony...” (Revelation 12:11)

Step 5: Forgive Yourself

Self-forgiveness is often the hardest part:

Let go of guilt over what you can't change.

Extend to yourself the same grace God offers.

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)

“Forgiveness is not letting someone off the hook—it’s pulling up your own anchor.”

4. Biblical Examples of Forgiveness Power

God gave us real-life heroes who modeled forgiveness so we could follow their example.

These aren’t perfect people—they were ordinary individuals who chose extraordinary grace.

Joseph – Forgave His Brothers

After being sold into slavery by his jealous brothers, Joseph rose to power in Egypt.

When they came to him years later, he said:

“You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.” (Genesis 50:20)

Lesson: Even the worst situations can be used for good when we release our right to retaliate.

Jesus – Forgave Those Who Crucified Him

While hanging on the cross, Jesus prayed:

“Father, forgive them, for they do not know what they are doing.” (Luke 23:34)

Lesson: True forgiveness comes from love that transcends injustice.

Paul – Released Past Offenders

Despite being persecuted, Paul wrote:

“Brothers and sisters, I do not consider myself yet to have taken hold of it.

But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” (Philippians 3:13–14)

Lesson: Forgiveness allows you to move forward and fulfill your purpose.

“When you look at these examples, you realize forgiveness is not optional—it is essential for living out your divine calling.”

5. Living Out Your Superpower Daily

Forgiveness becomes your lifestyle when rooted in Christ's example and strength.

Once you've made the decision to forgive, it's important to build habits that help you sustain that mindset.

Practical Ways to Live Out Forgiveness Every Day:

Daily Surrender:

Each morning, give your pain to God anew.

“Because of the Lord's great love we are not consumed, for his compassions never fail.

They are new every morning; great is your faithfulness.”
(Lamentations 3:22–23)

Prayer for Those Who Hurt You:

Pray blessings over those who wronged you—even if it feels unnatural.

“Love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you.” (Matthew 5:44)

Community Support:

Surround yourself with people who speak truth, healing, and encouragement.

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.” (Galatians 6:2)

Celebrate Healing Milestones:

Recognize how far you’ve come.

Celebrate small victories.

“To bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair.” (Isaiah 61:3)

“Your greatest act of faith may not be in what you believe God can do—but in what you’re willing to let go.”

Conclusion & Call to Action

Forgiveness is not easy—but it is powerful.

It's not about them; it's about you.

It's not weakness; it's wisdom.

It's not forgetting; it's freedom.

Today, make a commitment:

Write down one person or situation you are choosing to forgive.

Share your step forward in a trusted community or group.

Encourage someone else by sharing your story.

Lean into God's grace —He forgives completely and empowers you to do the same.

“Let today be the day you stop reliving your past and start reclaiming your future.

Activate your superpower—forgive and be free.”