

BENEFITS OF FORGIVENES*



Physical	Spiritual	Emotional	Mental
Better sleep conditions	God has not abandoned me	Love	Less or no depression, anxiety, & panic attacks
Stronger immune system – less sickness	I can trust God	Joy	High Self-Esteem
Feel relaxed even in difficult situations	God loves me unconditionally	Less hostility	Confident
Less aches & pains	God is just & will avenge my wrong	Honor & Praise	Feel safe
Restored relationships with spouse, children, friends, coworkers, etc.	God did not allow this to happen to punish me. The person who violated me forced their free will on and against my free will	Blamelessness	Christ in me, with me, and through me enlists, equips, and empowers me
Use healthy tension outlets such as exercise, sports, etc.	I know without a doubt where I stand with God – I have salvation in Christ.	Peace	Selectively Trust
		Desires to know & be known in community	Encouraged

* David G. Myers. *Psychology Through the Eyes of Faith*. Harper Collins. New York, N.Y. 2003. Pg. 142. Mayo Clinic. Healthy Lifestyle: Adult Health. ART-20047692. Mayo Foundation for Medical Education & Research. 1998-2019. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/forgiveness/art-20047692>.