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by CAREY SCOTT / #Untangled
CareyScottTalks.com

Lord, untangle me so I can be content with
who I am and how

you created me.

Devotions to help you untangle...

Unforgiveness

By Carey Scott

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Day 1:

When you can't let it go

I **exploded**. It had been a long time since I'd felt that kind of anger.

Within moments of my husband's comment, I was ready to bite through a nail. My face grew hot as it flushed with rage. I was ready to rumble!

... It seems silly now, actually.

Looking back, the words he spoke weren't horrible. Could he have chosen a better sentence to share with me? *Yes*. But did his offense warrant my reaction? *No*. And for a week - *yes an entire week* - I was absolutely furious with Wayne.

He apologized several times. *I heard him*.

He tried to make-nice by bringing me a frappuccino. *Usually a slam dunk, but not this time*.

He offered to talk it out with me. *I wasn't interested*. I. Was. Just. Seething.

So I started asking God what the *real issue* was. I knew my reaction to his words was way bigger than it should have been... *than it usually is*. And when I still couldn't make sense of it, I pressed in deeper with God.

As a matter of fact, I prayed in earnest for 4 days before He began to speak a hard truth into my heart.

He said, "***This isn't about what Wayne said. This is about unfinished work in you.***"

Gulp. Me... *again*. Ugh. Do you ever just get tired of having so many issues???

During that week, God began to expose deeper roots to some of my life-long struggles. But you know what I realized? **These roots weren't as deep as they used to be.**

You see, God and I have been doing some work lately.

- ~ We've been unearthing rocks that have laid deep in the soil of my life.
- ~ The Master Gardener has been tenderly pulling up weeds that were threatening the fruit.
- ~ He's been shining more of His Son in some areas that needed light.

No doubt, I've had some things uncovered and plucked lately. I've had to give up control. Change my thinking. Blindly trust. Make hard decisions. Walk by faith.

Yep, God has done (*is doing*) a good work in me.

But my response to Wayne made me realize there's more to do. *Obviously.* My red-hot temper at his comment was a red flag moment. And while it took me a few days to see the bigger picture...

... I see it now.

So I'm asking God: ***"Complete Your good work in me, Lord. Make me more like Jesus in all I say and do. Help me overlook an offense and be quicker to forgive. Take away all that keeps me in bondage."***

Well I eventually let go of my anger. *I had to.* And God blessed my family with an amazing weekend together where we connected on a heart level. Oh it was good. But I know the Master Gardener isn't done with me yet. And sweet one, He's not done with you either.

So, what weed is God pulling in your life right now?

Oh I hope you will let Him. I know it hurts, and I know it's scary. But Jesus wants you to be free.

Jesus said, "I tell you most solemnly that anyone who chooses a life of sin is trapped in a dead-end life and is, in fact, a slave. A slave is a transient, who can't come and go at will. The Son, though, has an established position, the run

of the house. So if the Son sets you free, you are free through and through. (John 8:34-36)

So... be... free.

*What keeps you from trusting the capable hands of the Master Gardener
in your soil?*

Day 2:

When those voices say...

When the struggle says... *"It's too messy to fix!"*

And pain says... *"No one will ever understand."*

And your heart says... *"Don't trust anyone."*

And your mind says... *"It's not fair."*

And fear says... *"I'll never get it right."*

And unforgiveness says... *"They need to pay."*

And pride says... *"How dare them."*

And anger says... *"Revenge is sweet."*

And hopelessness says... *"Give up."*

And condemnation says... *"You did it again."*

And logic says... *"It doesn't make sense."*

And YOU say... *"Help me, Lord! I can't do it anymore!"*

Remember that GOD says...

"Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest." (Matthew 11:28)

What do you need to give to God today?

Day 3:

Pray for them anyway...

In the middle of my son's 3rd grade year, we changed schools. He was being bullied by another boy, and it was crushing his confidence and he was showing others signs of emotional trauma.

We couldn't get him out fast enough.

As we sat with the new principal, she began to pray for us. She prayed specifically for my sweet Sam and asked God to mend his broken heart and to help the transition to be smooth. She thanked God for the giftings Sam would bring to the school. Words I most definitely wanted to come to pass!

But then she went... *there*.

She began to pray for the kid who had been bullying Sam. She asked God to bless him and prayed that they would find a way to become friends.

Awkwaaaard.

I realized in all the council I'd given my son, praying for his enemies wasn't something I had encouraged him to do. In my Momma-Bear protection-mode, praying for his abuser never crossed my mind.

But I was wrong, because we're clearly told to do so. "*But I tell you: Love your enemies and pray for those who persecute you*" (Matthew 5:44)

Come again?

God wants us to love those who offend us and pray for them too. So...

~ When your friends talk behind your back... pray for them to see how their words were weapons .

~ When your boss throws you under the bus to cover his mistake... *pray that he will be truthful and full of integrity.*

~ When your husband has an affair... *pray for him to understand how you've been hurt.*

~ When your parents disown you... *pray for them to want reconciliation.*

~ When you get flipped off by the driver behind you... *pray for whatever she is struggling with that makes her so angry.*

When you do this, it keeps your heart from rotting with anger. It releases the power that their indiscretion held over you. It doesn't make right how you've been wronged, but it protects your mind and heart from bitterness and unforgiveness.

And even more, it keeps you out of the judgment seat - a lofty (*and dangerous*) place where you decide you're better than others.

Let's be known as women who are quick to forgive. Even though it goes against our flesh, let's choose to pray for them anyway.

Father, we need your help to tender our hearts so we can pray for those who persecute us and the ones we love. We confess our lack of forgiveness, our anger, our hatred, our vengeful thoughts and other emotions and thoughts we entertain. Make us more like you, Lord. Help us be an example of what that looks like. In Jesus' name. Amen.

Who do you need to ask God to help you forgive?

Day 4:

You want me to do what?

“Carey, I need you to forgive them for what they did to you.”

Can you remember the last time you heard something like this from God, and wondered just how you’d find the grace to do it?

... but God, didn’t you see what they did?

... didn’t you hear the things they called me?

... didn’t you see how they tangled my heart?

Truth is, forgiving others doesn’t usually come naturally.

The Bible, however, is very clear that the course of action we *should* take is to forgive. Why? Because God knows that forgiving others is in *our* best interest - not theirs.

When we forgive others, it protects us.

How? By keeping our relationship with God free and clear. You see, a spirit of unforgiveness builds a wall between you and God. It complicates and compromises our relationship with Him.

When we forgive others, we are supernaturally released from anger which promotes the healing we so desperately need. God knows this which is why He directs us to forgive.

He wants nothing to come between you and Him.

God adores you, and wants the best for you. That includes avoiding the consequences that come with unforgiveness, like...

- irreparable relationships
- health issues
- blocked relationship with God

- bitterness and hatred
- isolation

And when you feel like you don't have the ability to forgive, ask God for the strength to make it happen. He will give it to you, because God wants us to forgive so we can live joyful and abundant lives.

I know some of you are holding on to unforgiveness. And to be honest, I get why. But my hope is that you'll realize it's not doing anything to them.

It's hurting you instead.

So here is my challenge to you:

Go grab some coffee, snuggle up in your comfy chair, and read what God says in His Word about unforgiveness (*google "scriptures on forgiving"*). Ask God to speak to you through those verses and listen to what He reveals.

And remember, forgiving doesn't *justify* the deed or the person. It just hits the "start" button for your own healing to begin.

What is God saying to you right now?

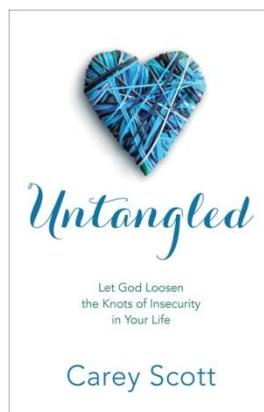


Carey Scott is a speaker, author, and life coach honest about her life and faith, stumbles, fumbles, and all. Her ministry focuses on helping women untangle their self-worth from the world and secure it in Jesus.

To connect with Carey, visit CareyScottTalks.com.

Or join the community at UntangledWomen.com.

And to dig deeper into the topics discussed in these devotionals, order Carey's book - [*Untangled: Let God Loosen the Knots of Insecurity in Your Life.*](#)



Available everywhere June 2nd!

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