

Hidden unforgiveness is unprocessed unforgiveness from the past.

Matthew 6:9-15 NASB1995. [9] "Pray, then, in this way: 'Our Father who is in heaven, Hallowed be Your name. [10] Your kingdom come. Your will be done, on earth as it is in heaven. [11] Give us this day our daily bread. **[12] And forgive us our debts, as we also have forgiven our debtors.** [13] And do not lead us into temptation but deliver us from evil. [For Yours is the kingdom and the power and the glory forever. Amen.]" [14] **For if you forgive others for their transgressions, your heavenly Father will also forgive you. [15] But if you do not forgive others, then your father will not forgive your transgressions.**

Each morning, I start the day off praying the Lord's prayer. When I pray verse 12, I always ask God to reveal any hidden unforgiveness from the past. Right then and there I might have a thought flash across my mind or come to me later in the day. I always ask God to help me forgive from the bottom of my heart to get all the unforgiveness out because I know it's not good for me.

I have been processing hidden unforgiveness for a couple of years now. At first there was big stuff from the past, like a guy 20 years ago had sold me an engine with a cracked block and didn't honor the warranty, wrongful lawsuits, etc.. God brought back just all kinds of stuff I had completely forgotten about.

A lot of stuff I had already forgiven but there was more forgiveness required to be completely free.

It is like if I see someone, or a memory pops up, and there is any negative feeling, I realize I need to do more forgiving to be completely free. I ask God for His help. I bless them & pray God saves them and all their relatives and gives them all what they need that God knows they need even before they ask (Matt 6:8, 5:44).

Matthew 6:8 NKJV. [8]Therefore do not be like them. For your Father knows the things you have need of before you ask Him.

Matthew 5:44 NKJV [44] But I say to you, 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,

I remember once I was in an extremely realistic dream and at the time I didn't know it was a dream it was so real. I was in my car caught in some bushes across the street from where I grew up at the neighbor's house. I was going in reverse then going into drive, reverse, then drive, and I couldn't get out of those bushes. I was starting to panic because I thought OMG this is

embarrassing and they're going to be home any minute and find me ruining their hedge. I was literally sweating and heart pounding as I kept going forward, then reverse.

Then I realized I was waking up and was so relieved. I realized God was showing me that I had not completely forgiven this individual whom we trusted as a family friend and as a neighbor had been coming into our house stealing things while we were at church Sunday mornings. Not sure how many years it had been going on.

I had to complete the forgiveness process. I had forgiven the individual earlier, but apparently there was some type of residual unforgiveness still in my heart. I went through the forgiveness process repeatedly and asked God to forgive me forgive completely from the bottom of my heart.

I will always have the memory of the neighbor stealing, but the unforgiveness is gone. The memory is kind of like a physical scar. A physical scar will always be there, but there is no longer any pain from when it happened.

Some **possible** consequences of bitterness (unforgiveness):

2 Samuel 3:29 AMP. [29] Let the guilt fall on the head of Joab and on all his father's house (family); and may there never disappear from the house of Joab one who suffers with a **discharge** or one who is a **leper** or one who **walks with a crutch** [being unfit for war], or **one who falls by the sword**, or **one who lacks food.**" (Joab murdered Abner out of bitterness and he and his descendants were under a **curse of a discharge, disease, feebleness, premature death or poverty**)

Numbers 5:27 NASB1995 [27] When he has made her drink the water, then it shall come about, if she has defiled herself and has been unfaithful to her husband, that the water which brings a curse will go into her and **cause bitterness**, and her **abdomen will swell** and **her thigh will waste away**, and the woman will become a curse among her people. **(Complaining about circumstances is really complaining (holding a grudge=unforgiveness) against God our husband and can cause above symptoms including inability to have children)**

Job 21:23-25 NASB1995. [23] One dies in his full strength, Being wholly at ease and satisfied; [24] His sides are filled out with fat, And the marrow of his bones is moist, [25] While another dies with a **bitter soul**, Never even tasting anything good. **(bitterness can causes physical weakness and disease)**

3 John 1:2 NASB1995 [2] Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers. **(The more unforgiveness is removed from our souls the healthier we will be)**