



The 10,000 Toes Campaign presents:



# Health Keys

Have you been blessed by these Health keys?

Last night our health key was understanding the Battle in the Brain.



Free To  
Forgive

Tonight we are unlocking some more health treasures with another key.

But this key is sometimes difficult to use.

# Unforgiveness



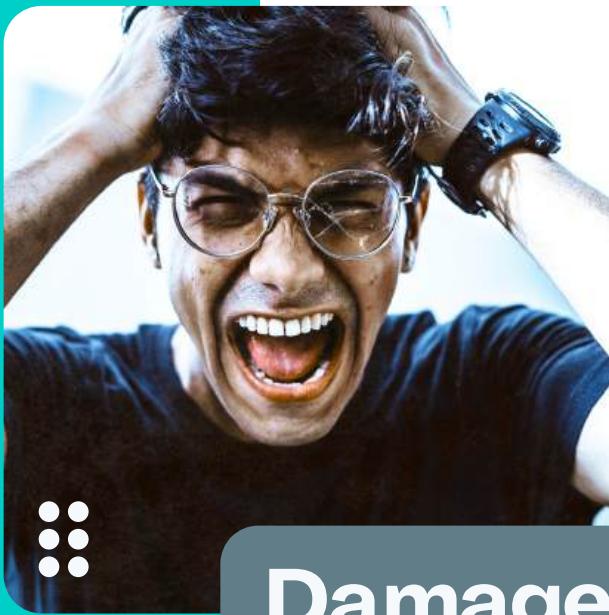
What is unforgiveness?

It is holding onto anger, resentment, or bitterness toward someone who has hurt you.

It's not just a feeling—it's a decision to keep the hurt alive in your mind and heart.

It might include re-telling of the hurt, over and over again to yourself and others. The sad thing is that the pain doesn't die down, but actually grows and goes deeper.

Unforgiveness is like carrying around a red hot rock with the intention of throwing it at the person who caused you the hurt, but ... the sizzling rock burns and scars your hand



**Damage**

- ➔ **Stress Hormones**
- ➔ **Heart Health**
- ➔ **Immune System**
- ➔ **Sleep**
- ➔ **Mental Health**



On a physical level, your own body reacts to you not forgiving others.

Stress hormones:

Chronic anger/resentment keeps cortisol high

Heart health:

Increases blood pressure and risk of heart disease

Immune system:

Weakens it, making you more prone to illness

Sleep:

Difficulties falling or staying asleep

Mental/emotional:

Anxiety, depression, bitterness

The body doesn't know the difference between a real threat and a mental one. Holding onto anger keeps your body in fight-or-flight mode, which damages every organ system in the process.



Of course it is true, that forgiving does not necessarily mean that we should remain in unhealthy situations. We have the right and privilege to move away from danger, and when someone is dangerous or their actions cause ongoing hurt, then forgiveness does not imply that we should remain where we are in danger.

And this is the reality - many people who hurt us, won't understand that they are wrong. Many people who hurt us won't necessarily stop and say they are sorry.

But...

Should I wait to forgive until the person says "sorry"?

With all that damage that we just learned about caused to ME when I do not forgive... the answer is "Definitely not!".

So HOW do I learn to forgive?



**Acknowledge the hurt**  
**Decide to release it**  
**Pray and reflect**  
**Replace bitterness with compassion or gratitude**



Here are 4 steps you can start with.

**Step 1:**

Acknowledge the hurt

- Admit it happened and how it affected you
- Name the emotions honestly

**Step 2:**

Decide to release it

- Choose forgiveness—even if you don't "feel it" yet
- Forgiveness is an act of the will, not just emotion

**Step 3:**

Pray or reflect

- Ask God for help to let go
- Say something like: "Lord, I release this hurt into Your hands."

**Step 4:**

Replace bitterness with compassion or gratitude

- Think of one good thing about the person or situation
- Focus on lessons learned or personal growth





**“For if ye forgive men  
their trespasses, your  
heavenly Father will  
also forgive you:”**

Matthew 6:14

## Choice

- Forgiveness is central to God’s design and teachings
- Biblically, we are called to forgive as God forgives us (Matthew 6:14–15)
- Forgiveness reconnects us spiritually and emotionally, removing barriers to joy and purpose

Forgiveness is a gift you give yourself. It doesn’t excuse what happened, but it frees you to live.



Let your imagination go with me to a small island village for a moment.

We see a boy named Lani.

One day, his best friend Mika took his favourite fishing hook and lost it in the ocean.





Lani was angry.

He didn't shout—but inside, he felt tight and heavy.

An old man in the village noticed and said,  
“Lani, come with me.”  
He handed Lani a big, heavy coconut.  
“Carry this everywhere you go today,” he said.

Lani carried it to the beach.  
He carried it while playing.  
He carried it while eating.  
By the afternoon, his arms were sore.

“Why do I have to carry this?” Lani complained.

The old man smiled gently.  
“This coconut is like the anger you are holding toward your friend.”  
Lani looked down at the coconut.

“When you don't forgive,” the old man said,  
“you carry the weight all day, everywhere you go. It becomes part of you.”

Lani was quiet for a moment.  
Slowly, he placed the coconut on the ground.

“I don’t want to carry it anymore,” he said.



That evening, Lani went to find Mika.  
“I was upset,” he said, “but I forgive you.”  
The tight feeling in his chest disappeared.

He felt light again—like a cool ocean breeze.

And from that day on, whenever Lani felt anger growing,  
he remembered the heavy coconut...  
and chose to put it down.

You see friends,  
Forgiveness takes the weight off your heart.



Here is our next 24-Hour Forgiveness Challenge

We have seen that forgiving is a another key to better health.

Today, let go of one grudge, resentment, or bitterness—even in thought. Identify which heavy coconut you are carrying, and choose to put it down.

There are some Options:

- Write a note (even if you don't send it)
- Pray for someone you're holding anger toward
- Verbally say, "I choose to release this hurt"

Even one small act of forgiveness starts healing your mind, body, and heart.



# Want to unlock **more?**



## REACH OUT!

If you would like support in your health journey, please join me at the end of the program, for a chat.

Unforgiveness binds the heart; forgiveness sets it free.

Each time you choose to forgive, God restores your mind, body, and soul.