

# The Healing of the Heart

Steps for Forgiving and  
Receiving Healing Easily  
(Abridge version)

Kwame Frimpong

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# About the Author

Kwame Frimpong Nyanor is a Ph.D. candidate, an associate license professional counselor, a National Certified Counselor, and a Marriage and Family Therapist. He is also a certified Life Coach, Certified Prepare-Enrich Facilitator, Sex Therapist, and Sex Addiction Therapist. Kwame is the founder of KF Life Coaching, which is dedicated to empowering and offering hope to couples, individuals, and families in overcoming personal obstacles to improve their relationships.

His office is in Atlanta, GA and he is happily married to his wife, Mary. The couple is blessed with three daughters Esther (21), Gloria (17), and Edna (14). He resides with his family in Hiram, Ga. Kwame Frimpong earned his Master of Arts in Marriage and Family Therapy in 2018 at Liberty University. He has several years of experience working with married couples offering premarital counseling and coaching for adolescents in a pastoral counseling setting.

Pastor Kwame has also appeared on a plethora of national TV Stations speaking on The Healing of the Heart;

CTN Television Florida, SBN Television New Mexico, TCT Television Buffalo NY, and It's Time for Hope with Freda Crews in Spartanburg, SC. His upbeat motivational messages include four books, *The Healing of the Heart: Overcoming Offenses*, *It's Not Your Fault*, *Breaking Through to the Real You*, *15 Laws of Breakthrough*, and *Eat the Colors Stop the Killers*. Each of these titles has blessed many and continue to be a blessing to many.

Currently, Kwame is studying for his Ph.D. in Counselor Education with supervision at Liberty University because research shows that unhealthy relationships can cause both emotional and physical stress. Whereas healthy relationships can enhance and improve overall well-being. Kwame Frimpong Nyanor offers relationship counseling, sex therapy, and individual counseling for anxiety, depression, and relationship issues. He believes change is possible when there is hope.

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### CREDENTIALS

Associate License Professional Counselor

National Certified Counselor

Marriage and Family Therapist

### CREDENTIALS AND EDUCATION

Ph.D. Student Liberty University

Associate Professional Counselor (In Progress)

Georgia Board Certified Pastoral Counselor

Sex Therapist Trained

Sex Addiction Trained

Advanced Life Coaching Certified

Prepare-Enrich Certified for Premarital and Marital counseling

# DEDICATION

I would like to dedicate this book to my precious pearl, my spouse Mary, who is a true manifestation of God's love to me and a very true helpmate. She has been a constant source of encouragement, support, and inspiration. She has given me the freedom to pursue my purpose in life together with my three children that God has blessed me with, Esther, Gloria, and Edna. Finally, I would like to dedicate this book to the source and sustainer of life, the all-powerful God, and my personal Savior, the Lord Jesus Christ.

# The Healing of the Heart

## Steps for Forgiving and Receiving Healing Easily

As we go through life, one thing is certain: we will experience conflict with people. In life, we see that the very close people to us are those with whom we are most likely to get angry. They are the ones of whom we have the highest expectations, and as a result, the greatest possibility of becoming angry. It is important to know that you will not be in a relationship without encountering some sort of conflict. The most important thing that you can ever learn to do is to let go of your hurt. In other words, learn to forgive yourself and others.

Jesus meant it when He said, *"And forgive us our debts, as we forgive our debtors... for if you forgive men their trespasses, your heavenly Father will also forgive you. But if you forgive not men their trespasses, neither will your Father forgive your trespasses."*- Matthew 6:12, 14-15.

Jesus is warning us that if we refuse to forgive others, God will also refuse to forgive us. Forgiveness is also connected to prayers. If we refuse to forgive, God will not hear us or answer our prayers. Often people enter into a *cold war* whenever they face some sort of conflict. This emotion continues to grow until it becomes resentment. This is where the offended individual begins to separate himself or herself. If the issue at stake is not brought forward and discussed, the relationship will likely end in distrust.

1. Forgiveness does not mean encouraging the individual to keep on sinning.

Sometimes, we find it difficult to forgive because we think that the wrongdoer will take the forgiveness as a license to keep sinning. This becomes more difficult when the wrongdoer keeps on doing the same thing again and again. For example, when the adulterous woman was brought before Jesus in the very act of committing adultery, her accusers, the Pharisees, expected Jesus to punish the woman for having an affair with another woman's husband. According to Jewish laws, if someone was caught in adultery, he or she was stoned to death. Jesus answered the

Pharisees by responding that he who is without sin should throw the first stone. Since each one of them had his or her own problem with sin, they all left. Jesus again turned to the woman and said, "*Neither do I condemn you: go and sin no more.*"- John 8:11.

Did Jesus forgive the woman? Yes, but He also made the woman aware that what she did was wrong, and she should go and do that sin no more. Jesus forgiving the woman did not mean that she should keep on sinning.

1. Forgiveness does not always mean completely forgetting the event.

Most of the time, people confuse forgiveness with forgetting the event. You may remember a particular situation in your life that may have been very painful. However, when we practice forgiveness, God begins to take away the hurt. Often when one has really forgiven his or her abusers, God heals the offenders from emotional sickness and pain. For example, after Jacob's death, Joseph's brothers came to plead with him so that Joseph would not turn against them for all the wrongs that they had done to Joseph.

*"When Joseph's brothers saw that their father was*

*dead, they said, 'Perhaps Joseph will hate us and may actually repay us for all the evil which we did to him.' So they sent messengers to Joseph saying, 'Before your father died, he commanded saying. Thus you shall say to Joseph, I beg you, please forgive the trespass of your brothers and their sin for they did evil to you. Now please forgive the trespass of the servants of the God of your father.' And Joseph wept when they spoke to him. Then his brothers also went and fell down before his face, and they said behold we are your servants"- Genesis 50:15-18.*

They were afraid that Joseph would seek revenge after Jacob, their father was dead. Now let us see the response of Joseph. *"Joseph said to them, 'Do not be afraid, for I am in the place of God. But as for you, you meant evil against me; but God meant it for good, in order to bring it about, as it is this day, to save many people alive. Now, therefore, do not be afraid. I will provide for you and your little ones,' and he comforted them and spoke kindly to them"- Genesis 50:19-21.*

Had Joseph completely forgotten the event? No, however, he said to them, *"You meant it for evil, but God meant it for good."* I believe that Joseph, though he remembered what his brothers did to him, allowed God to heal him from all the pain that was in his heart due to his

brothers' evil deeds.

2. Forgiveness does not mean we should deny the existence of an offense.

Pretending nothing has happened between two parties is deception and could lead to more problems down the road. There is a story of a certain married man who kept pretending all of the wrongs his wife did against him were all right. One day when he could no longer pretend, he divorced his wife. This could have been avoided if he had used wisdom to address the wrongs of his wife. Usually, people pretend for various reasons, such as lack of boldness, wisdom, and tactfulness, to confront the issue head-on. James 5:16 says, *"Confess your faults to one another and pray for one another that you may be healed."*

This scripture states that if you feel God is leading you to ignore it, it is wise to ignore the offense, according to Proverbs 16:14.

## WHAT IS FORGIVENESS?

Forgiveness can be defined in a few manners. Here are a few:

1. The word *forgiveness* comes from the Greek word *aphiemi*, which means to send away, dismiss, or release. It means to completely cancel debts, the remission of punishment due to sinful conduct, and refraining from the temptation to insult curse the wrongdoer.
2. Forgiveness is the ability to release people, events, hurts, and bitterness from your heart.
3. It is the feeling of no longer being angry with someone or something.
4. It is the grace of God toward those who do not deserve it.
5. It is one of the three things that belong to God, namely: tithing, glory, and forgiveness.
6. It is the balm of Gilead for the healing of the nations and the past.

Allow me to share with you some important steps to take as you begin your journey toward forgiveness, even though these steps may be hard to do at first.

MAKING FORGIVENESS EASIER

ALWAYS CHOOSE THE WAY OF FORGIVENESS

## HEALING OF THE HEART

The power of choice is one of the gifts God gave to human beings. Any time you find yourself in a conflict, you have a choice to make. Often, we choose to nurse our hurts by thinking about the incident, and the enemy takes advantage of us. We should not allow the situation to completely overtake us to the extent that we forget to use our God-given choice towards forgiveness.

### ASK GOD TO HEAL YOUR BROKEN HEART

Even though we have these holes in our hearts, I am here to tell you that there is hope for you and me and for all brokenhearted. There is hope for those who sorrow because there is a healer who will mend our broken hearts. As David said in Psalm: 147:3: *"He heals the brokenhearted and binds up their wounds."*

God wants to heal us of all of our wounds. What is a wound? If you have ever had an injury or a deep cut, you know how painful it is and how it hurts to be touched. Oftentimes sorrow and loss are like deep wounds. They can be so painful that it seems no one or nothing can make the pain go away. Sometimes our heart is so broken we can't even express the words, and nothing seems to take the pain

away.

## FIX YOUR EYES ON THE PROMISE

*"Blessed are ye, when men shall hate you, and when they shall separate you from their company, and shall reproach you, and cast out your name as evil, for the Son of man's sake. Rejoice ye in that day, and leap for joy: for, behold, your reward is great in heaven: for in the like manner did their fathers unto the prophets."- Luke 6:22-23.*

Notice the phrase *behold your reward*. The word *behold* means to stand in amazement. In other words, God wants us to stand in amazement the very moment hurt shows up. God is telling us to fix our attention on the reward rather than the pain.

## MAKE ROOM FOR GOD TO OPERATE IN THE MATTER

*"Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, vengeance is mine; I will repay, saith the Lord"- Romans 12:19.* One powerful means of making room for God is by praying for your offender. That is what Joseph did when his brothers put

him in a pit and even sold him to slave traders from Egypt. How would you feel if your own family rejected and gave you up? What was the secret of Joseph? How did he live through all those dark years? Well, Joseph himself gives us a clue:

*"When Joseph's brothers saw that their father was dead, they said, 'What if Joseph holds a grudge against us and pays us back for all the wrongs we did to him?' So, they sent word to Joseph, saying, 'Your father left these instructions before he died: 'This is what you are to say to Joseph: I ask you to forgive your brothers the sins and the wrongs they committed in treating you so badly.' Now please forgive the sins of the servants of the God of your father.' When their message came to him, Joseph wept. His brothers then came and threw themselves down before him. 'We are your slaves,' they said. But Joseph said to them, 'Don't be afraid. Am I in the place of God.' - Genesis 50:15-19.*

Joseph's brothers were afraid he would seek revenge after Jacob's death, but he told them that he did not want revenge. Rather he had given it all to God. God was to be in control of what they did.

DEVELOP THE HABIT OF PRAYING FOR YOUR  
ENEMIES. OFFER THE PRAYER OF GRACE AS  
STATED IN MATTHEW 5:44

The prayer of grace should be used because your offenders do not deserve this kind of prayer. However, you pray anyhow in the obedience of God's desire. The habit of praying for your enemies will prevent bitterness in your life. Bitterness is the root of nearly all pain in your soul. You will get rid of bitterness by forgiving the one who offended you. Why? Because you have closed the main door to the enemy.

*"Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled" - Hebrews 12:15.*

In the Bible, anytime people pray for their offenders, God rewards them. Here are few examples:

- a. God turned the captivity of Job around when he prayed for his friend in Job 42.
- b. God remembered Sarah when Abraham prayed for his enemy in Genesis 21:1.
- c. God vindicated Esther and Rebecca when they for their enemy in Esther 4-6.

## BE TRANSPARENT WITH GOD

In this step, you go to God first and are open and honest with God. Let Him know your present state. In other words, at this point, you pour out your heart or complaints to God. Hanna did that in first Samuel when her rival kept on provoking her. Let Him know if you even wish in your flesh that something evil would happen to that individual as a punishment for their sins against you. The point is to be totally honest with God so God can heal your heart. If you have difficulty forgiving an individual, keep praying until you get a release and the pain is gone. Once this happens, you are ready for the next step.

BEGIN TO INTERCEDE FOR THE INDIVIDUAL, AND BLESS THEM UNTIL YOU FEEL RELEASE BECAUSE OF YOUR OLD HABITS YOU WILL RESIST

Now you are ready to mention his or her name without any pain in your heart. Begin to ask God to bless the person. Once you come to this point, you may remember the issue, but you should not feel the pain anymore in your heart. In some cases, this process can take a while.

## EXPECT A MIRACLE FROM GOD

In Job chapter 42, we read that when Job prayed for his friends who had offended him, God turned his captivity around. After God gave him double for all the things he had lost. God rewards people who, through His grace, release pain and forgive people. For example, when people were stoning Stephen, in Acts chapter 7, Stephen asked God to forgive them. The Bible says he then saw heaven, and his face shined like an angel.

Through these effective steps of communicating the truth of your heart to God, He can heal all wounds and bridge gaps that seemed impossible. Through Him, all things are possible, including the impossible. I pray that you allow God to heal your broken heart and see His goodness and blessings in your life.