

## **A BIBLICAL PRINCIPLE OF FORGIVENESS: A SPOUSAL OINTMENT**

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### **ABSTRACT**

*An unforgiving spirit poses a serious challenge between spouses across the divide regardless of the period they have stayed together in marriage. More often intolerant vice escalates into physical, mental, and social contests. Lack of forgiveness exposes the victim to unnecessary stress which at times culminates in blood pressure or depression. Ultimately, the repercussions are so grave ranging from low self-worth, distorted notions of marriage relationships, isolation, violence, and relentless attitude to ever enduring rather than enjoying marriage. Yet forgiveness can transform conflicts into agents of peace and growth, (Machamire, 2013). Although much has been written on forgiveness, very little relates to spousal forgiveness in particular. Biblical principles that relate to forgiveness in general assist in crafting spousal forgiveness concept for the study. Discoveries reflect that spousal bitterness, marriage dissonance, and aberrations couples experience result from cherishing an unforgiving spirit.*

**Purpose:** *To enhance spousal love and self-wellness in couples through forgiveness. The study draws from Biblical and theological reflections on forgiveness as a model for spousal healthier living where love, harmony, and tolerance are esteemed and celebrated. Scholarly sources have also been consulted. The study is also an attempt to explore mechanisms to enhance spousal love, respect, and harmony.*

**Findings:** *Forgiveness stems from the divine character of God who forgave humanity from an intrinsically motivated perspective to restore harmony and relationship with His creation. Every believer is a proponent of forgiveness and is obligated to resample their Maker and Redeemer by raising the forgiveness banner high so that love and harmony pervade the environment and lubricate relationships.*

**KEYWORDS:** *Marriage, Spouse Forgiveness, Aberrations, Dissonance, Resentment, Vengefulness, Love, Harmony, Wellness.*

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