



CARMEL MONTHLY

A PUBLICATION OF MT CARMEL COMMUNITY BAPTIST CHURCH

Understanding Biblical Forgiveness: A Path to Healing and Peace

1. What the Bible Says About Forgiveness

The Bible speaks volumes about forgiveness, portraying it as a divine attribute and a mandate for believers. In Matthew 18:21-22, Jesus teaches Peter about the extent of forgiveness, saying, "I do not say to you, up to seven times, but up to seventy times seven." That's, mathematically speaking, 490 times, which also has natural prophetic symbolism attached; however, that's for another episode. This passage highlights the boundless nature of forgiveness, urging followers to forgive others as often as necessary.

In the Lord's Prayer, we are taught to ask God, "forgive us our debts, as we also have forgiven our debtors" (Matthew 6:12). This petition underscores the reciprocal nature of forgiveness; we are forgiven as we forgive. Ephesians 4:32 further encapsulates this message, urging believers to be "kind and compassionate to one another, forgiving each other, just as in Christ God forgave you".

The parable of the unforgiving servant in Matthew 18:23-35 is a stark reminder of the necessity of forgiveness, illustrating the consequences of an unforgiving heart. Through these and other passages, the Bible clarifies that forgiveness is not optional but a core element of the Christian faith.

2. How Forgiveness Benefits Us: Spiritually, Mentally, and Emotionally

Spiritually, forgiveness connects us more deeply with God. It allows us to mirror God's mercy, fostering a closer relationship with Him. By forgiving, we obey God's command, opening ourselves to receive His forgiveness and grace.

Mentally, forgiveness can lead to a significant reduction in stress and anxiety. Holding onto grudges and bitterness can weigh heavily on the mind, leading to negative thought patterns. Forgiveness allows us to release these burdens, offering peace and liberation.

Emotionally, forgiveness promotes healing and emotional well-being. It enables us to move past hurt and resentment, fostering empathy and understanding towards those who have wronged us. This emotional release can improve our mood, enhance our relationships, and increase our happiness.

3. The Consequences of Unforgiveness: Spiritually and Relationally

Spiritually, unforgiveness can create a barrier between the individual and God. It can hinder one's spiritual growth and block the flow of God's forgiveness and blessings. As Mark 11:25-26 suggests, if we do not forgive, it can affect our forgiveness from God. Read more at <https://www.fbchurch.org/blog/understanding-biblical-forgiveness-a-path-to-healing-and-peace/>

January National Holidays

- 2nd – World Introvert Day
- 3rd – Thank God It's Monday Day
- 5th – National Bird Day
- 11th – National Milk Day
- 13th – World Kindness Day
- 14th – World Logic Day
- 15th – World Religion Day
- 17th – MLK's Birthday
- 19th – National Popcorn Day
- 20th – National Cheese Lover's Day
- 21st – National Hugging Day
- 22nd – Celebration of Life Day
- 24th – National Compliment Day
- 27th – National Chocolate Cake Day
- 29th – National Puzzle Day
- 31st – National Backward Day



MID-WEEK
Power Prayer Call

EVERY
Wednesday Morning
AT 7:00AM

Dial:
202-926-1174

Access Code:
699649



4 WAYS TO GIVE

- CASHAPP
@MTCARMECONNECT
- GIVELIFY
MOUNT CARMEL BAPTIST CHURCH
- MAIL
708 N 5TH ST, STEUBENVILLE, OH 43952
- PAYPAL
MOUNTCARMEL@GMAIL.COM

Join us at Sycamore! **Sycamore Center** YOUTH AND COMMUNITY

MLK DAY

YOUTH & CHILDREN'S

SATURDAY, JANUARY 17TH, 2026

11:00 - 11:30
LUNCH & MLK BIRTHDAY CAKE

11:30 - 12:00
KEYNOTE ADDRESS

12:00 - 1:00
PERFORMERS:

1:00 - 2:00
SERVICE PROJECTS

GUEST SPEAKER:
NIKAYLA WIGGINS WTOV9

"Minister of Truth" Gene Shelby
Elisha Fletcher
JR Lawrence Lewis
Next Generation Youth Choir
The Mighty Disciples Mime Team

SCHEDULE

Sponsored by the MLK Association - Steubenville and The Sycamore Youth Center - 401 N. 4th St., Steubenville

We Are A Community of Believers Transformed In Him To Be Agents Of Change In The Home, Church, Community, And The World.

SCAN ME



SCAN ME

Check out our website www.mtcarmelconnect.com for all upcoming events!

FREE

RSV, FLU, & COVID PCR TEST

RESULTS AVAILABLE WITHIN 1 HOUR

CALL OUR OFFICE TODAY TO SCHEDULE AN APPOINTMENT

740-283-8530

JEFFERSON COUNTY General Health District
Prevent. Promote. Protect.

This month, help us wish...

Princess Thompson... James Owens... Aniyah Rue... Ronald Williams... Tonya Lavender Jessica Spencer... Makayla Taylor... Erica Demus Quinton Smith... Elizabeth French Albert Murray... Asia Malone... Leslie Washington & Elizabeth A. Minniefield a...

HAPPY BIRTHDAY!

Mt Carmel Community Baptist Church
708 North 5th St. Steubenville, OH 43953

Rev. Benjamin L. Calvert II, Pastor

SUNDAY MORNING WORSHIP SERVICE @10:00 AM

Wednesday Night Bible Study @ 6:00 PM

(740) 282-9257 | mtcarmel_c@comcast.net
www.mtcarmelconnect.com

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GET IN OUT OF THE COLD!
VISIT THE MT. CARMEL WARMING STATION

708 N 5TH ST, STEUBENVILLE, OH 43952

DOORS ARE OPEN

- TUESDAYS & THURSDAYS
- DECEMBER, JANUARY, & FEBRUARY
- DOORS OPEN 11 AM - 1 PM

REV. BENJAMIN L. CALVERT, II, SENIOR PASTOR • (740) 282-9257 • MTCARMELCONNECT.COM

Want to rewatch last week's sermon? Head over to YouTube!

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Pastor's Pick! Book of the Month!

You'll Get Through This: Hope and Help for Your Turbulent Times by Max Lucado

Whether you find yourself in the pit of financial downturn, job loss, health crisis, or relationship stresses, God has a plan and a path forward designed just for you.

Max reminds readers God doesn't promise that getting through trials will be quick or painless, but he does use our mess for good.