

The reason many people have no joy or enthusiasm is because they go to bed each night with unforgiveness in their heart. They are constantly reliving their hurts, thinking about their disappointments, stressing out about somebody who is trying to make them look bad, upset because somebody is playing politics in the office etc. Here is the problem: If the sun goes down with bitterness, it will come back up with bitterness. If it goes down with resentment, it comes back up with resentment. That is blocking God's blessings. That is giving the enemy a foothold.

Before you go to bed each night, you need to say: "God, I am releasing every negative thing that has happened to me today - every hurt, every worry, and every disappointment. I am forgiving the people who did me wrong. God, I am going to bed in peace." When you do that, the sun will go down with nothing blocking God's blessings. Don't go to bed at night with any kind of defeat still in your mind. Let it go and trust God to make your wrongs right.

Ephesians 4:26-27 "In your anger do not sin: Do not let the sun go down while you are still angry, and do not give Satan a foothold."