



FORGIVENESS AS AN ACT OF COURAGE



"Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times." Matthew 18: 21-22

"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." Ephesians 4:31-32

Some wounds go deep. Betrayal. Abandonment. Abuse. And forgiveness feels like betrayal of your own pain.

But Jesus said forgiveness is not optional—it is foundational.

**Forgiveness does not excuse wrongdoing.
Forgiveness does not deny pain.
Forgiveness releases your grip on the offense.**

Unforgiveness chains you to the very person who hurt you. It keeps them in your thoughts, your emotions, your reactions. Forgiveness breaks that chain.

Christ forgave you at your worst. Not when you deserved it. Not when you apologized properly. But while you were still a sinner.

Men of Valor forgive not because it is easy—but because freedom is worth the cost.

Forgiveness is an act of warfare. It denies the enemy a foothold. It restores your authority. It heals what bitterness cannot.

You may need time. You may need counsel. You may need repeated prayers. But forgiveness begins with a decision, not a feeling.

Challenge

Identify one person you have not fully forgiven. Begin praying for them this week—not for reconciliation necessarily, but for God to soften your heart and release your burden.

Discussion Questions

- 1. What makes forgiveness difficult for you personally?**
- 2. How has unforgiveness affected your peace and spiritual life?**
- 3. What step can you take this week toward freedom?**