

DAY 5 – FORGIVENESS FREES YOU

SCRIPTURE: COLOSSIANS 3:13 DEVOTIONAL THOUGHT:

Forgiveness is one of the hardest—and holiest—things God calls us to do. It feels unfair, painful, even impossible. But unforgiveness doesn't hurt them... it hurts you. It's like drinking poison and hoping the other person gets sick.

Forgiveness doesn't say, "What you did was okay." It says, "What you did won't control me anymore." It releases you from bitterness, heaviness, resentment, and the emotional weight you've been carrying.

You're not forgiving because they deserve it—you're forgiving because Jesus forgave you first. Revival often begins with a heart that finally lets go.

REFLECTION QUESTIONS:

- Who have you been carrying in your heart?
- How has bitterness affected your peace?

PRACTICAL APPLICATIONS:

- **Say their name in prayer** and release them to God.
- **Write a letter you'll never send** – pour out the hurt and surrender it.
- **Replace bitterness with blessing** – pray for their good.
- **Talk to a trusted friend or mentor** for accountability and healing.



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PRAYER

Jesus, help me release what I can't control. Heal the wounds in my heart and give me the courage to forgive the way You forgave me. Free me from bitterness and fill me with peace. I surrender the hurt to You today. In Your name, amen.

