

# DAY 4: FORGIVENESS

- **Action Step:** Forgive someone (or yourself) for a past mistake.
- **Scripture:** Ephesians 4:31-32 (TLB)-- "Get rid of all bitterness, passion, and anger. No more shouting or insults, no more hateful feelings of any sort. Instead, be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ."
- **Affirmation:** "I choose to forgive others and myself, releasing the past to make room for a better future."

