



GUIDED BIBLE STUDY

The Freedom of Forgiveness

Speaker: Jill Smith

Highlighted Scripture

Matthew 6:14–15 (NIV)

“For if you forgive other people when they sin against you, your heavenly Father will also forgive you.

But if you do not forgive others their sins, your Father will not forgive your sins.”

Discussion Questions

- 1. Jill says anger often reveals hidden unforgiveness. How have you seen this truth in your own life?**
- 2. What walls might unforgiveness have built in your relationships—with others or with God?**
- 3. Why is it important to remember that forgiveness and reconciliation are not the same thing?**
- 4. How does inviting the Holy Spirit into the process of forgiveness change the outcome?**
- 5. Who is someone you may need to release and forgive so you can walk in freedom?**

Reflection Challenge

Take time this week to sit quietly before God and ask Him to reveal any hidden unforgiveness in your heart. Follow Jill's process:

- 1. Invite the Holy Spirit into your heart.**
- 2. Identify who hurt you and how.**
- 3. Feel the emotions honestly.**
- 4. Choose to forgive—say it aloud.**
- 5. Release them and ask the Holy Spirit to heal what was broken.**

Whenever anger or resentment resurfaces, speak this truth aloud:

"I have forgiven, and I choose peace in Christ."



Prayer

Heavenly Father, thank You for the gift of forgiveness that sets us free. Search my heart and reveal any bitterness or resentment I've been holding onto.

Help me release every offense and forgive as You have forgiven me. Heal the broken pieces within me, and fill me with Your peace, grace, and compassion.

Teach me to bless those who have hurt me and to walk in the freedom of Your love.

In Jesus' name, Amen.

