

Forgiven

When Forgiveness Hurts

Heart Check Questions

What's your reason for not forgiving? Take an honest moment to identify the specific barriers that make forgiveness difficult for you. Is it pride, fear, a sense of justice, or something else entirely?

What would your "rolled up piece of paper" contain? If you were keeping a record of wrongs done against you, what hurts would be written there? How does carrying this mental list affect your daily peace and relationships?

Where do you see evidence of bitterness growing in your life? Are there relationships, situations, or past hurts that still trigger anger or resentment when you think about them?

Understanding God's Forgiveness

How does reflecting on your own \$36 billion debt to God change your perspective on the smaller debts others owe you? What does it mean that God had "compassion" - a movement within his soul - toward you despite your wrongs?

In what ways have you experienced God's blank sheet of paper in your own life? How has His forgiveness changed you, and how might remembering this help you extend forgiveness to others?

Practical Application

Who in your life is God calling you to forgive right now? What would it look like to take a concrete step toward forgiveness this week, even if it's just in your own heart?

What does "forgiveness from the heart" look like practically for you? How is this different from simply saying the words or going through the motions?

How can you invite Jesus to "walk you through the how" of forgiveness? What support, prayer, or accountability do you need to move forward in forgiveness?

Living in Freedom

What would change in your daily life if you truly lived from a place of knowing you've been completely forgiven? How might this affect your relationships, your peace, and your ability to extend grace to others?

How can you remind yourself regularly of the blank sheet of paper God sees when He looks at you? What practices might help you live from this identity rather than from past shame or others' wrongs against you?

Take time to sit with these questions, perhaps over several days. Consider journaling your responses or discussing them with a trusted friend or mentor.