

Forgiveness - Week 13

What Does Forgiveness Look Like for You? When someone hurts you, it can be so easy to become angry and upset. And that's okay! But here's the big question: Are you holding onto those feelings?

Ephesians 4:31–32 says, "Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you."

This verse tells us not to hold onto bitterness but to let it go. I know that doesn't come naturally, but as believers in Christ, we're called higher. I'm not saying you can't be upset when someone hurts you. Feel all the feelings, that's healthy, but what are you going to do with those feelings? Keep them, or give them to God? Forgiveness also brings so much freedom because, believe it or not, choosing not to forgive often hurts you more than the person who hurt you.

I love how this verse ends: "just as God through Christ has forgiven you." God forgave us even though we didn't deserve it. If He can forgive us, He can help us forgive others too. Forgiveness isn't easy, so I encourage you to pray and ask God to give you a heart that is strong enough to let go and tender enough to forgive.

From Kaity