

THE FREEDOM OF *Forgiveness*

Releasing the Offense
and Reclaiming Your Peace



A 7-DAY
DEVOTIONAL
JOURNEY TO
FORGIVE,
RELEASE, AND
WALK IN
Freedom

KATHY JONES

THE FREEDOM OF FORGIVENESS

Releasing the Offense and Reclaiming Your Peace
A 7-Day Devotional Journey

Kathy Jones

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HOW TO USE THIS DEVOTIONAL

This seven-day journey is designed to be walked through one day at a time.

Each day builds upon the one before it, leading you from recognizing what you are carrying to choosing forgiveness, releasing the debt, surrendering the outcome, and learning to walk in freedom.

Take Your Time

Do not rush through these pages simply to complete a devotional.

Give the Holy Spirit room to speak.

Some days may bring a person or memory to mind immediately. Other days may uncover something you did not realize you were still carrying.

Be honest with God about what surfaces.

Read. Reflect. Respond.

Each day includes Scripture, teaching, reflection questions, a practical step in Walking in Forgiveness, prayer, and a declaration.

Read the teaching slowly.

Sit with the reflection questions.

Write honestly.

Pray the prayer from your heart.

Speak the declaration aloud if you are able.

Most importantly, respond to whatever the Holy Spirit is showing you.

Do Not Force the Process

Forgiveness is a choice, but healing may take time.

You do not have to manufacture feelings you do not have or pretend something no longer hurts.

Bring your real heart before God.

He already knows what happened.

He knows what you have carried.

And He knows how to lead you into freedom.

Keep Moving Forward

There may be moments when an old hurt resurfaces even after you have chosen to forgive.

Do not become discouraged.

Remember what you are learning:

Forgive.

Release.

Entrust.

And keep walking.

These seven days are not simply about completing a devotional.

They are about learning a new way to live.

May you finish this journey with a lighter heart, open hands, and a deeper trust in the Father who holds everything you release to Him.

INTRODUCTION — FATHER, FORGIVE THEM

Jesus was hanging on the cross. He had been betrayed, falsely accused, mocked, beaten, rejected, and crucified.

The soldiers had driven nails through His hands and feet. Religious leaders ridiculed Him.

People stood watching His suffering and in the middle of it all, Jesus spoke these words:

“Father, forgive them, for they don’t know what they are doing.” — Luke 23:34

Jesus chose forgiveness while the offense was still happening. He did not wait for an apology. He did not wait for those who hurt Him to understand what they had done and He did not wait until the pain was over.

He forgave.

Forgiveness was not simply something Jesus taught. It was something He lived and He calls us to live that way too.

A Life of Forgiveness

Forgiveness is not meant to be something we practice only after a major betrayal. It is meant to become part of the way we walk with Jesus.

There will always be opportunities to become offended because people will disappoint us. Someone will misunderstand us. Someone may speak carelessly and may even reject us. Sometimes the wounds will be much deeper.

If we collect every offense, eventually our hearts become heavy with things God never intended us to carry and that is why we learn to forgive quickly.

We recognize offense when it enters.

We refuse to continually rehearse what someone has done.

We do not allow resentment to settle into our hearts and grow into bitterness, instead, we bring the hurt to Jesus.

We forgive, we release, we entrust and we continue walking with Him.

Forgiveness Is Not Pretending

Living a life of forgiveness does not mean pretending something wrong was right. It does not mean remaining in an abusive or unsafe situation. It does not eliminate the need for healthy boundaries and forgiveness does not always mean reconciliation.

Reconciliation requires the participation of both people. Forgiveness can take place in your own heart before God regardless of what another person chooses to do. Forgiveness says: What happened was real, but I refuse to remain bound to it. The offense does **not** determine the condition of my heart.

Into Your Hands

Near the end of His time on the cross, Jesus spoke again: ***“Father, I entrust my spirit into your hands!”*** — Luke 23:46

There is a beautiful picture here that will guide us throughout this journey.

Forgive. Release. Entrust.

Jesus forgave those who wounded Him, and He entrusted Himself to His Father. There are things we cannot fix and people we cannot change.

There are apologies we may never receive and questions that may never be answered.

There are injustices we cannot make right ourselves but we can place them into the hands of God.

Over these seven days, we are going to learn how to recognize offense before it takes root, confront unforgiveness and bitterness, release the debts we have been trying to collect, receive God’s forgiveness for our own failures, and surrender what happened into the hands of the Father.

The goal is not simply to forgive one person. The goal is to become someone who walks in forgiveness.

This journey is not about pretending you were never hurt.

It is about discovering that you do not have to remain imprisoned by the hurt.

Jesus has shown us the way.

Forgive.

Release.

Entrust it to the Father and walk free.

DAY 1 — FORGIVEN TO FORGIVE

Theme Scripture

“Shouldn’t you have mercy on your fellow servant, just as I had mercy on you?” — Matthew 18:33

How Much Do I Have to Forgive?

Peter came to Jesus with a question:

“Lord, how often should I forgive someone who sins against me? Seven times?” — Matthew 18:21

Peter wanted to know where the limit was. How many times am I expected to forgive?

At what point have I forgiven enough? Jesus answered Peter and then told him a story.

A king decided to settle his accounts with his servants.

One servant owed him an enormous debt—far beyond anything he could possibly repay.

The servant fell before the king and pleaded for more time but the king did something the servant could never have expected.

“Then his master was filled with pity for him, and he released him and forgave his debt.”

— Matthew 18:27

The servant did not receive an extension but a cancellation. The debt was gone and he walked away free.

What He Did With His Freedom

You would think someone who had just experienced that kind of mercy would never forget it.

But the servant left the king and found another servant who owed him a much smaller amount.

He grabbed him and demanded: “Pay me what you owe me!” — Matthew 18:28

The second servant pleaded with him for patience. Those were words the first servant should have recognized. He had just been the one pleading for mercy but instead of extending the mercy he had received, he had the other man thrown into prison until the debt could be paid.

When the king learned what happened, he confronted him: “Shouldn’t you have mercy on your fellow servant, just as I had mercy on you?” — Matthew 18:33

The servant had experienced mercy but he had not allowed mercy to change the way he treated someone who owed him.

Jesus was showing Peter something much deeper than how many times he needed to forgive.

Those who have received mercy are called to extend mercy.

Remember What You Have Received

Every one of us has stood in the position of the first servant. We owed a debt we could never repay. Sin separated us from God yet through Jesus, we have received mercy, grace, and forgiveness. Our debt has been canceled and even though we didn’t earn that forgiveness, we received it.

Paul tells us: “Make allowance for each other’s faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.” — Colossians 3:13
Notice the word: Remember.

When forgiving someone feels difficult, remember what you have received. Remember your mercy. Remember your grace and your forgiveness. We forgive from what has already been given to us.

Have You Become a Debt Collector?

The servant walked away with his own debt canceled and immediately began collecting someone else’s.

We can do the same thing in our hearts. Someone hurts us, and an account begins forming. You owe me an apology. You owe me an explanation. You owe me for what you took from me. You owe me for the years I lost. You owe me for the damage you caused and without realizing it, we become debt collectors.

We may never say those words out loud, but we carry the account inside us. Every time we replay the offense, we examine the debt again. Every time we rehearse what they did, we add another entry to the account but Jesus did not forgive our enormous debt so that we could spend our lives collecting everyone else’s.

I Am No Longer Your Debt Collector

Forgiveness does not say the debt never existed. It says: I will no longer be the one trying to collect it. This doesn’t eliminate consequences nor does it automatically restore trust. It also doesn’t mean justice no longer matters. It means we surrender our personal demand to make the offender pay because that belongs in the hands of God.

Sometimes the person who hurt us has continued with their life while we remain emotionally attached to the debt. We tend to replay it and then we rehearse it which then makes us relive it and so then we carry it. The other person may not even realize we are still carrying the account and then we are the ones stuck and they are living their lives.

That is one of the tragedies of unforgiveness. We think we are holding someone else captive, while the offense continues holding us.

Jesus offers another way. He wants us to release the account and remember the mercy that He has extended to us and to begin extending that mercy to others.

What About Yourself?

There may be one more name written on the list of people you have not released.
Your own!

Maybe you have repented of something, asked God for forgiveness, and yet continue punishing yourself.

Scripture says: *“But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.”* — 1 John 1:9

If God has forgiven you, you do not need to continue collecting a debt from yourself that Jesus has already paid. You can repent. You can learn and you can make things right where possible and then you can agree with God’s forgiveness and move forward. When you fall get back up, repent and don’t continue to look back.

Reflection

Spend some time with the Lord today.

- When you think about how much God has forgiven you, what does that stir in your heart?
- Is there someone whose debt you are still keeping track of?
- What do you believe that person owes you?
- Are you waiting for an apology before you allow yourself to forgive?
- Are you continuing to punish yourself for something you have already confessed to God?
- What would it look like to receive mercy and then extend that same mercy?

Walking in Forgiveness

Today, begin by remembering what you have received.

Write: Because of Jesus, I have been forgiven.

Then ask the Holy Spirit: “Is there a debt I am still trying to collect?”

Write down whatever comes to mind such as:

An apology.

An explanation.

Recognition.

Repayment.

Vindication.

Something else.

You are not being asked to pretend the debt never existed. Today you are simply recognizing the account you may still be carrying. We will learn how to release it as we continue this journey.

Prayer

Father,

Thank You for the mercy You have shown me. Thank You for forgiving a debt I could never repay.

I do not want to receive Your mercy while refusing to extend mercy to others. Show me where I have been keeping accounts and show me where I am still waiting for someone to pay for what they did. Show me where I may even be demanding payment from myself for something You have already forgiven. Holy Spirit, teach me to live as someone who remembers the mercy I have received. I have been forgiven, and Lord God teach me to forgive.

In Jesus' name, Amen.

Declaration

I have received mercy.

My debt has been forgiven through Jesus.

I will not spend my life collecting the debts of others.

I will not demand payment from myself for what God has already forgiven.

I am forgiven and I will extend forgiveness.

I choose freedom.

DAY 2 — RECOGNIZING THE OFFENSE

Theme Scripture

“Guard your heart above all else, for it determines the course of your life.” — Proverbs 4:23

Where Offense Begins

Before there is unforgiveness, there is usually an offense.

Something happened or something was said. Someone betrayed your trust or they rejected you.

Someone disappointed you or maybe you were falsely accused, overlooked, abandoned, mistreated, or deeply wounded by someone you trusted. Sometimes the deepest offenses come from the people we love the most. Sometimes the wound happened so long ago that we believe we have moved past it—until something touches that place again.

A name is mentioned. A memory surfaces or you see the person. Someone says something that reminds you of what happened and suddenly the emotions return.

Anger.

Hurt.

Defensiveness.

Sadness.

Resentment.

That reaction may be revealing something deeper and there may still be an offense lodged in your heart.

Guard Your Heart

Scripture tells us:

“Guard your heart above all else, for it determines the course of your life.” — Proverbs 4:23

Notice that God does not tell us to pretend our hearts were never hurt. He tells us to guard them.

There is a difference. Guarding your heart does not mean building walls so no one can ever hurt you again. What it does mean is to pay attention to what you allow to enter and what you allow to remain.

An offense may enter your life without your permission.

Someone else’s words or actions may have caused real pain. Even though you may not have been able to control what happened, you can still choose what happens next.

The offense may have entered your life without your permission, but it does not have to be given permission to remain in your heart.

When We Rehearse the Hurt

One way offense remains alive is through rehearsal. We tend to replay the conversation.

We remember exactly what they said and then we imagine what we should have said. We think about what they should have done and remember how unfair it was. We tell the story again and again. Sometimes we rehearse an offense so many times that although the event happened once, we experience the emotions of it repeatedly. The event is over but inside us, the conversation continues. That's why recognizing offense matters. We can't release what we refuse to acknowledge.

"I'm Fine"

Not every offense looks like anger. Sometimes offense hides behind other things.

Avoidance.

Coldness.

Sarcasm.

Withdrawal.

Defensiveness.

The need to prove ourselves.

The desire to see someone fail.

Feeling satisfaction when something goes wrong for them.

We may say: "It doesn't bother me anymore."

But then their name comes up and something inside us changes. We may have stopped talking about the offense without releasing it. Silence is not always forgiveness. Distance is not always forgiveness. And time passing does not necessarily mean the heart has healed. Sometimes we have simply learned how to live around the wound.

Let the Holy Spirit Search

David prayed:

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life." — Psalm 139:23–24

That is a courageous prayer.

Search me, not them. Not what they did. Not whether they were wrong but Search **ME**.

Show me what is happening inside my own heart.

God already knows what happened. He knows whether you were betrayed and He knows what was said. He knows what was taken from you. He knows the injustice. He knows the pain.

Bringing an offense before God does not minimize what happened.

It simply allows Him access to the place that was wounded.

The Offense Is Not Your Identity

There is another reason we need to recognize offense.

Sometimes what happened to us begins shaping how we see ourselves. We may be feeling:

Rejected.

Betrayed.

Abandoned.
Unwanted.
Forgotten.
Mistreated.

Those may describe something you experienced but.... they do NOT describe who you are! The enemy would love to take one painful chapter and make it the title of your entire story. Your identity is not determined by the person who wounded you but your identity is found in Christ and Christ alone. You are loved, chosen, accepted and redeemed. You belong to God and what happened to you may be part of your story but that does NOT get to determine who you become.

Bring It Into the Light

Today is not about forcing yourself to forgive before you have even acknowledged what you are carrying. It is about honesty before God.

There may be someone whose name immediately comes to mind. There may be several people.

There may be an offense you thought you had already dealt with or maybe the Holy Spirit will reveal something you have buried for years. Don't be afraid of what comes to the surface. God is not revealing it to condemn you. He is bringing it into the light because He wants to lead you into freedom.

Before something can be released, it must first be recognized.

Reflection

Take a few quiet moments with the Lord.

- Whose name immediately comes to mind when you think about forgiveness?
- Is there an event or conversation you still replay?
- Does someone's name or presence trigger anger, hurt, defensiveness, or resentment?
- Have you stopped talking about something without actually releasing it?
- Have you mistaken distance or avoidance for forgiveness?
- Do you secretly want someone to experience consequences because of what they did to you?
- Has an offense begun influencing the way you see yourself or other people?
- Is there something you thought you had forgiven that the Holy Spirit may be bringing back to your attention?

Do not judge yourself for what comes to mind. Simply acknowledge it.

Walking in Forgiveness

Find a quiet place and ask: “Holy Spirit, show me anything I am carrying that You never intended me to keep.”

Then be still and if a person, memory, or situation comes to mind, write it down.

You do not need to explain it.

You do not need to defend your feelings. You do not need to decide today what the other person deserves.

Simply say: “Father, this hurt me, and I bring it into Your presence.”

If there are several offenses, write them down.

This is not a list for rehearsing what others have done.

It is a list of what you are preparing to release.

Prayer

Father,

Search my heart. Show me anything I have been carrying that You never intended me to keep. Reveal offenses I have buried, ignored, justified, or simply learned to live around. I don’t want to pretend I am fine when something is still wounded inside me. Give me courage to be honest with You.

Where I have continually replayed what happened, help me stop rehearsing the hurt. Where an offense has affected the way I see myself, remind me who I am in Christ.

What happened to me does not define me. I belong to You. Holy Spirit, bring into the light anything that needs to be healed and released. I trust You with every place in my heart.

In Jesus’ name,

Amen.

Declaration

I will guard my heart.

I will not hide what needs to be healed.

I will not continually rehearse what God is asking me to release.

What happened to me does not define me.

My identity is found in Christ.

I invite the Holy Spirit to search my heart and lead me into freedom.

DAY 3 — WHEN OFFENSE TAKES ROOT

Theme Scripture

“Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.”
— Hebrews 12:15

When the Wound Begins to Fester

Yesterday, we asked the Holy Spirit to reveal the offenses we may still be carrying. Today, we need to understand why we cannot allow them to remain. An offense that is never released can begin to fester. What started as hurt can become resentment. Resentment can become unforgiveness and unforgiveness, when allowed to remain, can develop into bitterness.

Scripture warns us:

“Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.”
— Hebrews 12:15

Bitterness is described as a root because roots grow beneath the surface. Others may not see it.

We may continue going to church, serving, smiling, praying, working, and carrying on with life while something unhealthy is growing underneath but eventually, roots produce fruit. What is hidden in the heart does not always stay hidden.

The Fruit of a Bitter Root

Bitterness can begin changing the way we see the person who hurt us. Then it can begin changing the way we see other people. We become suspicious, defensive and overly critical. We can become quick to assume someone’s motives and slow to trust. We may find ourselves reacting strongly to situations that remind us of what happened. Sometimes bitterness even spills onto people who had nothing to do with the original wound. That is part of the warning in Hebrews: A bitter root can “trouble you, corrupting many.”

Bitterness rarely stays contained. It can affect marriages, friendships, families, churches, workplaces and generations.

An offense between two people can eventually influence an entire room. This is why God takes the condition of our hearts seriously. He knows what bitterness can produce if we allow it to grow.

FORGIVENESS OPENS THE DOOR TO FREEDOM

This is why forgiveness can become such a powerful key to freedom.

When we release the offense, we are not only releasing the debt someone owes us. We are also removing the place where bitterness, resentment, anger, and the need for vindication have been allowed to remain.

Sometimes we try to deal with the fruit without recognizing the root. We may struggle with anger, distrust, resentment, or continually replaying what happened, without realizing how deeply those things have become connected to an offense we are still carrying.

Forgiveness does not mean every wound instantly disappears, trust is automatically restored, or every consequence is removed. Healing may still be a process. Boundaries may still be necessary. But forgiveness stops feeding the root.

When the offense is released into the Father's hands, the things that grew around that offense can begin to lose their hold.

Forgiveness releases the debt—and opens the door for freedom to take its place.

When Bitterness Steals Your Peace

Bitterness also keeps us emotionally connected to the offense. We may no longer be around the person who hurt us and years may have passed and life may have moved forward but inside, we are still having the conversation.

Still defending ourselves. Still imagining what we would say. Still wanting them to understand what they did and still waiting for them to acknowledge the pain they caused. The person may no longer be present but the offense still is.

That is not freedom.

God does not want someone else's actions occupying that much space in your heart.

A Heart at Peace

Scripture gives us a striking picture of the connection between our inner life and our well-being:

"A peaceful heart leads to a healthy body; jealousy is like cancer in the bones." — Proverbs 14:30

Another proverb says: *"A cheerful heart is good medicine, but a broken spirit saps a person's strength."* — Proverbs 17:22

God created us as whole people. What happens in our hearts matters and what we continually carry emotionally can affect us deeply. This doesn't mean every sickness is caused by unforgiveness or bitterness but when praying for healing and it comes from unforgiveness, then the healing comes after we forgive.

Scripture does not give us permission to look at someone who is sick and assume there must be unforgiveness in their heart but Scripture does repeatedly show us that peace is life-giving

and that destructive things carried within the heart can weigh heavily upon us. God's warning about bitterness is not meant to scare us but to protect us. He loves us too much to allow bitterness to quietly consume places in us that He wants filled with His peace.

The Offense Happened Once

Consider this:

Someone may have wounded you in a moment. Maybe what happened lasted longer than a moment. Maybe the consequences continued for months or even years but there comes a point when the original offense is no longer the only thing causing pain. The memory begins causing pain. The rehearsal causes pain. The resentment causes pain. The bitterness causes pain.

The person who hurt you may have wounded you once and you can no longer allow unforgiveness to continue wounding you long after the moment has passed. Forgiveness does not change what happened.

It changes what you continue carrying.

Pull the Root While It Is Small

Anyone who has pulled weeds knows something about roots. What is easy to remove when it first appears can become much harder to remove after it has been allowed to grow.

Offense works much the same way. The sooner we recognize it and bring it before God, the less opportunity it has to establish itself in our hearts. That is why walking in forgiveness matters.

We don't want to become people who collect offenses. We want to become people who recognize them quickly and bring them to God. Forgive quickly. Release quickly and guard your heart.

Not that the things that happened were insignificant, but because your freedom is too valuable to surrender to bitterness.

Is There a Root?

Sometimes we know immediately when bitterness is present and other times, the Holy Spirit must reveal it.

Ask yourself:

Do I continually speak negatively about this person?

Do I feel satisfaction when something goes wrong for them?

Do I secretly hope they experience what they put me through?

Do I become angry when someone speaks well of them?

Do I repeatedly tell the story of what they did?

Has my experience with one person made me suspicious of others?

Do I find it difficult to pray for them?

These are not questions meant to condemn you. They are invitations to examine the root. If God reveals bitterness, do not hide from it. Bring it to Him. A root exposed to the light can be dealt with.

Reflection

Spend some quiet time with the Lord.

- Has an unresolved offense begun turning into resentment or bitterness?
- Have you noticed an old wound affecting new relationships?
- Are you repeatedly rehearsing something that happened long ago?
- Has bitterness changed the way you speak about someone?
- Are other people being affected by a wound they did not cause?
- Has an offense been occupying space in your heart that belongs to God's peace?
- Is the Holy Spirit showing you a root that needs to be removed?

Walking in Forgiveness

Return to the person or situation you identified yesterday.

Ask the Holy Spirit: "Has this offense taken root in me?"

Don't rush the answer.

If He reveals resentment, anger, bitterness, or a desire for revenge, acknowledge it before God.

Say:

"Father, I recognize this root. I do not want it growing in me anymore."

You do not have to pretend the wound did not happen. You are simply deciding that the wound will not be allowed to keep producing fruit. Tomorrow, we will begin making the choice that pulls the root from the ground: forgiveness.

Prayer

Father,

I do not want bitterness to grow in my heart. Show me where hurt has become resentment, where resentment has become unforgiveness, and where unforgiveness has begun producing bitterness. I bring every root into Your light. Forgive me for the places where I have rehearsed the offense, held onto anger, desired revenge, or allowed someone else's actions to affect the way I treat others. I do not want yesterday's wound producing fruit in today's relationships. Holy Spirit, guard my heart. Replace resentment with peace. Replace bitterness with mercy. Replace the desire to hold on with the willingness to release. I choose freedom over bitterness.

In Jesus' name,
Amen.

Declaration

Bitterness will not take root in me. I will not allow yesterday's wound to steal today's peace. I will not continually rehearse what God is calling me to release. My heart belongs to Jesus. I choose peace. I choose freedom. I am ready to forgive.

DAY 4 — CHOOSING FORGIVENESS

Theme Scripture

“But when you are praying, first forgive anyone you are holding a grudge against.” — Mark 11:25

The Moment of Choice

For the past three days, we have been preparing our hearts. We have remembered the mercy we have received. We have allowed the Holy Spirit to reveal the offenses we are carrying. We have seen what can happen when an offense is allowed to remain and bitterness begins to take root.

Now we come to a decision.

Will I forgive? There may still be pain. There may still be unanswered questions. The person may never have apologized. They may not understand what they did and may not even believe they did anything wrong. You choosing forgiveness cannot depend upon what another person chooses to do. If it does, they still have control over whether you walk free.

Jesus said:

“But when you are praying, first forgive anyone you are holding a grudge against.” — Mark 11:25

Forgiveness is something we choose before God. Sometimes our emotions follow immediately.

Sometimes they do not but obedience does not have to wait for our feelings.

Forgiveness Is a Decision

We often think:

I will forgive when I don't feel angry anymore. I will forgive when it stops hurting. I will forgive when they apologize. I will forgive when I understand why it happened.

But what if those things never happen? Do we remain bound to the offense forever?

No.

Forgiveness begins with a decision.

“Father, I choose to forgive.”

You may say those words while tears are running down your face. You may say them while your heart still hurts. You may say them while part of you wishes you didn't have to.

Forgiveness does not require you to feel differently before you obey God.

Sometimes obedience leads and our emotions follow.

Forgiveness Is Not Saying It Was Okay

One of the greatest obstacles to forgiveness is misunderstanding what forgiveness means. Forgiveness does not say: What happened was okay. It does not say: It didn't hurt. It does not say: There should be no consequences. It does not say: I have to trust this person again. It does not say:

I must give them the same access to my life they had before and it does not require reconciliation when reconciliation is not safe, wise, or possible.

You can forgive and still establish boundaries. You can forgive and still tell the truth about what happened. You can forgive and still allow appropriate consequences. You can forgive someone you never speak to again. Forgiveness is not denying the wrong.

Forgiveness is refusing to let the wrong continue ruling your heart.

What If They Never Apologize?

This is where forgiveness becomes difficult.

We want the other person to acknowledge what they did. We want to hear: I was wrong.

I hurt you. Please forgive me and when genuine repentance happens, it can be deeply healing.

But sometimes the apology never comes. If your forgiveness requires their apology, your freedom remains dependent upon their decision. So then they are basically holding you captive if we are waiting for that apology.

Jesus showed us another way.

While He hung on the cross, He prayed: *"Father, forgive them, for they don't know what they are doing."* — Luke 23:34

Jesus did not wait for the people crucifying Him to apologize before He chose forgiveness. He placed the matter before His Father. If Jesus can forgive, then we can do the same.

What If I Still Feel Hurt Tomorrow?

You may choose forgiveness today and wake up tomorrow still feeling pain. That does not mean you failed to forgive. Forgiveness and healing are connected, but they are not always instantaneous.

A decision can happen in a moment. Healing may unfold over time. The memory may surface again. The emotions may rise again. When that happens, you do not have to reopen the case. You can remind yourself: "I have already chosen forgiveness.

Father, I give this pain to You again."

Sometimes forgiveness becomes a decision we reinforce whenever the wound tries to speak again.

Not because the original forgiveness was false but because we are learning not to pick back up what we have chosen to put down.

Forgiveness Is Not a Feeling

Feelings are real, but they are not always meant to lead us.

Jesus did not say: Forgive when you feel ready.

He taught us to forgive but that doesn't make the process easy. It makes forgiveness an act of faith.

We trust that God's way leads to freedom even when our emotions have not yet experienced that freedom. You can say: I still hurt, but I forgive. I still have questions, but I forgive. I still wish things had been different, but I forgive. I may never receive an apology, but I forgive. That is not weakness. That is obedience.

The Choice Is Yours

No one else can make this decision for you. Not your pastor, your spouse, your friend or the person who hurt you. Forgiveness is a choice you make before God. The Holy Spirit will help you!

You are not being asked to manufacture forgiveness through your own strength.

You can pray:

"Holy Spirit, I am willing to obey. Help me do what I cannot do in my own strength."

Sometimes willingness is where freedom begins.

Reflection

Spend some quiet time with the Lord.

- Have you been waiting until you feel ready to forgive?
- Are you waiting for someone to apologize before you release them?
- Have you believed that forgiving someone means saying what they did was acceptable?
- Are you afraid forgiveness means you must trust them again?
- Is there someone you know God is asking you to forgive today?
- What emotions rise when you consider saying, "I choose to forgive"?
- Are you willing to obey God even if your feelings take time to follow?

Walking in Forgiveness

Return to the name or situation the Holy Spirit has been revealing during this journey.

Do not focus on whether the person deserves forgiveness.

Do not wait for the right emotion.

Simply bring the person before God.

Say their name if you are able.

Then pray:

"Father, because You have forgiven me, today I choose to forgive _____ for _____."

Be honest about what happened. You don't need to minimize it.

Then say:

“I choose forgiveness even if my feelings have not yet caught up with my decision. Holy Spirit, help my heart follow my obedience.”

If there are several people, don’t rush. Take them one at a time. Take them out of your heart and place them in the palm of your hand and after, raise them and release them to God.

This is sacred work between you and God.

Prayer

Father,

Today I choose forgiveness. You know what happened. You know what was said. You know what was taken from me. You know the pain I have carried. I do not excuse what was wrong, and I do not pretend it did not hurt but I refuse to allow this offense to continue ruling my heart.

Because You have forgiven me, I choose to forgive. Where my emotions resist, help me.

Where the wound still hurts, heal me.

Where I have been waiting for an apology, help me surrender that expectation to You.

Holy Spirit, give me the strength to obey even when forgiveness feels difficult.

Today I make the choice. I forgive and I trust You to continue the work in my heart.

In Jesus’ name,

Amen.

Declaration

Forgiveness is my choice.

I do not have to wait for an apology.

I do not have to wait until I feel ready.

Forgiveness does not excuse what happened.

I can forgive and still walk in wisdom and healthy boundaries.

My feelings will not determine my obedience and since I have been forgiven, I choose to forgive.

I am moving toward freedom.

DAY 5 — RELEASE THE DEBT

Theme Scripture

“And forgive us our sins, as we have forgiven those who sin against us.”

— Matthew 6:12

What Are You Still Owed?

Yesterday, you made a choice. You chose to forgive but sometimes we can say the words “I forgive” while still holding an account in our hearts.

We forgive—but we are still waiting. Waiting for the apology, the explanation, or for them to admit they were wrong. Waiting for them to understand how badly they hurt us.

Waiting for someone else to finally see the truth or simply waiting for things to be made right.

In other words, we may have chosen forgiveness while still trying to collect the debt.

Today, we are going deeper. Today, we release the account.

The Language of Debt

Jesus often used the language of debt when He taught about forgiveness.

Earlier in this journey, we looked at the servant in Matthew 18 whose enormous debt was canceled by the king.

He walked away free. Yet almost immediately, he found someone who owed him and demanded:

“Pay me what you owe me!” — Matthew 18:28

Those words reveal something about unforgiveness. You owe me.

We may never say it aloud but sometimes that is exactly what our hearts are saying.

You owe me an apology, and you owe me an explanation. You owe me respect and you owe me the years I lost. You owe me the childhood I should have had or the marriage I thought we would have. You owe me the reputation you damaged and what you took. You owe me for the pain you caused.

Some debts cannot possibly be repaid, and no apology can return lost years. No explanation can undo what happened and no amount of regret can rewrite yesterday.

And if our freedom depends upon someone paying a debt they can never repay, we remain connected to that debt.

Forgiveness gives us another choice.

Cancel the account.

I Release You From What You Owe Me

Releasing the debt does not mean there was never a debt. Something may truly have been taken from you. There may have been real consequences and there may still be consequences today.

Forgiveness does not rewrite history; it changes who is responsible for collecting the account.

You are saying: “I will no longer make it my responsibility to make you pay.”

That is release. You stop demanding that the offender somehow repair everything before you allow yourself to be free.

You stop waiting for them to give you what only God may be able to restore.

You place the account into God's hands.

Releasing Your Right to Revenge

Scripture says: *"Dear friends, never take revenge. Leave that to the righteous anger of God."*

— Romans 12:19

Forgiveness does not mean justice no longer matters. It means we stop trying to become the judge. There is tremendous freedom in realizing that you do not have to settle every account. God sees what happened and He knows the truth. God saw what no one else saw. He heard the conversation. He knows the motives. He knows what was lost. He knows what it cost you. Nothing has escaped His attention.

When we release the debt, we are not saying: "God, it doesn't matter."

We are saying: "God, I trust You with it."

When We Want Them to Hurt Too

Sometimes there is another layer we do not like admitting. We want the person who hurt us to hurt. Maybe we would never intentionally harm them, but somewhere inside, we want them to experience consequences. We want them exposed. We want them to understand how it feels.

We may even feel satisfaction when something goes wrong in their life. That desire may reveal that part of us is still trying to collect the debt. Forgiveness releases our demand that they suffer because we suffered. It allows God to handle conviction, correction, justice, and consequences.

Our responsibility is the condition of our own heart.

Stop Waiting for What May Never Come

Perhaps you have spent years waiting for an apology. Maybe that day will come and maybe it will not. Your peace does not have to wait for it.

You can decide today: *I am no longer waiting for you to give me permission to be free.*

I release the apology. I release the explanation. I release the need to be understood.

I release the need to be vindicated. I release the debt.

When the Person You Cannot Forgive Is You

Sometimes the name on the account is your own.

You may have released other people while still carrying anger, regret, shame, or condemnation toward yourself. *I should have known better. Why did I allow that? Why did I make that decision?*

I hurt people. I wasted so much time.

Maybe you have repented and have confessed it to God. You believe Jesus forgives sin but somewhere inside, you are still trying to make yourself pay.

Scripture says: “*So now there is no condemnation for those who belong to Christ Jesus.*”
— Romans 8:1

If you have confessed your sin and received God’s forgiveness, continuing to condemn yourself does not make you more repentant. It keeps you chained to something Jesus has already forgiven.

There is a difference between conviction and condemnation.

Conviction draws us toward God, leads us to repentance, and produces change.

Condemnation keeps pointing backward and saying: *You will always be what you did* but what you did is not who you are. You can repent where repentance is needed. You can make things right where it is appropriate and possible. You can learn, grow and receive grace.

Sometimes what we call forgiving ourselves is really choosing to agree with God about what Jesus has already done.

God says forgiven. God says cleansed. God says no condemnation.

Will you believe Him?

Jesus did not forgive you so you could spend the rest of your life punishing yourself.

If God has released the debt, you do not need to keep reopening the account.

Sometimes the person who needs to walk out of the prison of unforgiveness is you.

What About What Was Lost?

Releasing the debt does not mean there will be no grief over what was lost.

That grief is real. You may need to grieve a relationship, a season of life, a dream.

But releasing the debt means you stop looking at the person who wounded you—or even to your past self—to become the source of your restoration.

God can restore things people cannot. He can heal places an apology cannot reach. He can redeem years you thought were wasted. He can bring beauty from things you never would have chosen.

Your restoration does not have to come from the person who caused the wound.

Tear Up the Account

Imagine holding an account in your hands and on it is everything you believe is still owed.

Every apology, every explanation, every loss, every injustice, every regret, every failure.

Every “if only.” You have carried the account long enough and it is time to stop checking the balance. You don’t need to keep adding interest. You don’t need to collect it from someone else.

You don’t need to keep collecting it from yourself. Today, before God, you can tear up the account, not because the debt was insignificant but because your freedom is worth more than collecting it.

Reflection

Spend some quiet time with the Lord.

- What do you believe the person who hurt you still owes you?
- Are you waiting for an apology, explanation, or admission that they were wrong?
- Do you need them to understand your pain before you feel free to move forward?
- Are you secretly hoping they experience some of the pain they caused?
- Is there something you lost that they can never realistically restore?
- Is the person you are still trying to make pay for the past yourself?
- Are you continuing to condemn yourself for something God has already forgiven?
- What account is God asking you to close today?

Walking in Forgiveness

Take the person you chose to forgive yesterday.

Write:

What I believe you owe me: _____.

Name those things honestly before God.

After each one, say: "I release this debt."

If the person you need to release is yourself, write: What I have continued holding against myself:

Then say: "Father, I receive Your forgiveness. I release the debt I have been holding against myself. I refuse to continue condemning someone You have forgiven."

When you are finished, pray: "Father, I am no longer responsible for collecting these debts. I place every account into Your hands. I trust You with justice, healing, restoration, and my future."

If you wrote the debts on a separate piece of paper, you may choose to tear it up as a physical reminder of the decision you have made. The paper is only a symbol. Real release is happening in your heart.

Prayer

Father,

You know every debt I have carried. You know what was taken. You know what was lost.

You know the apology I wanted, the explanation I waited for, and the justice I hoped to see.

Today I release the account. I release my demand that another person repay me for what happened. I release the apology. I release the explanation. I release my need to be vindicated. I release my desire for revenge.

Father, where I have continued holding a debt against myself, I release that too.

I repent for what needs to be repented of, and I receive the forgiveness Jesus purchased for me.

I will not continue punishing someone You have forgiven. I cannot change yesterday, but I trust You to redeem it. I am no longer a debt collector. I place every account into Your hands. Where something has been lost, heal what only You can heal and restore according to Your will. The debt is released. The account is closed and I choose peace.

In Jesus' name,
Amen.

Declaration

I am no longer a debt collector.

I release what I believe I am owed.

I release the apology and the explanation.

I release my need for revenge or vindication.

I receive God's forgiveness for myself.

I will not continue condemning someone God has forgiven.

I trust God with justice.

I trust God with restoration.

The account is closed.

I am free to move forward.

DAY 6 — INTO YOUR HANDS

Theme Scripture

“Then Jesus shouted, ‘Father, I entrust my spirit into your hands!’” — Luke 23:46

Into the Father’s Hands

You have recognized the offense, and you have seen what happens when hurt is allowed to take root. You have chosen forgiveness and you have released the debt. Now there is one more step.

Entrust it to the Father.

Near the end of His time on the cross, Jesus cried out: “Father, I entrust my spirit into your hands!”

Jesus placed Himself completely into the hands of His Father. Those words speak of surrender, trust and rest.

There comes a point when we have done what God has asked us to do, and we must place what remains into His hands. We can’t control what happens next and we can’t change another person’s heart. We can’t rewrite what happened. We can’t see what God sees or know what He will do but we can trust Him. There is freedom in being able to say: “Father, this is no longer mine to carry. I place it into Your hands.”

The Weight of Holding On

Sometimes we do not realize how much energy it takes to continue carrying something.

We carry the person in our thoughts. We carry what happened in our emotions. We carry questions we cannot answer. We carry concern about what happens next.

We carry the weight of trying to make sense of something that may never completely make sense.

Eventually, what we carry begins carrying us.

Jesus invites us to open our hands. Not because what happened was insignificant and not because every question has been answered, but because there are things only God can hold. The Father is not asking you to solve everything before you surrender it. He is simply asking you to trust Him with what you cannot solve.

Trusting the Father

Surrender requires trust. When we place something into God’s hands, we are acknowledging that His hands are better than ours. He sees what we cannot see. He knows what we don’t know. He understands every part of the story. He knows your heart and He knows the other person’s heart. He knows what happened.

He knows what healing still needs to take place, and He knows how to lead you forward.

You don’t need to know what God will do with what you give Him. You only need to know Who you are giving it to. Your Father is trustworthy. You can place the person into His hands or the situation into His hands. You can place the unanswered questions into His hands. You can

place your healing into His hands. You can place your future into His hands, and you can place yourself there too.

“Father, I am in Your hands.”

Open Hands

There is a difference between holding something and surrendering it. Imagine standing before your Father with your hands tightly closed.

Inside them is everything you have been carrying. Now imagine opening them. That is the posture of surrender.

Open hands say: “I do not have to control this anymore.”

Open hands say: “I do not have to carry this anymore.”

Open hands say: “Father, I trust You.”

You are not saying what happened did not matter.

You are saying: “It matters, but I trust You with it.”

Today, we are going to allow our physical posture to express what our hearts are choosing before God. The action itself does not create surrender. There is no power in simply moving our hands.

The power is in Jesus but sometimes our bodies can participate in the decision our hearts are making.

Take It From Your Heart

Find a private place where you can be alone with God.

Close your eyes for a moment and place your hand over your heart.

Think about the person or situation you have been carrying throughout this journey.

Maybe there is more than one.

Maybe you have also been carrying yourself—your past, your regrets, or the person you wish you had been. Do not rehearse the story. You have already acknowledged what happened.

Simply recognize what you have been carrying. Maybe it is the person, their words, their actions, their rejection or betrayal. Maybe it is their memory, the questions, the pain or the weight of what happened. You have carried it long enough.

Now, before the Father, you are going to take what you have been carrying in your heart and place it into your hands.

Place It Into Your Hands

Hold both of your hands out in front of you, palms facing upward.

As an act of surrender, imagine taking the person and everything connected to what happened out of the place where you have been carrying it and placing it in your open hands.

You may want to say the person’s name aloud.

“Father, I take _____ out of the place where I have been carrying them.”

Then allow the Holy Spirit to show you anything else you are still carrying.

As each thing comes to mind, picture yourself placing it into your open hands.

The hurt.

The questions.

The memories.

The disappointment.

The grief.

The weight.

You don't need to analyze any of it and you don't need to fix any of it.

Simply place it into your hands. Your hands are open now. You are preparing to give it to the Father.

If the Person Is You

If part of what you have been carrying is yourself, include yourself in this surrender.

Place your hand over your heart. Then hold your hands open before God. Place your past there.

Your regrets, your failures, your healing, maybe it's the things you can't go back and change. Maybe it is your future.

And say: "Father, I place myself into Your hands too."

You do not have to carry yourself either. You belong to Him.

Lift Your Hands to the Father

Now comes the surrender with the person, the situation, and everything you have been carrying symbolically resting in your open hands. Slowly lift your hands toward the Father.

Pray:

"Father, I give _____ to You."

"I place them into Your hands."

"I give You what happened."

"I give You what I do not understand."

"I give You what I cannot change."

"I give You what happens next."

"I give You my healing."

"I give You my future."

"I give You myself."

"I trust You."

Then open your hands completely before God.

And say: "Father, it is in Your hands."

Pause.

Do not rush this moment.

Let yourself experience what it means not to be the one holding it anymore.

Your Father has it.

Receive

Keep your hands open.

You have surrendered what you were carrying.

Now allow yourself to receive.

Ask the Father: "What do You want to place in the space where I have been carrying this?"

Then be still.

Maybe it is peace.

Maybe it is healing.
Maybe it is compassion.
Maybe it is rest.
Maybe it is freedom.
Maybe it is simply the awareness that you no longer must carry the weight.
Remain with Him for a moment.
Your hands are open. Your heart is open and what you have surrendered is in the Father's hands.
Pray:
"Father, my hands are open. Fill the places I have emptied with Your presence and Your peace."

Reflection

You do not need to pick back up what you have placed into the Father's hands. You may still feel emotion. Memories may still come. Healing may continue. But the debt has been released. When the temptation comes to take it back, remind yourself: *I already placed this into my Father's hands.*

Prayer

Father,
Today I place into Your hands what I have been carrying. I give You the person. I give You what happened. I give You what I do not understand. I give You what I cannot change. I give You my healing. I give You what happens next and I give You myself.
I trust Your hands more than mine.
Where I have tried to carry what belongs to You, teach me to surrender. Where I have tried to control what I cannot control, teach me to trust. Where my heart still hurts, meet me there.
My hands are open and my heart is Yours.
Fill the places I have emptied with Your presence and Your peace.
Father, it is in Your hands and I trust You.

In Jesus' name,
Amen.

Declaration

I place what I have been carrying into the hands of my Father.
I do not have to control what happens next.
I do not have to carry what belongs to God.
I trust Him with what I cannot change.
I trust Him with what I do not understand.
I trust Him with my healing.
I trust Him with my future. **I will no longer carry in my heart what I have placed into the hands of my Father.**

DAY 7 — WALKING IN FORGIVENESS

Theme Scripture

“Make allowance for each other’s faults and forgive anyone who offends you.”

— Colossians 3:13

You Have Released It. Now Walk Free.

Yesterday, you did something powerful.

You took what you had been carrying in your heart, placed it into your hands, and released it into the hands of your Father.

Now comes an important part of forgiveness: Leave it there!

The seven days of this devotional may be ending, but walking in forgiveness is not.

There will be another opportunity to become offended. Someone will say something carelessly.

Someone will misunderstand you. Someone may disappoint you. Someone may fail you and there may be moments when an old memory tries to return.

The goal of this journey was never simply to help you forgive one person.

It was to teach you how to walk in forgiveness.

Keep Short Accounts

Imagine what would happen if, instead of allowing offenses to accumulate, we dealt with them quickly.

Someone hurts us.

We recognize it.

We bring it to God.

We forgive.

We release and move forward.

No growing account. No rehearsing the offense for months and no allowing resentment time to settle into bitterness.

Paul writes:

“And ‘don’t sin by letting anger control you.’ Don’t let the sun go down while you are still angry, for anger gives a foothold to the devil.” — Ephesians 4:26–27

That does not mean every difficult situation must be completely resolved before bedtime.

It means we should not become comfortable holding onto anger. Deal with offense while it is small. Do not give it room to grow roots.

Keep short accounts!

Do Not Pick It Back Up

There may be a day when the person you released comes to mind again and something may remind you of what happened. You may hear their name. You may see them and an old emotion may suddenly surface.

Do not immediately conclude: I guess I never really forgave.

Remember what you did. You chose forgiveness and you released the debt.

You placed the person into the Father's hands. You do not need to take them back. Simply say: "Father, I have already given this to You. I choose to leave it in Your hands." Then keep walking. You may need to make that choice more than once while your heart heals. That does not make your forgiveness less genuine. It means you are learning to protect the freedom you have received.

Refuse the Rehearsal

One of the easiest ways to pick an offense back up is to begin rehearsing it again. When you notice yourself replaying what happened, stop. Tell Holy Spirit to remove the thought. You do not need to pretend it never happened. You simply do not need to keep feeding it.

Scripture tells us:

"Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable."

— Philippians 4:8

Turn your attention toward God and thank Him for your freedom. Pray for your own healing. Bless the person if the Holy Spirit leads you. Then continue forward.

Bless Instead of Curse

Jesus takes forgiveness even further.

He said: *"Bless those who curse you. Pray for those who hurt you."* — Luke 6:28

That can feel impossible when a wound is fresh but there is tremendous freedom in being able to pray for someone without needing God to punish them on your behalf. Blessing someone does not mean asking God to bless harmful behavior. It means refusing to allow hatred, revenge, or bitterness to have the final word in your heart.

Your prayer might simply be: "Father, draw them to You. Heal what is broken in them. Lead them into truth. And help me keep my heart free."

You don't have to manufacture warm feelings. You are simply refusing to curse what you have released.

Protect Your Peace

Forgiveness does not mean you stop using wisdom. Some relationships will be restored. Others may look different. Some people may regain your trust over time and yet others may not.

There may still need to be boundaries. Forgiveness releases the offense. Wisdom determines access.

You can love someone without giving them unlimited access to your life. You can forgive someone and still say no. You can pray for someone from a distance. You can have a clean heart and a closed door when necessary. Create healthy boundaries. Walking in forgiveness does not mean becoming available for repeated harm. It means refusing to allow another person's behavior to determine what lives inside your heart.

Become Difficult to Offend

Walking in forgiveness changes the way we respond to everyday life. Not every comment needs a reaction. Not every misunderstanding needs a defense. Not every disagreement needs to become an offense and not everything needs to be taken personally. Sometimes people are having a bad day.

Sometimes they speak before thinking. Sometimes they misunderstand. Sometimes we misunderstand them. Sometimes grace simply says: Let it go.

Proverbs says:

"Sensible people control their temper; they earn respect by overlooking wrongs." — Proverbs 19:11

There is maturity in learning what needs to be addressed and what simply needs to be released.

Ask the Holy Spirit for discernment.

Do I need to have a conversation about this?

Do I need to establish a boundary?

Or do I simply need to let this go?

Not every offense deserves residence in your heart.

Forgiveness Becomes a Lifestyle

Think about where this journey began.

Jesus hanging on the cross.

Betrayed.

Rejected.

Mocked.

Wounded.

And yet: **"Father, forgive them."**

Over these seven days, you have learned to recognize offense, guard against bitterness, choose forgiveness, release the debt, and place what you cannot carry into the hands of your Father.

Now you walk. Not perfectly but differently. You become quicker to recognize offense.

Quicker to forgive, quicker to release, quicker to give things to God and slower to become offended in the first place.

That is what freedom looks like.

When You Are Hurt Again

You will not need another seven-day journey every time someone hurts you.

You now know the way.

Recognize it.

Do not pretend it did not hurt.

Forgive.

Do not wait until you feel ready.

Release the debt.

Stop keeping the account.

Entrust it to God.

Put the person and the outcome into the Father's hands.

Leave it there.

Do NOT pick it back up. Then keep walking.

This is how forgiveness becomes freedom.

Reflection

As you finish this journey, spend some time with the Lord.

- What has God shown you about your own heart during these seven days?
- Is there anything you released that you are tempted to pick back up?
- What usually causes you to become offended, and how can you recognize when it is happening?
- Is there someone you can begin praying for instead of continually thinking about what they did?
- Are there boundaries you need to maintain while keeping your heart free?
- What would keeping short accounts look like in your everyday relationships?
- What would change if forgiveness became your first response instead of your last resort?

Walking in Forgiveness

Today, place your hand over your heart one final time but this time, you are not taking anything out.

Yesterday, you released what you were carrying.

Today, you are guarding what God has given you in its place.

Pray:

“Father, guard my heart. Teach me to recognize offense quickly and forgive quickly. Help me keep short accounts. When I am hurt, remind me not to rehearse it, feed it, or allow it to take root. Teach me when to address something, when to establish a boundary, and when to simply let it go. I want to walk with a clean heart before You.”

Then remember the open hands from yesterday.

You do not have to physically carry what you have spiritually surrendered.

Keep your heart free. Keep your hands open and keep walking.

Prayer

Father, thank You for what You have done in my heart throughout this journey. Thank You for the forgiveness I first received through Jesus. Thank You for showing me what I was carrying. Thank You for exposing the places where offense, resentment, and bitterness tried to take root.

Thank You for giving me the strength to forgive. I have released the debt. I have placed the people, the pain, the questions, and the outcomes into Your hands. Help me leave them there.

Teach me to walk in forgiveness every day. Make me quick to forgive and slow to take offense. When something hurts me, help me bring it to You before it takes root. Give me wisdom to know when a conversation is necessary, when a boundary is needed, and when something simply needs to be released. Help me bless instead of curse. Help me pray instead of rehearse. Help me extend the same mercy I have received. I choose to guard my heart. I choose to keep short accounts.

I choose to walk in peace. And when offense comes again, I will remember:

Forgive.

Release.

Entrust and walk free.

In Jesus' name,

Amen.

Final Declaration

I have been forgiven, and I choose to forgive.

I will not allow offense to take root in my heart.

I will keep short accounts.

I will not continually rehearse what God has asked me to release.

I will bless instead of curse.

I will walk in wisdom and maintain healthy boundaries.

I will leave in God's hands what I have placed there.

My past does not control my peace.

Bitterness has no home in me.

My heart belongs to Jesus.

I choose forgiveness.

I choose peace.
I choose freedom.
I will walk free.