



A FORGIVENESS  
DEVOTIONAL

7 DAYS TO FREEDOM

# Day 1: Naming the Weight You Carry

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## Scripture

"Come to me, all who labor and are heavy laden, and I will give you rest."  
— Matthew 11:28

## DEVOTIONAL

Forgiveness begins not with releasing others, but with admitting the weight we've been carrying. God invites honesty before healing. You don't have to minimize your pain to be faithful.

## REFLECT

- What hurt feels heaviest right now?
- How long have I been carrying it alone?

## PRAYER

Jesus, I come tired and honest. I name this hurt before You. Meet me here with rest.

## PRACTICE

Write down the hurt you've avoided naming. No fixing—just truth.

*Amen, Thank you Lord for hearing my prayers.*

## NOTES



# Day 2: When Unforgiveness Slows Growth

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## Scripture

"Let us throw off everything that hinders..."  
— Hebrews 12:1

### DEVOTIONAL

Unforgiveness quietly anchors us to the past. You can love God deeply and still feel spiritually stuck when bitterness lingers. Forgiveness doesn't erase what happened—it removes what hinders growth.

### REFLECT

- Where do I feel spiritually stuck or weary?
- Could unforgiveness be part of the weight?

### PRAYER

Lord, show me what is hindering my growth. I want to keep moving with You.

### PRACTICE

Ask God to gently reveal one place where unforgiveness may be slowing you down.

*Amen, Thank you Lord for hearing my prayers.*

### NOTES

# Day 3: The Hidden Cost to Your Soul

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## Scripture

"Above all else, guard your heart..."  
— Proverbs 4:23

### DEVOTIONAL

Unforgiveness doesn't stay contained. It leaks into sleep, energy, emotions, and relationships. Forgiveness is an act of self-care for the soul and a way of guarding your heart in love and wisdom.

### REFLECT

- How has this hurt affected my emotional or physical health?
- What has it cost me to keep holding on?

### PRAYER

God, I acknowledge the toll this has taken. I don't want to pay this price anymore.

### PRACTICE

Place a hand on your heart and take three slow breaths, inviting God's peace.

*Amen, Thank you Lord for hearing my prayers.*

### NOTES



# Day 4: Forgiveness and Your Relationship with God

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## Scripture

"Forgive as the Lord forgave you."  
— Colossians 3:13

### DEVOTIONAL

God's command to forgive is not punishment. It's protection. Unforgiveness hardens the heart and dulls spiritual sensitivity. Forgiveness keeps your heart soft, humble, and close to Him.

### REFLECT

- Where do I sense distance between God and me?
- What might forgiveness restore in my relationship with Him?

### PRAYER

Jesus, soften my heart again. I want intimacy, not distance.

### PRACTICE

Spend five quiet minutes asking God to realign your heart with His grace.

*Amen, Thank you Lord for hearing my prayers.*

### NOTES

# Day 5: Choosing Forgiveness Before Feelings Catch Up

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## Scripture

"Trust in the Lord with all your heart..."  
— Proverbs 3:5

### DEVOTIONAL

Forgiveness is often a decision before it's a feeling. God honors the choice even when emotions lag behind. Obedience opens the door for healing to follow.

### REFLECT

- What am I afraid will happen if I forgive?
- Can I trust God with justice and outcomes?

### PRAYER

Lord, I choose forgiveness today even if my feelings need time to follow.

### PRACTICE

Say aloud: "I choose to forgive \_\_\_  
for \_\_\_"

*Amen, Thank you Lord for hearing my prayers.*

### NOTES



# Day 6: Open-Handed Release

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## Scripture

"Cast all your anxiety on him because he cares for you."  
— 1 Peter 5:7

### DEVOTIONAL

Forgiveness is release, not denial.  
When you open your hands, you  
stop gripping what God never  
asked you to carry. He cares  
deeply about what hurt you and  
He can hold it better than you can.

### REFLECT

- What am I still gripping tightly?
- What would it look like to  
release this to God?

### PRAYER

God, I release this person and this  
pain into Your hands.

### PRACTICE

Physically open your palms as you  
breathe slowly and imagine placing  
the hurt before God.

*Amen, Thank you Lord for hearing my prayers.*

### NOTES

# Day 7: Walking Forward in Freedom

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## Scripture

"It is for freedom that Christ has set us free."  
— Galatians 5:1

### DEVOTIONAL

Forgiveness is sometimes a one-time decision and often a daily practice. Freedom grows as you keep choosing release. You are not weak for needing time. You are brave for choosing healing.

### REFLECT

- What freedom do I sense God inviting me into next?
- What boundaries or support might I need going forward?

### PRAYER

Thank You, Lord, for the freedom You offer. Help me walk forward lighter and whole.

### PRACTICE

Commit to one small, daily act of release this week.

*Amen, Thank you Lord for hearing my prayers.*

### NOTES