

DAY 29 – EXTENDING FORGIVENESS TO OTHERS

Scriptures

Luke 17:3-4; Mark 11:22-25

Prayer Focus

Extend forgiveness to wrongdoers; reconcile if possible.

Devotional Thought

Forgiveness involves letting go of resentment, anger, or the desire for revenge towards someone who has wronged you. It is both a decision and a process that can have significant emotional, psychological, and even physical implications. Jesus requires us to forgive others and indicates that forgiveness is an important aspect of getting our prayers answered. It is easier to forgive others when we keep in mind that God has done so much for us through Christ. The ideal goal of forgiveness is reconciliation. However, God does not require us to remain in unsafe or abusive situations.

Practical Moment

Do you struggle with unforgiveness? Here are some things to remember.

1. Be honest about your feelings. Talk to God about how you were hurt.
2. Acknowledge your responsibility for your negative feelings. You do not have to take on a victim mentality.
3. Confess and repent of your bitterness, hatred, pride, or other negative emotions.
 - A. To the Lord (1 John 1:6-2:1)
 - B. To an accountability partner (James 5:16)
 - C. To the one who has offended you if possible (Matthew 5:22-24; 6:12-15; Mark 11:25-26).
4. Ask yourself if you want to receive emotional healing and freedom from unforgiveness.
5. Choose to forgive by faith.
6. Pray for those who have wronged you and extend God's love to them.
7. Forgive yourself and accept God's forgiveness.
8. Cut off unhealthy associations. You do not have to remain in unsafe or abusive situations.