

Forgiving Others – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Was there ever a time when you swore to never forgive someone for something they did to you? How did it make you feel? How long did you hold onto it? Did you feel better or worse over time regarding them? How did it affect them? What aspect of forgiving others is the hardest for you? Why do you think it is so hard?

Day 2

Read Matt.18:21-35 and answer the following questions:

What happened to the servant who was forgiven but didn't forgive others?

What did Jesus say would happen if we don't forgive others from our heart?

Have you ever felt tormented?

What is the most miserable part of unforgiveness?

Day 3

Memorize

MATTHEW 6:14-15 (NIV)

¹⁴For if you forgive men when they sin against you, your heavenly Father will also forgive you. ¹⁵But if you do not forgive men their sins, your Father will not forgive your sins.

Day 4

Often unforgiveness is at the root of a lot of our problems in life. Think back to the first time you were using drugs. What were your motives? Were you resentful towards anyone and wanting to get back at them? Was there any desire to hurt someone who had hurt you, and the result was that your own life became worse? If you are constantly struggling with the same thing over and over again and feel like there is no power in your life, you need to examine your heart and ask God to show you what is causing this. Then surrender in that area.

Is there anyone you are refusing to forgive?

Why would you refuse to forgive a person?

What are some ways unforgiveness affects you?

Day 5

When we learn to master forgiveness, we begin to have much greater joy in our life. We cannot love people like Jesus loves them unless we have forgiven everyone who has hurt us. In my own life, there were people that I had a very hard time forgiving, but I would seek God and ask Him to help me forgive those I didn't want to forgive. When we let go, we allow God to work in our hearts, and we release the situation to Him. There is a freedom in letting go of those hurts and letting ourselves forgive. The one who has been hurt the most deeply is the one who has the greatest power in ministry when healed. God often uses the area of our hurt or damage or weakness to become our most effective avenue of ministry.

Write down a list of people you need to forgive and begin the process of forgiving them.