

DAILY DEVOTIONAL

Over It

WEEK 1

FORGIVENESS HELPS YOU GET OVER IT.

“Even if that person wrongs you seven times a day and each time turns again and asks forgiveness, you must forgive.”

LUKE 17:4 NLT

DAY 1

If someone hurt your feelings then immediately apologized, what would you do? You'd probably shake it off and let things go, right? But what if that same person continued to hurt your feelings over and over again. Sure, they kept apologizing, but nothing changed. That's harder to shake off. Yet Jesus commands us to forgive every time someone asks for forgiveness. The secret to forgiveness is to keep your heart open to God. His love is the only way we can find it in our human hearts to forgive, again and again and again. We can practice Jesus's command by allowing God's love to flow through us and forgive. Pray that God will give you a heart that stays ready to forgive.

“The Lord doesn't see things the way you see them. People judge by outward appearance, but the Lord looks at the heart.”

1 SAMUEL 16:7B

DAY 2

If we're honest, it's easier for us to want to get back at someone than it is to forgive. That's our human nature. But God's way is so much better than ours! He knows what we don't know and sees what we can't see. We look at others from the outside in, but God sees us from the inside out. He looks at us with loving eyes, seeing beyond our actions and words. And when we can see others the way God sees them, we'll find forgiveness to be much easier. Have a chat this week with your Small Group Leader about how you can see others the way God sees them.

“Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives.”

COLOSSIANS 3:16A NLT

DAY 3

There may be times in your life when you have to make tough decisions about who you spend time with. There may be relationships that bring you more harm than good. That's when we need wisdom. What is wisdom? It's the ability to know the right thing to do, and that only comes from God. As we are learning to forgive and love others, we have to listen to wise advice. If there is a relationship that isn't good for you, you need wisdom to not only forgive, but to make better choices about that relationship in the future. Is there a wise person in your life? Make a point to talk with them this week about how you can make wise choices in your relationships.

“If you forgive those who sin against you, your heavenly Father will forgive you.”

MATTHEW 6:14 NLT

DAY 4

No matter who you are or what you've done, it's important to remember that we all need forgiveness. We all need to receive it, and we all need to give it. But the good news is, because of Jesus, forgiveness is always ours to give and take. He has made a way for us to receive the ultimate forgiveness, and because of that, we can extend that same grace to others. Today, ask yourself if there is someone you need to forgive or if you need to ask for forgiveness yourself. Then, pray that God would help you as you give or receive forgiveness.

“But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.”

MARK 11:25

DAY 5

Our forgiveness is directly tied to our ability to forgive others. In other words, just as much as we have been forgiven, we have to forgive others. We can't simply receive God's forgiveness and love without giving the same back to others. This isn't easy, but remember, Jesus lives in you! And because of that, you don't have to do it on your own! If there is someone you are angry with, write them a letter and tell them you forgive them. You don't even have to give them the letter! Just practice letting Jesus work through you to forgive.

DAILY DEVOTIONAL

Over It

WEEK 2

FORGIVENESS HELPS YOU FORGIVE.

“O Lord, you are so good, so ready to forgive, so full of unfailing love for all who ask for your help.”

PSALM 86:5 NLT

DAY 1

Did you know that God is eager to forgive you? And by eager, I mean He is excited, thrilled, and happy to forgive! That forgiveness was only made possible through what Jesus did for us on the cross. God made a way to give us forgiveness, and all we have to do is accept it. Accepting forgiveness is just as important as accepting someone’s apology, because it allows us to move forward in freedom. Take a moment and dare to say aloud, “I accept your forgiveness, God. I don’t want anything to block our relationship. Even though I make mistakes, Jesus helps me because your love never fails.” Now, embrace a new start with God!

“But God showed his great love for us by sending Christ to die for us while we were still sinners.”

ROMANS 5:8 NLT

DAY 2

Have you ever been able to forgive someone before they apologized? That takes a huge amount of strength! And it’s exactly what Christ did for us. He loved us so much that He didn’t even wait for us to get it right or have it all together. As a matter of fact, He died to give us His best forgiveness even when we’re at our worst. His love made the first move! Who in your life could use that message of unconditional love and forgiveness? Talk to them about how you’ve experienced God’s forgiveness in your life this week.

“We know what real love is because Jesus gave up his life for us. So we also ought to give up our lives for our brothers and sisters.”

1 JOHN 3:16 NLT

DAY 3

Everyone has their own ideas about what love is. Whether we got it from the movies, our parents, or even our own experiences, we all have our own understanding of love. But one thing's for sure: Love almost always goes alongside giving. When you truly love someone, giving to them is easy. As a matter of fact, you want to give them your best! You don't want to see them in need or struggling, so you share or even sacrifice to give them whatever you can to help. That's real love, and it's exactly the way Jesus loves us. It's how He wants us to love each other, too. What does giving look like for you? Decide what you have to give others—time, possessions, encouragement—and make a point to give it away to show love to others this week.

“Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.”

EPHESIANS 4:32 NLT

DAY 4

As we know, it takes a small amount of light to get rid of the darkness. Our eyes are even trained to automatically expand in a dark room to find the light! The same is true with kindness. Just a small act of kindness can bring great light to tough circumstances around us. We show kindness by forgiving, looking at people with compassion, and treating them with respect. Just simple acts like that can bring a lot of light to someone's life. This week, look for opportunities to let kindness shine from your life. Make a point to be a light of kindness to all the people around you.

“Yet God, in his grace, freely makes us right in his sight. He did this through Christ Jesus when he freed us from the penalty of our sins.”

ROMANS 3:23-24 NLT

DAY 5

One of the best things about forgiveness is that it sets us free. From what? Well, from anger, guilt, frustration, sadness, shame, and so much more. When we receive forgiveness, we're set free from the weight of the wrongs we may have done to others. And when we extend forgiveness, we free ourselves from the frustration and hurt we're carrying. Jesus came to offer us the kind of forgiveness that brings freedom, and that's something worth celebrating. Say a prayer today, thanking God for the freedom and forgiveness you have because of Jesus.
