

# WEEK FIVE

## FIVE DAY DEVOTIONAL

### Day 1: The Deception of Unforgiveness

#### Devotional

Have you ever been so convinced you were right about something, only to later discover you were completely wrong? When it comes to forgiveness, we often deceive ourselves. We build walls of justification, convinced that our unforgiveness is warranted. Yet this self-deception only serves to imprison us, not those who have wronged us. Just as we all sin and fall short, we all face the choice to forgive or hold onto bitterness. The path to freedom begins with recognizing these deceptions for what they are - lies that keep us bound.

#### Bible Verse

"For all have sinned and fall short of the glory of God." - Romans 3:23

#### Reflection Question

What justifications have you built up in your mind to hold onto unforgiveness, and how might these be deceiving you?

#### Quote

When a person is deceived, he believes he is right even when he is not.

#### Prayer

Father, open my eyes to see where I've been deceived about forgiveness. Help me recognize the walls I've built and give me the courage to begin taking them down. Amen.

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### Day 2: The Cost of Holding On

#### Devotional

Unforgiveness is like carrying a heavy backpack filled with rocks - it weighs us down and exhausts us, yet sometimes we're so used to carrying it that we don't even realize how much it's hurting us. The weight doesn't just affect our relationship with others; it creates a barrier between us and God. When we refuse to forgive, we're essentially saying we deserve grace but others don't. This contradiction damages our spiritual life and relationships in ways we might not even recognize.

#### Bible Verse

"For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins." - Matthew 6:14-15

#### Reflection Question

How has holding onto unforgiveness affected your relationships with others and with God?

#### Quote

Unforgiveness is like swallowing a poison pill, expecting the other people to die.

#### Prayer

Lord, show me the weight I've been carrying. Help me see how unforgiveness has affected my life and give me the strength to let it go. Amen.

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### Day 3: When Those Closest Wound Us Deepest

#### Devotional

The deepest wounds often come from those nearest to our hearts. When a stranger hurts us, it stings, but when someone we trust betrays us, it can feel devastating. These intimate wounds can make forgiveness seem impossible. Yet it's precisely these deep hurts that require our most deliberate choice to forgive. Not because the offender deserves it, but because we deserve freedom from the burden of bitterness.

#### Bible Verse

"If an enemy were insulting me, I could endure it; if a foe were rising against me, I could hide. But it is you, a man like myself, my companion, my close friend, with whom I once enjoyed sweet fellowship at the house of God." - Psalm 55:12-14

#### Reflection Question

How has being hurt by someone close to you affected your ability to trust and form deep relationships with others?

#### Quote

Sometimes the people that we Love the most, we wound the deepest. And sometimes the people that love you the most may wound you the deepest.

#### Prayer

Heavenly Father, heal the deep wounds inflicted by those closest to me. Help me choose forgiveness, even when it feels impossible. Amen.

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### Day 4: The Path to Freedom

#### Devotional

True forgiveness isn't a one-time decision but a journey. It's not about forgetting what happened, but about choosing to remember it differently - as forgiven. This journey begins with small steps: choosing to pray for those who hurt us instead of against them, allowing peace to replace bitterness, and eventually offering kindness where there was once only pain. Each step might feel small, but together they lead to freedom.

#### Bible Verse

"For if you forgive other people when they sin against you, your heavenly Father will also forgive you." - Matthew 6:14

#### Reflection Question

What small step toward forgiveness can you take today, even if complete forgiveness feels impossible right now?

#### Quote

Forgiveness doesn't mean you forget. Forgiveness means you just continually remember it forgiven. And you remember it forgiven until you've released them from the offense.

#### Prayer

God, guide me on this journey of forgiveness. Help me take small steps toward freedom, even when it's difficult. Amen.

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### Day 5: Living in Freedom

#### Devotional

Imagine living free from the weight of past hurts and resentments. This freedom becomes reality when we embrace forgiveness as a lifestyle, not just a one-time choice. When we recognize that everyone, including ourselves, has the capacity to both offend and be offended, we can approach relationships with grace rather than guardedness. This doesn't mean we won't get hurt, but it means we won't let those hurts define us or our relationships.

#### Bible Verse

"For all have sinned and fall short of the glory of God." - Romans 3:23

#### Reflection Question

How might your relationships change if you approached them with an attitude of ready forgiveness rather than protective guardedness?

#### Quote

If you have breath in your lungs, take a deep breath right now. If you have air in your lungs right now, if you're breathing, you have a 100% chance to offend and 100% chance to be offended.

#### Prayer

Father, help me embrace forgiveness as a way of life. Give me the grace to forgive quickly and love freely, just as you have forgiven me. Amen.