

Forgiveness
is a complicated

GRACE

that uncomplicates
my binding pain
and helps me see

BEAUTIFUL

again.

THE BEAUTY OF FORGIVING

by Lysa TerKeurst

THIS IS FORGIVENESS: Making the decision that the ones who hurt you no longer get to limit you, label you, or project the lies they believe about themselves onto you.

Somewhere along the way, they got hurt. Really, really hurt. They aren't necessarily bad people, but chances are they are unhealed people.

When people have a deep wound they feel they must protect, the pain from that festering place is often what they'll project.

So, you must make the decision that their offense will not define you or confine you by the smallness of bitterness.

The sum total of your one incredible life must not be reduced to the limitations of living hurt.

The completely delightful, beautiful, fun, and brilliant way God made you must not be tainted by someone who lost their way.

The lies they wrongly believed and tried to put on you must not become a burden you carry or a script you repeat.

You've got much too much going for you to be stunted by anger, haunted by resentment, or held back by fear. Grow into God's grace by giving it kindly and accepting it freely.

Throw your arms up in victory and declare, "I'm free to forgive so that I can live!"

Do it once, twice, seventy times seven. Make it an undeniable fact you're a girl bound one day for heaven.

The forgiveness message you dare to declare is the evidence of Jesus in you that no soul could deny. Sing it like an anthem that the one who was crushed cannot have their joy hushed. Scatter it like confetti, coloring the blandness of surviving with the radiance of thriving. Release it like the fantastic fragrance everyone loves and always wants more of.

Now put your fingers on your pulse. Do you feel that? It's your heart beating, pumping, willing you to press onward and upward. Your future is full of possibility and new joys you don't want to miss.

So get a bit carried away dancing to that song ... you know, the one that, when its rhythm gets turned up all the way, makes it impossible for you to stay down. And if it's not a praise song, sing to Jesus anyway.

DANCE! AND SING! IT'S TIME TO GET MOVING AND GET ON WITH LIVING.

This, my friend, is the beauty of forgiving.

Prayers
FOR
Forgiveness



from *Forgiving What You Can't Forget Study Guide*
by Lysa TerKeurst

Prayers FOR Forgiveness

FATHER GOD,

As we start this journey, we're so thankful we can trust Your love for us. And we're deeply grateful You never shame us for our struggles with forgiveness. Instead, You simply invite us to come to You for Your wisdom, help, and hope. So, that is what we're doing. Please help us to see forgiveness as a gift and not one more burden on our already broken hearts. Help us to believe that healing and freedom are possible, not just for other people but for us. And help us learn to forgive as You have forgiven us. Freely. Completely. Not to excuse what's been done to us, but to set us free. You are good. Your ways are good. And that means we can trust that forgiveness is good too.

IN JESUS' NAME, *amen*

FATHER GOD,

We confess there are places we've been putting off forgiving. It has felt too hard, too unfair, too soon for these still-raw wounds. But when You ask us to forgive others as Jesus has forgiven us, You aren't being insensitive to our pain. You are graciously showing us how to get free from all of this hurt. You are helping us to become vessels that pour out grace and kindness instead of words and actions we can never take back. Thank You for not asking us to do this on our own. Thank You that Jesus went first, even in this. Help us to look to Him, learn from Him, and follow His lead. We want the peace and wholeness and hope You're offering us through Him.

IN JESUS' NAME, *amen*

FATHER GOD,

We come to You confessing that we need Your help with our thinking. We want to be women led by wisdom and truth. Women shaped and steadied by wisdom and truth. Women well-equipped to process our pain through wisdom and truth. That's why we're asking You to help us as we head into this new week of studying. Help us to see the truth. About You. About ourselves. About those who have hurt us. And continue to help us to see the truth of our need to forgive and be forgiven. We love You. We need You. And while we want You to move in our circumstances, we realize the most important place we need You to move right now is in the way we think and see.

IN JESUS' NAME, *amen*

Prayers FOR Forgiveness

FATHER GOD,

We are so thankful for the reminder that You are not a do-nothing God. You see us. You love us. And You have not for one second forsaken us. Give us the wisdom we need for the circumstances we are currently in. Help us to choose faithfulness and obedience to You, even when we don't understand what You're doing. We know there isn't a single thing the enemy can send our way that You can't overcome . . . that You can't redeem . . . that You can't use for our good and the good of others. So, we're choosing the way of forgiveness. We're trusting in Your love. And we're surrendering every heartache and difficult circumstance into Your loving and mighty hands, believing that with You there's always a meanwhile.

IN JESUS' NAME, *amen*

FATHER GOD,

We're so thankful that You are never dismissive of our pain. You meet us in it. You love us in the midst of it. But You also don't want us to stay stuck in it. Please show us the places where we're excusing bitterness and unforgiveness in our lives. Please help us to release every painful detail to You. We don't want to live our lives enslaved to the facts of what happened to us. It is for freedom You set us free, and that is how we want to live. Free. Healed. Whole. Teach us in the coming days what it means to live both fruitful and forgetful. We love You, we trust You, and we need You.

IN JESUS' NAME, *amen*

FATHER GOD,

Thank You for this journey we've been on over the last six weeks. While this may be the end of us meeting to study together, we know this is just the beginning of a lifelong journey of choosing to bring the beauty of forgiveness to a broken and hurting world. We are so thankful we no longer have to be women controlled by the pain of our past. We're believing that, with You, we can live with peaceful hearts, uncluttered minds, and arms wide open with compassion. We want our lives to be evidence that Your Son Jesus is real. As Your forgiveness flows so freely to us, may it also flow freely through us.

IN JESUS' NAME, *amen*