

# Forgiveness

Forgiving others when they have hurt us is always a difficult thing to do. That doesn't mean it's impossible. Forgiveness starts with a choice. We have to choose to forgive. We can ask God to give us a willing heart to forgive the people who have hurt us. Understand that making the choice to forgive is the beginning of releasing the hurt that you feel.

Forgiving others does not mean you have not experienced hurt. The pain you feel is real and should not be ignored. God can and will heal us from pain as we choose to forgive and not hold on to the offense that we feel.

**“Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.” (Colossians 3:13)**

We forgive others because Jesus has forgiven us of all our sin. Refusing to forgive or becoming bitter will hold us back from seeing God's work in and through our lives.

God's word says, **“Forgive people when they sin against you. If you do, your Father who is in heaven will also forgive you. But if you do not forgive people their sins, your Father will not forgive your sins” (Matthew 6:14–15).** God wants to bless you. He has a great future planned for you. Forgiving others is a great next step to overcoming your past and embracing the future God has planned for you.

This is a daily process, and there will still be times you feel pain. But God is with you and will walk with you through this season of forgiving and walking toward healing and freedom.

***If you are struggling to forgive someone, we would love to talk with you. Please call the church office (904.261.8310) or email us at [hope@thejourneyfamily.com](mailto:hope@thejourneyfamily.com).***

