

RELEASE

WEEK TWO: RELEASING THE THINGS THAT OFFEND

M

UNRESOLVED ANGER

Have you allowed unresolved anger to turn into bitterness or resentment? If so, how is this affecting your relationship with others and with God? How is it influencing your thoughts or actions?

Write down the specific incident or person that sparked your anger. Ask yourself, "What am I really angry about?" "Why do I still feel this way?" Be honest about the emotions tied to the situation or person. Ask God to help you understand the deeper causes.

T

GUILT & SHAME

Identify areas of guilt & shame that you've been carrying. Are you living in freedom, or still allowing your past mistakes to define your present reality? Do you truly believe that God's grace is sufficient to forgive all your sins?

Talk to a trusted Christian friend or counselor — sometimes guilt can persist because we need to verbalize it. Share your struggles and receive support, prayer, and perspective.

W

BITTERNESS ABOUT CIRCUMSTANCES

Reflect on any bitterness taking root in your heart. Seek God's perspective and ask for help to see your circumstances from His viewpoint. Consider how bitterness might be causing trouble & defiling many aspects of your life.

List out the situations or individuals related to your feelings of bitterness. Choose to pray for each situation and individual, asking God to replace your bitterness with peace.

T

UNREALISTIC EXPECTATIONS

What unrealistic expectations have you placed on yourself and others? Ask God to help you focus on progress, not perfection — embracing the process of growth, knowing that God is shaping you daily

Adjust 1 major expectation you've held recently. Set small, practical steps that you can work towards in God's strength. If this change affects others, explain how you're aligning it more with God's Guidance

F

WITHHELD FORGIVENESS

Think about someone you haven't forgiven. What barriers are preventing you from forgiving as described in Colossians 3:13?

If possible, reach out to that person to express forgiveness. Or write that person a letter in a journal if direct contact isn't advisable, committing to let go of the things that offend.

S

UNHEALTHY RELATIONSHIPS & PATTERNS

Take inventory of your unhealthy relationships and patterns. What behaviors do you need to say no to, and what boundaries do you need to set? How might you be contributing to unhealthy dynamics? Repent or make changes accordingly.

Identify one unhealthy pattern or relationship to modify or end. Plan concrete steps to do so, seeking counsel if needed to ensure these changes are wise and effective.