

THE **BIG** IDEA

Give the gift of forgiveness.

Monday: *Genesis 45:1-3*

Pain happens. Conflicts erupt and misunderstandings arise, leaving us with anxiety, hurt, and bitterness. We can try to bottle it up, but as much as we hate it, eventually the emotions all come spilling out. Take control now by unbottling that pain today. Ask God to help you sort through your hurts and heal them with His help.

Tuesday: *Luke 23:34*

In the worst moment of pain, betrayal, and abandonment, Jesus turned to God. He prayed not only for His own circumstances, but also for His betrayers. Commit today to take your hurt to God *first*. Before you pick up the phone or type one text, spend some time with your Father. Share your pain and listen for His insight. Prayer will change it all.

Wednesday: *Matthew 18:21-22*

Forgiveness is a tricky thing. If we wipe the slate clean, our subconscious worries we're opening ourselves up to more pain. But Jesus is very clear in His directions: we should forgive so many times, we lose count! Don't let fear or repeat offenses keep you from offering forgiveness. As much sense as it makes, it gets in the way of God.

Thursday: *Luke 6:27-28*

These verses can be hard to stomach. Jesus is not talking about going through the motions—He really wants us to love and pray and bless those who hurt us. Only through His grace and mercy can we do this—but we *can* do it!

Friday: *Colossians 3:13*

Forgiveness is a tricky gift. It seems to require we give so much, and the other person receives so much...undeservedly. But all this stems from the forgiveness we find in our own God. Spend time reflecting on how God has forgiven you through it all!