**Faith Based Forgiveness in the Healing Process**

**Purpose:**  
This worksheet explores forgiveness through a biblical lens, helping you understand its role in healing, reflect on God’s example of forgiveness, and take steps toward releasing resentment and finding peace. Forgiveness is not about excusing harm but about freeing your heart to grow closer to God.

**1. What Does Forgiveness Mean in Faith?**  
Forgiveness is central to Christian faith, modeled by Jesus’ ultimate sacrifice. It is an act of grace that releases resentment and opens the heart to healing. Scripture reminds us: *“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you”* (Colossians 3:13).

* How do you currently feel about the idea of forgiving someone who has hurt you?
* What does forgiveness mean to you in the context of your faith?

**2. Reflecting on God’s Forgiveness**  
God offers us forgiveness freely, not because we deserve it, but because of His boundless love. Reflecting on His example can help you extend grace to others and yourself.

* Write down a time when you experienced God’s forgiveness. How did it feel to receive His grace?
* How does knowing God forgives you encourage you to forgive others?

**3. Recognizing the Barriers to Forgiveness**  
Forgiveness can feel difficult or impossible, especially when wounds are deep. Identifying these barriers allows you to seek God’s help in overcoming them.

* What fears or doubts make forgiveness feel challenging for you?
* How can you pray for strength and wisdom to overcome these barriers?

**4. Releasing the Burden Through Prayer**  
Forgiveness begins with a choice to release the burden of resentment. Through prayer, you can ask God for the grace to forgive and for healing to begin.

* Write a prayer asking God to help you forgive someone who has hurt you. Include your struggles, your hopes, and your willingness to trust His guidance.
* Reflect on how it feels to entrust this process to God.

**5. Forgiving Yourself**  
Self-forgiveness is an essential part of healing, allowing you to accept God’s grace and let go of guilt or shame.

* What do you need to forgive yourself for? Write it down honestly and without judgment.
* Write an affirmation of self-forgiveness, acknowledging God’s love and acceptance:  
  “I forgive myself because God has forgiven me. I am loved and worthy of His grace.”

**6. The Fruits of Forgiveness**  
Forgiveness brings freedom, peace, and renewed connection with God. While it may take time, every step toward forgiveness strengthens your spirit and allows His love to shine through you.

* Reflect on a time when you forgave someone or yourself. What positive changes did it bring to your life?
* How can you lean on God as you continue this journey toward forgiveness?

**Conclusion:**  
Forgiveness is not about forgetting or condoning harm—it is about choosing freedom over bitterness and trusting God to bring justice and healing. As you walk this path, lean on His Word, seek His guidance, and remember that His grace is sufficient for every challenge. *“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you”* (Ephesians 4:32).