**Healing Through Forgiveness**

**Purpose:**  
Forgiveness is a profound act of spiritual healing that frees us from the weight of resentment and bitterness. It is not always easy, but it is essential for our well-being and alignment with God’s will. Through forgiveness, we reflect the grace we have received from Christ, who calls us to extend mercy to others. This worksheet will guide you in exploring areas where forgiveness is needed, understanding its transformative power, and prayerfully committing to this healing process. As **Ephesians 4:32** encourages us: *“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”* May this exercise help you experience the freedom and peace that forgiveness brings.

**Reflection on Forgiveness:**

Who or what are you struggling to forgive? This could include others, yourself, or even situations where you feel anger or resentment. Write down what comes to mind.

**The Impact of Holding On:**

How has holding onto this hurt or resentment affected you emotionally, spiritually, or physically? Reflect on the toll it has taken on your well-being.

**Scripture on Forgiveness:**

Choose a Bible verse about forgiveness that speaks to your heart. Write it here:  
*“*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”\_  
(Book, Chapter:Verse)

How does this scripture inspire you to move toward forgiveness?

**Steps Toward Forgiveness:** What steps can you take to begin or continue the process of forgiveness? Examples might include prayer, writing a letter (whether or not you send it), or releasing anger through reflection or dialogue with a trusted mentor.

**Prayer for Forgiveness:**

Take time to pray, asking God for strength to forgive and for His healing grace in your heart.  
\_“Lord, I come to You with the burden of unforgiveness in my heart. Please help me release the pain caused by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*. I surrender my anger and resentment to You, and I ask for Your guidance as I move toward forgiveness. Thank You for the forgiveness You have shown me through Christ. Help me to reflect that same grace in my life. Amen.”*

**Reflection on Growth:**

Think about a time when you were able to forgive someone. How did it feel, and how did it affect your spiritual and emotional health?

**Moving Forward:**

Write a personal affirmation or commitment to practicing forgiveness in your life.  
\_“I choose forgiveness because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.”*

May this worksheet help you release the burdens of the past, allowing God’s grace to restore peace and freedom in your heart.