**Walking in Forgiveness: Receiving God’s Grace and Extending it to Others**

**Purpose:**
Forgiveness is a cornerstone of faith and a critical step in the journey of recovery. Addiction often leaves a trail of pain—pain you may have caused others and pain you may have endured. Carrying the weight of guilt, shame, or bitterness can hinder your ability to heal and move forward. God calls us not only to seek His forgiveness but also to extend grace to ourselves and others, freeing us from the burdens of resentment and self-condemnation.

The Bible reminds us of the power of forgiveness in Ephesians 4:32: *“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”* God’s forgiveness is a gift, freely given, that wipes away our sins and invites us into a restored relationship with Him. Receiving this grace enables us to let go of the past and empowers us to offer forgiveness to others, even when it feels difficult. This worksheet explores the profound spiritual act of forgiveness, guiding you through scripture, prayer, and reflection to receive God’s grace and share it with others.

How does accepting God’s forgiveness change the way you view yourself and your recovery?

**1. Scripture to Reflect On**
The Bible speaks deeply about forgiveness and the freedom it brings. In 1 John 1:9, we are reminded, *“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”* This verse emphasizes God’s faithfulness in forgiving our mistakes when we come to Him with an open and repentant heart.

Matthew 6:14-15 teaches the connection between receiving and extending forgiveness: *“For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.”* This highlights that forgiveness is a two-way street—just as we receive God’s grace, we are called to share it with others. Finally, Psalm 103:12 assures us of the completeness of God’s forgiveness: *“As far as the east is from the west, so far has he removed our transgressions from us.”* God’s forgiveness is total, removing the burden of sin from our lives.

Which scripture speaks most powerfully to your heart about the importance of forgiveness, and how can you apply it to your journey?

**2. Receiving God’s Forgiveness**
Guilt and shame can be overwhelming barriers in recovery, convincing you that your mistakes are too great to be forgiven. But God’s grace is limitless, and His forgiveness is not earned—it is a gift. Romans 8:1 declares, *“Therefore, there is now no condemnation for those who are in Christ Jesus.”* When you confess your sins to God, He forgives completely, offering you a clean slate and a renewed sense of purpose.

Receiving God’s forgiveness also involves accepting His love for you. It is a reminder that your worth is not determined by your past but by His sacrifice for you on the cross. In receiving His grace, you are not only freed from guilt but also empowered to walk forward in faith and healing.

What areas of your life do you need to bring before God to fully receive His forgiveness?

**3. Extending Forgiveness to Others**
Forgiving others is often one of the hardest parts of recovery, especially when the wounds are deep. Yet holding onto resentment can weigh heavily on your heart, keeping you bound to the pain of the past. Colossians 3:13 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.”* Forgiving someone does not mean excusing their actions—it means releasing the hold that anger and bitterness have on your heart.

When you forgive others, you mirror God’s grace, creating space for healing and restoration. Forgiveness is as much a gift to yourself as it is to the other person. It allows you to let go of the burden of resentment and move forward with peace.

Who in your life do you feel called to forgive, and what steps can you take to begin that process?

**4. A Prayer for Forgiveness**
Prayer is a way to invite God into the process of forgiveness, asking for His strength to release guilt and resentment. Use this prayer to guide your heart:

*Heavenly Father, I come to You seeking Your grace and forgiveness. I confess my mistakes and ask You to cleanse my heart. Thank You for removing my sins and loving me unconditionally. Help me to extend the same forgiveness to others, even when it feels hard. Teach me to release resentment and to trust in Your justice and mercy. Thank You for the freedom and peace that forgiveness brings. Amen.*

How can daily prayer help you fully embrace God’s forgiveness and extend it to others in your life?

**5. Living in Forgiveness**
Living in forgiveness means walking in the freedom that comes from God’s grace and sharing that grace with others. It involves letting go of past hurts, choosing peace over bitterness, and embracing the love and mercy that God has poured out on you. Forgiveness is not a one-time act but a way of life, a daily decision to trust God’s plan for healing and restoration.

As you live in forgiveness, you reflect God’s love to the world around you, becoming a source of healing and hope. Each act of forgiveness—whether it’s forgiving yourself, forgiving others, or seeking forgiveness—draws you closer to the life of freedom and wholeness that God desires for you.

What would it look like to live fully in the freedom of God’s forgiveness, both for yourself and in your relationships with others?

**Conclusion:**
Forgiveness is a powerful act of faith that frees you from the chains of guilt and bitterness. By receiving God’s grace, you are reminded that your past does not define you and that His love is greater than your mistakes. By extending forgiveness to others, you release the weight of resentment and open your heart to peace and restoration. Walking in forgiveness is a daily practice, but with each step, you grow closer to the freedom and purpose that God has for your life.