

**7-Day
Forgiveness
Starter Guide**

*Find freedom and healing
one step at a time*



7-Day Forgiveness Starter Guide

Find freedom and healing one step at a time

Based on my own experience of forgiving the man who sexually abused me, the company directors that betrayed me, my ex husband, and many others, including myself, I've learned a lot about what lasting forgiveness is and what it isn't.

It is only by God's grace and by accepting the work He has already accomplished on the cross, that we can be truly 100% free from the bitterness, hurt, wounds and the sense or need for revenge.

We can say the words, "I forgive you" to a person or even in a prayer (I forgive them) but unless you allow God/Holy Spirit to transform YOUR heart, it won't last.

My life has been transformed because of what I've unlearned and relearned about true Biblical forgiveness.

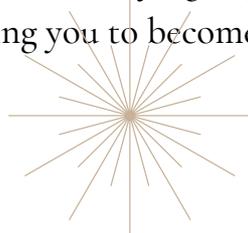
Let's start with this quick guide:

Here are 7 prompts to take with you into a quiet time with your Lord.

Read the Bible verse, and then pray. Ask God to show you what's really in your heart. Read the Word again. and again. Marinate in it. (let the Word seep into your being) Journal what you are sensing, hearing, feeling. Push through anything uncomfortable. Know that you are loved.

I've let my words be few, so that God can speak to you...
be still and listen for His Voice in His Word.

What is He saying to you?
How is He leading you to become more like Him?



Day 1

Why Forgive?

Colossians 3:13 – Bear with each other and forgive one another... Forgive as the Lord forgave you.

Forgiveness isn't about excusing what happened, it's about freeing yourself from the weight of bitterness.



Day 2

Forgiveness is a Choice

Deuteronomy 30:19 – I have set before you life and death... Now choose life.

You may not feel like forgiving, but forgiveness begins as a decision, not an emotion.



Day 3

Forgiveness is Not Forgetting

1 Corinthians 13:5 – Love keeps no record of wrongs.

Forgiveness doesn't erase memory; it releases the demand for repayment.



Day 4

Forgive Yourself Too

*Romans 8:1 There is now
no condemnation*

for those who are in Christ Jesus.

Sometimes the hardest person
to forgive is yourself.

God already removed your guilt
through Christ Jesus.



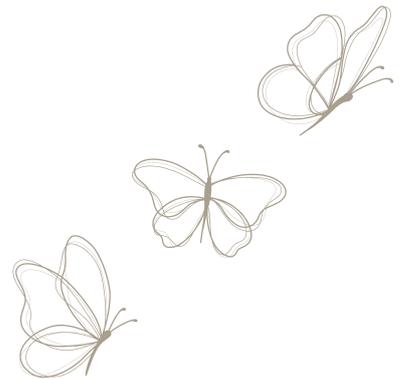
Day 5

Forgiveness Heals the Heart

*Psalms 147:3 – He heals the broken-hearted
and binds up their wounds.*

Unforgiveness
keeps wounds open.

Forgiveness
allows God to begin
mending what's broken.



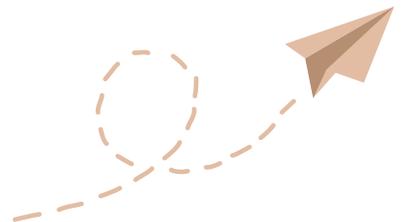
Day 6

Forgiveness Brings Freedom

*John 8:36 – So if the Son sets you free,
you will be free indeed.*

Holding on to offense keeps you chained.

Releasing it unlocks your heart and frees
your future.



Day 7

Forgiveness Sends You Forward

Isaiah 43:18-19 – Forget the former things...

See, I am doing a new thing!

Forgiveness doesn't change your past,
but it transforms your future.

God is ready to write a new chapter
just for you.

Are you ready to receive it?

Are you ready to
live the life you were
created to live?



Prayer:

*Father, today, I am choosing to be willing
to forgive -----.*

*Help me walk with You daily,
letting You lead me,
on the journey towards true
forgiveness and into the freedom
You intended for me.*



Next Step:

Ready for a deeper journey?

My 30-Day Journey Towards Forgiveness
devotional will guide you even further.

Visit: dianespicer.com/shop for e-book or booklet

