

This week, we'll focus on how to forgive, even when it's difficult, and how God's grace can empower us to release hurt and experience freedom.

Day 1: Recognizing the Pain

📖 **Read:** Genesis 37:12–28; Psalm 34:18

Key Insight:

Joseph was betrayed by his own brothers. They sold him into slavery, stripping him of his freedom and family. His pain was real, and he had to confront that pain before he could move toward forgiveness.

Reflection Questions:

1. Have you ever experienced betrayal or hurt from someone close to you?
2. How have you handled that pain—have you buried it, confronted it, or allowed it to harden your heart?
3. What would it look like to bring that pain to God instead of carrying it alone?

Practical Step:

Write down the names of people who have hurt you. Pray and ask God to help you process the pain with honesty and openness.

Day 2: Choosing Forgiveness When It's Undeserved

📖 **Read:** Genesis 45:1–15; Colossians 3:13

Key Insight:

Joseph's brothers didn't deserve his forgiveness—they had sold him into slavery and ruined his life. But Joseph chose to forgive because he saw God's bigger plan at work. Forgiveness is not about fairness; it's about releasing the offense and trusting God's justice.

Reflection Questions:

1. Why is it hard to forgive when the other person doesn't deserve it?
2. How does knowing that God has forgiven you help you extend forgiveness to others?
3. What's one step you can take toward forgiving someone who has wronged you?

Practical Step:

Write a letter (even if you don't send it) to someone you need to forgive. Express how their actions hurt you, but also release the offense in your heart.

Day 3: Trusting God with the Outcome

📖 **Read:** Genesis 50:15–21; Romans 12:17–19

Key Insight:

Joseph could forgive because he trusted that God was in control of the

outcome. He said to his brothers, "You intended to harm me, but God intended it for good." Forgiveness is easier when we trust that God will bring justice and restoration in His way and His timing.

Reflection Questions:

1. How does trusting God's plan make it easier to forgive?
2. What would it look like for you to release the need for justice and trust God instead?
3. Are you willing to let go of the outcome and trust God to work it for good?

Practical Step:

Pray and release the person or situation into God's hands. Say, "God, I trust You with this outcome."

Day 4: Breaking the Cycle of Bitterness

📖 **Read:** Ephesians 4:31–32; Hebrews 12:14–15

Key Insight:

Unforgiveness leads to bitterness, which can take root and poison your heart. Forgiveness isn't about the other person—it's about breaking free from bitterness and allowing God's peace to heal you.

Reflection Questions:

1. Have you allowed bitterness to take root in your heart?
2. What are some signs that bitterness might be affecting your relationships or faith?
3. How would your life look different if you truly released bitterness and embraced peace?

Practical Step:

If bitterness has taken root, confess it to God. Ask Him to heal your heart and give you the strength to release it.

Day 5: Extending Grace and Moving Forward

📖 **Read:** Matthew 18:21–35; 2 Corinthians 5:17–21

Key Insight:

Joseph's story reminds us that forgiveness opens the door for reconciliation and healing. While reconciliation isn't always possible, extending grace allows you to move forward without being chained to the past.

Reflection Questions:

1. What does it mean to extend grace to someone who has hurt you?
2. How can you move forward even if reconciliation isn't possible?
3. What's one area where you need to extend grace to yourself or someone else?

Practical Step:

Make a list of the ways God has extended grace to you. Use it as motivation to extend grace to others.