

WEEK 3

Forgiveness

CLOSE

Unforgiveness

OPEN

Grace and Forgiveness

Ephesians 4:31–32 | Colossians 3:13 | Matthew 6:14–15



Scripture for This Week

Ephesians 4:31–32

Colossians 3:13

Matthew 6:14–15

Read the passages together. What word, promise, warning, or invitation stands out?

Closing Unforgiveness

What weakens us

Forgiveness acknowledges that the hurt mattered.

Forgiveness does not call harmful behavior acceptable.

Forgiveness does not remove wise boundaries.

Opening Grace and Forgiveness

Release the offense to God.

Refuse to let it control the future.

Pursue truth, repair, and safety.

Private Reflection and Couple Conversation

What hurt am I still carrying, and what would healing look like?

Complete privately: "The hurt I need to surrender to God is..."

Pray before deciding what to share.

If safe and appropriate, name one first step toward a healthy conversation.

Listen to understand. Speak with honesty and kindness.

Practice Beyond the Session

THIS WEEK

Choose one unresolved issue and begin with prayer. Address it only with honesty, respect, and appropriate support.

COUPLE PRAYER

God of mercy, help us release bitterness, accept responsibility, and seek healing.
Give us wisdom about boundaries and next steps.