

DAILY DEVOTIONAL

Sorry Not Sorry / Week 3

WEEK 3

HEALING TAKES TIME.

**“So in
EVERYTHING,
do to others what
you would have
them do to you.”**

MATTHEW 7:12a

DAY 1

LIVE // We've all made mistakes. There are probably some mistakes you made years ago you STILL feel bad about. And the worst is when someone reminds you of your past mistakes. Has that ever happened to you? Have you ever done that to others? I think sometimes we bring up others' past mistakes to talk ourselves out of treating them kindly. And we might have all kinds of reasons for doing that. But what if we made a decision to treat other people the way we want them to treat us? To think through what it would be like to be on the receiving end of our harsh judgments. We've all made mistakes before. So let's decide to forgive others the way we want to be forgiven.



**Then Peter remembered
the word the Lord had
spoken to him: “Before
the rooster crows today,
you will disown me three
times.” And he went
outside and wept.**

LUKE 22:61b-62

DAY 2

TALK // Healing takes time when you're the one hurt, but also sometimes if you're the one who has done the hurting. When Jesus was arrested, Peter lied about knowing Him. And when Peter looked into Jesus' eyes and realized what he'd done, it destroyed him. Maybe there's someone in your life who's hurt you and they're miserable over it. What kind of difference could it make in your heart and theirs if you said, "I know you're hurting over what happened between us. I see that." Just a gesture of understanding. It's a small thing, but maybe that small gesture would help them become the person God wants them to become, bringing healing to each one of you in the process.



“Perhaps the Lord will punish you for what you are trying to do to me, but I will never harm you.”

1 SAMUEL 24:12b

DAY 3

HEAR // Sometimes we feel like someone doesn't deserve to be forgiven—especially when they do hurtful things more than once. Fortunately, reading other people's stories can often help us with our own. If you feel like the person who hurt you doesn't deserve to be forgiven, David's story is worth reading. It may help put things in perspective over what was done to you and what can be forgiven, however bad it might be. This week, take some time to read 1 Samuel 16-24. It isn't quite the full story of David and Saul's complex relationship, but it may help you find the courage to forgive what feels unforgivable.



“He has sent me to proclaim that captives will be released, that the blind will see, that the oppressed will be set free.”

LUKE 4:18b

DAY 4

HEAR // For most of us, the only captivity we feel like we're in is school! But sometimes we're held captive by our own hearts. Think about it. When we can't forgive, that's usually a good indication we're being held hostage by a thought or emotion inside of us. Jesus came to set us free from captivity, but that process is often slower than we want it to be. Thankfully, we're surrounded with reminders in God's creation that healing really does take time. This week, take a walk outside. Reflect on what trees, flowers, and grass teach us about the slow, steady process of healing. It may sometimes take longer than you wish, but be encouraged that Jesus came to set you free from unforgiveness!



Tell God what you need, **and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand.**

PHILIPPIANS 4:6b-7a

DAY 5

PRAY // What comes to mind when you think of your needs? Most of us would probably say food, clothing, and shelter. But when you consider what you need in order to live the way Jesus calls us to live, that list of needs starts to get a little longer—and more complicated. The truth is, even if it doesn't feel that way, you need God to heal your heart. That's how you'll finally find the peace you've been searching for all along. So today, pray that God would give your heart what it needs to face the day. Thank Him for what He's already done inside of you. And trust Him for what you believe He will do as you grow in your relationship with Him.

